



MyRxDIET

Nutrigenetics Report

Powered by RxPredict



Personalized Nutrition Report

Prepared for **Jane Doe**

Your Genetically-Matched Diet, Vitamins, Nutrients & Exercise Plans
for Personalized Weight Management & Healthy Living

Our nutrigenetics experts have analyzed your genes and developed your Personalized Diet and Exercise plans for your weight and wellness goals. This report has the information about how your body works in five key areas - **Weight Loss & Metabolism, Food Utilization, Vitamins & Minerals Response, Food Sensitivities & Body Response to Cardio & Strength Training that impact your weight and overall wellness.**

Each section provides a brief explanation of your nutrigenetics test results along with personalized success strategies and a 7-day meal plan that can be modified for your diet preferences. Our Meal Planning App generates a grocery list that can be purchased online for delivery and pickup from food retailers in your area.

So, ready to get to know what to eat based on your genes?

Let's get started!

The laboratory genetic testing was performed by one of RxPredict Inc.'s contracted CLIA and CAP certified labs. The information provided in this report is prepared by RxPredict, Inc. and its research affiliates and is based in part on publicly available databases. Neither the test nor the organization of this information have been cleared or approved by the FDA or any other government authority. Neither the test nor the information provided in any report are intended to diagnose any disease, and they are not intended to tell you anything about your current state of health or used to make medical decisions.

You will experience greater weight loss results from a LOW FAT Diet

Genetically your body will respond best to weight loss if you consume 1485 Calories daily in the following proportion in your daily diet.



Healthy Fat



20-25 % OF HEALTHY
FAT

33-41g

Choose a diet low in fat and saturated fat. Get your fats mostly from plant foods, but avoid excess added oils.

EAT MORE: Avocado, nut butter, olives, olive oil, cashews, almonds & soy products.

AVOID: Saturated & trans fats, baked goods and animal fat



Complex Carb



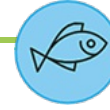
45-55 % COMPLEX
CARBS

167-204g

You can lose weight on a reduced calorie diet that is either moderate or low in carbs. Choose complex carbs for more nutrients (veggies, beans, whole grains, etc.) and avoid simple or processed carbs (fries, chips, crackers, etc.).

EAT MORE: Whole grains, veggies & fruits.

AVOID: Corn, corn on the cob, bagels, chips, rice & crackers



Lean Protein



15-25 % LEAN
PROTEIN

56-93g

Choose a reduced-calorie diet that is between 15-25% protein. Get your protein from mostly plant food sources such as beans, legumes, nuts, seeds, whole grains and vegetables.

EAT MORE: Chicken breast, lean beef, broiled fish, edamame, tofu, beans & lentils

AVOID: Non-lean meats

Our integrated meal planning app recommends genetically-matched daily and weekly meals along with recipes and generates a grocery list of food items that can be ordered online through our customer portal for pickup or delivery from food retailers in your area.

Our nutrigenetics counselors are available to guide you with making dietary changes to help you achieve your Weight Loss goals. To request a 1:1 telehealth session with one of our Nutrigenetics counselors, email us at info@rxpredict.com. Our schedulers will be glad to follow up and schedule an online appointment for you.



Metabolism

Metabolic Response to Diet And Exercise - [Above average](#)

Your genetic profile indicates you are likely to have a NORMAL Resting Metabolic Rate and an average level of metabolic responsiveness to diet and exercise in terms of burning fat.

SUCCESS STRATEGIES

1. Get up and move once an hour

When you sit a couple of hours without moving, your body starts to go into energy conservation mode, shutting down metabolic functions. Get up for five minute walks throughout the day to keep active and energized.

2. Get your recommended dose of exercise

Aim for at least 30 minutes a day of aerobic activity, which burns fat best. Include short harder efforts to fire up your metabolism even more.

3. Build your fat-burning engine

Muscle tissue uses three times as much energy as fat tissue to sustain itself. Practice progressive resistance training 2-3 days a week to maintain muscle mass.

4. Fuel the fire with what you eat

Eat regular meals and snacks to keep your metabolism humming. Include protein- and fiber-rich whole foods, which burn more calories during digestion and keep you full. Drink caffeine, like green tea, for an added metabolic boost.

5. Go easy on the alcohol

You metabolize alcohol before food, which blunts your fat-burning ability. If you drink, keep it to a moderate amount.

