



# Weekly Muscle & Strength Gain Plan

**Training Frequency:** 4–5 Days/Week

**Calories:** 3,000–3,200 kcal/day

**Macros:** 150–180g Protein | 400–450g Carbs | 90–100g Fats

**Goal:** Build solid muscle and strength from 58kg → 72–75kg

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## MONDAY – UPPER BODY PUSH

### **Workout (Calisthenics Focus):**

- Push-ups (Standard to Archer): 5 x max reps
- Incline Push-Ups: 4 x 15
- Dips (Parallel Bars): 4 x 10
- Pike Push-Ups: 4 x 12
- Elevated Triceps Dips: 3 x 12

### **Meal Plan (~3,100 kcal):**

#### **Breakfast**

- 3 eggs + 3 egg whites
- 1 cup garlic rice
- 1 banana + 1 tbsp peanut butter
- Coffee with milk

#### **Lunch**

- Chicken adobo (leg + thigh)

- 2 cups rice
- Ginisang sitaw with kalabasa and egg

### **Snack**

- 2 boiled kamote
- 1 boiled egg
- Water

### **Dinner**

- Pork giniling with potatoes and carrots
- 2 cups rice
- Malunggay or monggo soup

### **Evening Snack**

- 1 glass full cream milk
- 2 pcs pan de sal + peanut butter
- 1 banana

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## **TUESDAY – LOWER BODY + CORE**

### **Workout:**

- Bodyweight Squats (tempo): 4 x 20
- Bulgarian Split Squats: 4 x 12/leg
- Glute Bridges (elevated): 4 x 15

- Jump Squats: 4 x 15
- Lying Leg Raises + Flutter Kicks: 4 x 20

## Meal Plan (~3,150 kcal):

### **Breakfast**

- 2 cups oatmeal with milk, peanut butter, and banana
- 2 boiled eggs
- Coffee

### **Lunch**

- Tinolang manok (chicken, papaya, malunggay)
- 2 cups rice

### **Snack**

- Turon
- Peanut butter sandwich (2 pcs pan de sal)

### **Dinner**

- Ginisang munggo with tofu and ground pork
- 2 cups rice
- 1 fried egg

### **Evening Snack**

- Milo + 1 banana + 1 tbsp peanut butter
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# WEDNESDAY – ACTIVE RECOVERY

## Light Activity:

- 30–45 min walk
- Optional: Yoga or mobility stretches

## Meal Plan (~2,900 kcal):

### Breakfast

- Champorado + 2 eggs
- Coffee

### Lunch

- Inihaw na bangus
- 2 cups rice
- Ginisang kangkong

### Snack

- Kamote fries
- 1 glass milk

### Dinner

- Ground beef with upo
- 1.5 cups rice
- 1 fried egg

### Evening Snack

- Banana + peanuts + milk
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## THURSDAY – UPPER BODY PULL

### Workout:

- Inverted Rows: 5 x 10
- Negative Pull-Ups: 4 x 6
- Chin-Ups: 4 x max reps
- Dumbbell Bicep Curls: 3 x 12
- Superman Hold: 3 x 30 seconds

### Meal Plan (~3,100 kcal):

#### Breakfast

- 3 pcs pan de sal with cheese
- 3 eggs
- Coffee

#### Lunch

- Chicken curry
- 2 cups rice
- Ginisang pechay

#### Snack

- Suman or biko

- 1 glass milk

### **Dinner**

- Tinapa with 1.5 cups rice
- Ginisang sayote
- Boiled egg

### **Evening Snack**

- Taho or milk + 2 pcs bread
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## **FRIDAY – CONDITIONING + CORE**

### **Workout:**

#### **Circuit (3 rounds)**

- 25 Jump Squats
- 20 Push-ups
- 15 Burpees
- 1-min Plank

#### **Finisher**

- Russian Twists: 4 x 20
- Hanging Leg Raises: 4 x 12
- Hollow Holds: 3 x 30 sec

### **Meal Plan (~3,200 kcal):**

### **Breakfast**

- Tortang talong + 2 cups rice
- Coffee with milk

### **Lunch**

- Lechon manok (breast + thigh)
- 2 cups rice
- Ginisang ampalaya

### **Snack**

- Cassava cake
- 2 pcs pan de sal + peanut butter

### **Dinner**

- Tokwa't baboy
- Monggo soup
- 2 cups rice

### **Evening Snack**

- Banana + chocolate milk + nuts

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## **SATURDAY – FULL BODY STRENGTH**

### **Workout:**

- Tempo Push-Ups (5s down): 4 x 10

- Archer Push-Ups: 3 x 6/side
- Inverted Rows: 4 x 10
- Dips: 3 x 10
- Core Circuit: Plank + Flutter Kicks + Hollow Hold (3 rounds)

## Meal Plan (~3,100 kcal):

### **Breakfast**

- Oatmeal with condensed milk + banana
- 2 eggs

### **Lunch**

- Pork sinigang
- 2 cups rice
- Fried eggplant

### **Snack**

- Binatog or mais con yelo + milk

### **Dinner**


- Chicken liver adobo
- 1.5 cups rice
- Kangkong


### **Evening Snack**

- Bread + peanut butter + milk

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# SUNDAY – FULL REST

 **No Workout – Recovery Day**

 **Meal Plan (~2,900 kcal):**

## Breakfast

- Pancakes with butter + syrup
- 3 eggs
- Coffee with milk

## Lunch

- Spaghetti with ground pork + cheese
- Ginisang mixed vegetables

## Snack

- Kamote chips
- Fruit shake

## Dinner

- Chicken sopas
- Pan de sal with cheese
- Milk

## Evening Snack

- Mango + peanuts + crackers