

## 7-Day Beginner Workout Plan

Day 1: Upper Body (Push)

Day 2: Lower Body

Day 3: Rest / Active Recovery

Day 4: Upper Body (Pull)

Day 5: Full Body

Day 6: Cardio + Core

Day 7: Rest

## Basic Nutrition Strategy

- 1.6–2.2g protein/kg of body weight
- Eat whole foods (lean meats, eggs, oats, rice, fruits, vegetables)
- Carbs before workouts, protein after

## Recovery Checklist

- 7–9 hours of sleep
- Stay hydrated
- Stretching or foam rolling post-workout
- Rest days are essential

## Supplement Guide

- Whey Protein
- Creatine Monohydrate
- Omega-3 (Fish Oil)
- Multivitamin (Optional)

“Grow Your Roots, Wear Your Crown”



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