6. Stay rested & manage your stress

Your metabolism goes into hibernation when you're sleep-deprived, and chronic stress can hinder even an otherwise healthy metabolism. Try yoga to quell stress and work out at the same time. Get a solid 7-9 hours of sleep a night.



Vitamins

Vitamin B12 - Normal

You may have a normal response, which means that you're likely to have normal blood level of B12. Factors like diet, age, and other health conditions can affect B12 absorption, so make sure you eat enough B12 rich foods.

Vitamin B6 - Low

You may have a low response, which means you might have a low level of B6 in your blood. Make sure to get enough Vitamin B6 from foods you eat to support nerve cell function, energy metabolism, and hormone production.

Vitamin A - Normal

You may have a normal ability to process Vitamin A when it is taken in supplement form. You're also unlikely to have any problems getting Vitamin A from food sources. Make sure to get enough beta-carotene and/or vitamin A from foods you eat to support reproduction, protein synthesis, and cell growth.

Vitamin C - Normal

You may have a normal response, which means that you're likely to have a normal blood level of Vitamin C if you get enough from the foods you eat.

Vitamin D - Below average

You may have a below average response, which means that you're at risk of being deficient in Vitamin D. Be sure to get some sun daily, eat enough Vitamin D rich foods, and consider getting a blood test and taking a supplement.

Vitamin E - Above average

You may have an above average response, which means that you're likely to have above average levels of Vitamin E. Take advantage of this by getting your Vitamin E through food sources. Avoid high doses of Vitamin E supplements, since they've been linked to adverse health effects.

This genetic test only assesses your risk of Vitamin deficiency; a blood test can assess your actual serum levels in your blood. **Please consult with your physician who can order specific blood tests to measure specific vitamin levels in your blood and order any medications or supplements, as needed.**



Nutrients

Calcium Tendency - Normal

You have a normal response, which means that you're likely to have a normal blood level of Calcium. Aim for 1,000 mg (men) to 1,200 mg (women) of calcium a day through a vitamin and mineral-rich diet.

Copper Tendency - Normal

You have a normal response, which means that — as long as you get adequate Copper from dietary sources — you're at a low risk of being deficient in Copper.

Dietary Choline Tendency - Increased

You have an increased sensitivity to Choline intake, which means you're more likely to experience negative side effects from eating a diet that's low in Choline — like fatty liver and/or muscle damage. Make sure you get enough Choline, especially if you're on a plant-based diet.

Iron Tendency - Above average

You have an above average response, which means that you're likely to have above average Iron blood levels, a hereditary condition called hemochromatosis. Pay careful attention to your Iron intake and blood levels.

Magnesium Tendency - Normal

You have a normal response, which means that you're likely to have a normal blood level of Magnesium. Eat a healthy diet rich in leafy vegetables, whole grains, and other mineral-rich foods to keep your Magnesium levels high.

Phosphorus Tendency - Below average

You have a below average response, which means that you're more likely to have a below average blood level of Phosphorus. If you have a very restrictive diet, drink too much alcohol, or have excessive calcium intake, you might have low levels of Phosphorus. Eat a healthy, varied diet and consider getting a blood test to check your levels.

Selenium Tendency - Normal

You have a normal response, which means that you're likely to have a normal blood level of Selenium. You can maintain healthy levels by eating a diet rich in whole, unrefined foods.

Zinc Tendency - Above average

You have an above average response, which means that you're likely to have an above average blood level of Zinc. Eat a diet that contains foods rich in Zinc to get the 8 to 11 mg you need each day.



Food Sensitivity

Gluten Sensitivity - Very high

You may be likely to have a very high risk for gluten sensitivity, which means your risk for having trouble digesting or tolerating gluten (a protein found in wheat, barley, and rye) is high. If you notice gastrointestinal distress from eating these foods, your doctor can test for gluten sensitivity.

Lactose Intolerance - Likely

You may be likely to be lactose intolerant, which means that you're likely to have difficulty digesting lactose and suffer gastrointestinal distress from consuming dairy products. Make sure you get enough Calcium and Vitamin D in your diet.

Caffeine Metabolism - Slow

You may be likely to have a slow rate of caffeine metabolism, which means you're not likely to greatly benefit from using caffeine as a performance aid. Caffeine might also increase your risk of high blood pressure and heart attack.

Alcohol Sensitivity - Not sensitive

You may be likely to not be sensitive to alcohol, so you may be able to drink more before experiencing the unpleasant effects, like flushing, upset stomach, and hangovers. Keep tabs on how much you drink so that you can meet your wellness goals and to avoid the possibility of becoming alcohol-dependent.

Sweets Preference - Normal

You may be likely to have a normal sugar intake and preference for sweets. Consuming too much sugar leads to weight gain and health problems, so it's still important to watch out for how much added sugar you eat.

Bitterness Sensitivity - Likely

You may be likely to be a "super taster," which means you're likely to taste the bitter compounds in foods. You're less likely to enjoy eating dark green vegetables, and you're more likely to not eat enough of them. Keep your veggie intake up by masking the bitterness and eating plenty of the vegetables you do like.

Impulse Control And Taste Preference With Aging - Normal

You likely have a normal level of impulse control and risk of consuming excess high calorie foods as you age. Even people with good impulse control can slip into mindless eating, so use mindful eating strategies to make sure you're only eating what and when you truly want to.



Exercise

Fat Loss Response To Cardio - Enhanced

You may have an enhanced fat loss response to cardio, which means that you can expect to lose a higher amount than average from cardio. Take advantage of this by prioritizing cardio in your diet and exercise plan.

Fitness Response To Cardio - Below average

You may have a below average fitness response to cardio, which means that you might not see optimal cardiovascular benefits from high-intensity cardio. You still might be able to attain the same benefits at lower intensities, so incorporate longer, moderate-intensity workouts into your routine.

Body Composition Response To Strength Training - Enhanced

You may have an enhanced body composition response to muscle-strengthening exercise, which means that you're likely to lose weight and fat from weight training alone. Keep up a challenging strength training program and make sure to include some cardio in your routine.

Hdl Response To Cardio - Enhanced

You may have an enhanced HDL response to cardio, which means that you can expect a substantial boost to your good cholesterol levels from regular cardio. Exercise consistently, boost the intensity, and be mindful of what you eat to keep healthy cholesterol levels.

Glucose Response To Cardio - Normal

You may have a normal glucose response to cardio, which means that you're likely to experience smaller decreases in glucose from doing cardio exercise. Maintain a regular workout routine and remember to eat a healthy diet with complex carbs.

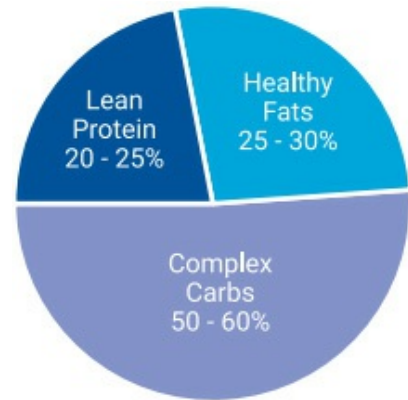
Insulin Sensitivity Response To Cardio - Normal

You may have a normal insulin sensitivity in response to cardio, which means that you can expect to see modest improvements in your insulin sensitivity if you exercise regularly. For best results, exercise often and consistently and don't forget to include strength training in your routine.

CUSTOM MEAL PLAN

A MEAL PLAN

GENETICALLY DESIGNED JUST FOR YOU



The following custom meal plan was created by combining a variety of healthy recipes with the appropriate micronutrient percentages for your genetic profile. Due to the nature of recipe sizes, the total suggested calories for each day will have some variation above or below the specific number of calories recommended for your diet, but the average daily calories for the week will approximate your suggested daily caloric intake.

| Day 1

BREAKFAST	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Cinnamon Vanilla Breakfast Protein Bites	2	serving	23.39 g	16.58 g	37.71 g	375.82
Totals:			23.39 g	16.58 g	37.71 g	375.82

LUNCH	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Vegan Protein Squash Bowl	1	serving	17.16 g	10.12 g	64.4 g	401.11
Balsamic Maple Roasted Brussel Sprouts	1	serving	5.96 g	5.48 g	15.22 g	122.87
Totals:			23.13 g	15.6 g	79.61 g	523.99

DINNER	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Easy Dinner Parmesan Zucchini	2	serving	9.47 g	12.1 g	9.58 g	178.1
Microwaved sweet potato	2	potato	4.08 g	0.13 g	52.31 g	223.6
Totals:			13.55 g	12.23 g	61.89 g	401.7

SNACK	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Beverages, Protein powder whey based	0.165	cup	12.5 g	0.25 g	1 g	56.32
Blackberries	2	cup	4 g	1.41 g	27.68 g	123.84
Totals:			16.5 g	1.66 g	28.68 g	180.16

	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Actual Totals for Day:			76.57 g	46.06 g	207.89 g	1481.67
Actual % of Total Calories:			19.73 g	26.71 g	53.57 g	

| Day 2

BREAKFAST	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Basic Eggs	1	serving	12.56 g	14.18 g	0.74 g	183.07
Apple	2	apple	0.95 g	0.62 g	50.27 g	189.28
Totals:			13.5 g	14.8 g	51 g	372.35

LUNCH	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Chicken Burrito Bowl	1	serving	36.57 g	10.29 g	42.11 g	391.95
Zucchini Spears	2	serving	6.53 g	1.73 g	16.72 g	91.52
Totals:			43.09 g	12.02 g	58.83 g	483.48

DINNER	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Garlic Broccoli Tofu	1 1/2	serving	21.76 g	5.67 g	32.36 g	244.43
Quinoa and Brown Rice	1 1/4	serving	5.99 g	6.63 g	39.68 g	242.5
Totals:			27.74 g	12.29 g	72.04 g	486.93

SNACK	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Tangerines	2	medium (2-1/2" dia)	1.43 g	0.55 g	23.48 g	93.28
Cashew butter	1	tbsp	2.81 g	7.91 g	4.41 g	93.92
Totals:			4.24 g	8.45 g	27.89 g	187.2

	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Actual Totals for Day:			88.58 g	47.56 g	209.77 g	1529.96
Actual % of Total Calories:			21.85 g	26.4 g	51.75 g	

| Day 3

BREAKFAST	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Skinny Overnight Oats	1	serving	5.63 g	9.35 g	35 g	230.77
Blueberries	1	cup	1.1 g	0.49 g	21.45 g	84.36
Totals:			6.73 g	9.84 g	56.45 g	315.13

LUNCH	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Grain Free Turkey Burrito	1	serving	28.64 g	20.34 g	7.07 g	318.09
Easy Homemade Sweet Potato Chips	2 1/2	serving	2.63 g	8.81 g	33.66 g	217.99
Totals:			31.27 g	29.16 g	40.73 g	536.07

DINNER	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Shrimp Fried Quinoa	1	serving	28.33 g	11.47 g	37 g	370.89
Totals:			28.33 g	11.47 g	37 g	370.89

SNACK	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Beverages, Protein powder whey based	0.165	cup	12.5 g	0.25 g	1 g	56.32
Banana	2	banana	2.57 g	0.78 g	53.9 g	210.04
Totals:			15.07 g	1.03 g	54.9 g	266.36

	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Actual Totals for Day:			81.4 g	51.49 g	189.08 g	1488.45
Actual % of Total Calories:			21.07 g	29.99 g	48.94 g	

| Day 4

BREAKFAST	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Cinnamon Apple Oatmeal	1	serving	11.13 g	7.25 g	51.46 g	295.75
Apple	1	apple	0.47 g	0.31 g	25.13 g	94.64
Totals:			11.6 g	7.56 g	76.59 g	390.39

LUNCH	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Tuna Melt Patties	2	patty	50.6 g	12.18 g	22.98 g	397.13
Baked and Dressed Zucchini	1	serving	2.91 g	4.15 g	7.63 g	72.55
Totals:			53.51 g	16.33 g	30.61 g	469.68

DINNER	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Spinach Feta Quiche with Sweet Potato Crust	2	quarter slice of the whole	25.37 g	17.75 g	37.13 g	404.44
Totals:			25.37 g	17.75 g	37.13 g	404.44

SNACK	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Pomegranates	1	pomegranate (4" dia)	4.71 g	3.3 g	52.73 g	234.06
Totals:			4.71 g	3.3 g	52.73 g	234.06

	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Actual Totals for Day:			95.19 g	44.95 g	197.06 g	1498.58
Actual % of Total Calories:			24.2 g	25.71 g	50.1 g	

| Day 5

BREAKFAST	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Cinnamon Vanilla Breakfast Protein Bites	2	serving	23.39 g	16.58 g	37.71 g	375.82
Totals:			23.39 g	16.58 g	37.71 g	375.82

LUNCH	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Chicken Burrito Bowl	1	serving	36.57 g	10.29 g	42.11 g	391.95
Microwaved sweet potato	1	potato	2.04 g	0.07 g	26.16 g	111.8
Totals:			38.61 g	10.36 g	68.27 g	503.75

DINNER	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Tuna Wrap	1	serving	27.42 g	10.79 g	39.6 g	361.94
Steamed Green Beans	1/2	serving	1.05 g	1.56 g	3.95 g	30.3
Totals:			28.47 g	12.36 g	43.55 g	392.24

SNACK	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Apples	2	medium (3" dia)	0.95 g	0.62 g	50.27 g	189.28
Frozen Mixed Berries	1/2	cup	0.5 g	0.25 g	8.5 g	35
Totals:			1.45 g	0.87 g	58.77 g	224.28

	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Actual Totals for Day:			91.92 g	40.16 g	208.3 g	1496.09
Actual % of Total Calories:			23.54 g	23.13 g	53.33 g	

| Day 6

BREAKFAST	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Skinny Overnight Oats	1	serving	5.63 g	9.35 g	35 g	230.77
Apple	1	apple	0.47 g	0.31 g	25.13 g	94.64
Totals:			6.11 g	9.66 g	60.14 g	325.41

LUNCH	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Black Bean Lentil Salad with Cumin Lime Dressing	1	serving	25.75 g	10.64 g	72.21 g	472.96
Beverages, Protein powder whey based	1/3	cup	25 g	0.5 g	2 g	112.64
Totals:			50.75 g	11.14 g	74.21 g	585.6

DINNER	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Barbeque Chicken	1	serving	27.47 g	9.36 g	36.02 g	344.42
Totals:			27.47 g	9.36 g	36.02 g	344.42

SNACK	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Raspberries	2	cup	2.95 g	1.6 g	29.37 g	127.92
Cashew butter	1 1/2	tbsp	4.21 g	11.86 g	6.62 g	140.88
Totals:			7.17 g	13.46 g	35.99 g	268.8

	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Actual Totals for Day:			91.49 g	43.61 g	206.35 g	1524.23
Actual % of Total Calories:			23.11 g	24.78 g	52.11 g	

| Day 7

BREAKFAST	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Cinnamon Apple Oatmeal	1	serving	11.13 g	7.25 g	51.46 g	295.75
Strawberries	1 1/2	cup	1.45 g	0.65 g	16.59 g	69.12
Totals:			12.58 g	7.9 g	68.05 g	364.87

LUNCH	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Spinach and Feta Turkey Burgers	1	serving	26.49 g	12.97 g	1.67 g	229.07
Easy Homemade Sweet Potato Chips	2	serving	2.1 g	7.05 g	26.93 g	174.39
Totals:			28.59 g	20.02 g	28.6 g	403.46

DINNER	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Grilled Salmon with Ginger	4	ounces	23.53 g	6.31 g	5.51 g	176.69
Quinoa and Brown Rice	1 1/2	serving	7.19 g	7.95 g	47.62 g	290.99
Totals:			30.71 g	14.26 g	53.12 g	467.68

SNACK	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Pomegranates	1	pomegranate (4" dia)	4.71 g	3.3 g	52.73 g	234.06
Frozen Mixed Berries	1/2	cup	0.5 g	0.25 g	8.5 g	35
Totals:			5.21 g	3.55 g	61.23 g	269.06

	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Actual Totals for Day:			77.09 g	45.73 g	211 g	1505.07
Actual % of Total Calories:			19.72 g	26.32 g	53.97 g	



Exercise Plan

The activities shown in each week are only suggestions. Take a look at the top boxes and choose the type of workouts that best suit you to create a weekly plan. **If you are sedentary, consult with your doctor before starting an exercise regime, You may want to start off by walking starting off by walking 15-20 min/day 3-5 days a week and ramping up gradually over time.**

Your exercise genotype suggests that you may benefit from the following exercise prescription. You can personalize your plan according to the facilities and equipment you have. Below are 5 examples of what your weekly workout plan might look like based on your personalized exercise preferences.

1. If you work out at a health club or you have cardio machines at home, you can design a plan that looks like **"Gym – Cardio Machines"**.

2. If you belong to a club that offers fitness classes (or if you have fitness DVDs at home), you can design your weekly workouts to look something like **"Gym – Fitness Classes"**.

3. If you like to keep it simple by walking and using minimal equipment, use some dumbbells or exercising resistance bands and walk outside with a routine that looks like **"Home – Walk"**.

4. If you want a higher intensity workout at home, try **"Home – Run+Bike"**.

If you alternate your workouts between exercising at home and at the gym, format your workout week to look something like **"Mix – Home+Gym"**.

Power Training is a form of resistance training and/or body conditioning where exercises performed very quickly for short periods of time. A power move is an exercise performed with a heavier weight that is lifted explosively and with momentum, but only 3 to 6 reps, rather than 8 to 15 reps. Non-weighted movements can also be power moves: Plyometric exercises such as squat jumps move the body explosively and can also help develop power. Since this type of training is very high intensity, seek the advice of a certified personal trainer and only perform this type of workout once a week unless you are very fit

CUSTOM EXERCISE PLAN

CARDIO EXERCISE

STRENGTH TRAINING

FREQUENCY

More than or equal to
3-4 days per week

INTENSITY

Moderate to vigorous

FREQUENCY

2-3 days per week

SETS & REPS

2-3 sets; 15-20 reps

DURATION

More than or equal to 200-300 minutes per week

MUSCLE GROUPS

Chest, back, legs, shoulders, core (abs and low back), arms

Gym Machines

Day 1

Treadmill Walk HIIT - 75 minutes

Day 2

Elliptical Trainer - 75 minutes

Weight Machines - 2-3 sets; 15-20 reps

Day 3

Day 4

Bike - 75 minutes

Day 5

Day 6

Treadmill Walk HIIT - 75 minutes

Weight Machines - 2-3 sets; 15-20 reps

Day 7

CUSTOM EXERCISE PLAN

CARDIO EXERCISE

STRENGTH TRAINING

FREQUENCY

More than or equal to
3-4 days per week

INTENSITY

Moderate to vigorous

FREQUENCY

2-3 days per week

SETS & REPS

2-3 sets; 15-20 reps

DURATION

More than or equal to 200-300 minutes per week

MUSCLE GROUPS

Chest, back, legs, shoulders, core (abs and low back), arms

Gym Fitness Classes

Day 1

Dance Fitness Class - 75 minutes

Day 2

Weight Class - 2-3 sets; 15-20 reps

Day 3

Dance Fitness Class - 75 minutes

Day 4

Day 5

Spin Class - 75 minutes

Weight Class - 2-3 sets; 15-20 reps

Day 6

Dance Fitness Class - 75 minutes

Weight Class - 2-3 sets; 15-20 reps

Day 7

CUSTOM EXERCISE PLAN

CARDIO EXERCISE

STRENGTH TRAINING

FREQUENCY

INTENSITY

FREQUENCY

SETS & REPS

More than or equal to 3-4 days per week

Moderate to vigorous

2-3 days per week

2-3 sets; 15-20 reps

DURATION

MUSCLE GROUPS

More than or equal to 200-300 minutes per week

Chest, back, legs, shoulders, core (abs and low back), arms

Home Walk

Day 1

Walk HIIT - 75 minutes

Day 2

Walk - 75 minutes

Day 3

Day 4

Walk - 75 minutes

Day 5

Day 6

Walk - 75 minutes

Dumbbells - 2-3 sets; 15-20 reps

Day 7

CUSTOM EXERCISE PLAN

CARDIO EXERCISE

STRENGTH TRAINING

FREQUENCY

More than or equal to
3-4 days per week

INTENSITY

Moderate to vigorous

FREQUENCY

2-3 days per week

SETS & REPS

2-3 sets; 15-20 reps

DURATION

More than or equal to 200-300 minutes per week

MUSCLE GROUPS

Chest, back, legs, shoulders, core (abs and low back), arms

Home Run + Bike

Day 1

Run - 75 minutes

Dumbbells - 2-3 sets; 15-20 reps

Day 2

Day 3

Bike HIIT - 75 minutes

Day 4

Bike - 75 minutes

Dumbbells - 2-3 sets; 15-20 reps

Day 5

Day 6

Run/Walk HIIT - 75 minutes

Day 7

CUSTOM EXERCISE PLAN

CARDIO EXERCISE

STRENGTH TRAINING

FREQUENCY

More than or equal to
3-4 days per week

INTENSITY

Moderate to vigorous

FREQUENCY

2-3 days per week

SETS & REPS

2-3 sets; 15-20 reps

DURATION

More than or equal to 200-300 minutes per week

MUSCLE GROUPS

Chest, back, legs, shoulders, core (abs and low back), arms

Mix Home + Gym

Day 1

Spin Class - 75 minutes

Weight Class - 2-3 sets; 15-20 reps

Day 2

Walk/Jog HIIT - 75 minutes

Day 3

Day 4

Eliptical Trainer - 75 minutes

Dumbbells - 2-3 sets; 15-20 reps

Day 5

Day 6

Run - 75 minutes

Day 7