**2. Body Class: 60-80 kg | Height: 160-180 cm**

**Starter Pack**

* **For:** Beginners who are focused on fat loss and muscle toning with a balanced approach to fitness and nutrition.
* **Fitness Plan:**
	+ **Day 1:** Full-body strength workout (Bodyweight squats, lunges, push-ups to activate all major muscle groups)
	+ **Day 2:** Cardio (Light jogging or brisk walking for 30 minutes to get your heart rate up)
	+ **Day 3:** Core exercises (Crunches, leg raises, planks to work on abdominal strength)
	+ **Day 4:** Rest and stretching (Yoga or flexibility exercises to improve mobility)
	+ **Day 5:** Strength training (Use resistance bands or light dumbbells to target specific muscles)
	+ **Day 6:** Cardio (Cycling for 30 minutes or a long walk)
	+ **Day 7:** Active recovery (Stretch, take a walk, and give your body some rest)
* **Nutrition Plan:**
	+ **Meals:** Balanced meals that include lean proteins, complex carbs, and healthy fats
		- **Breakfast:** Greek yogurt with granola and mixed berries for a satisfying start
		- **Lunch:** Grilled chicken with quinoa and steamed veggies for a filling and nutritious meal
		- **Dinner:** Baked fish with sweet potatoes and a side of green beans
	+ **Snacks:** Protein smoothie, boiled eggs, or fresh fruit to keep you energized throughout the day
	+ **Portion Size:** Moderate portions to keep your metabolism active and support fat loss
* **Wellness Tools:**
	+ Hydration reminder (aim for 1.5-2 liters of water per day to stay hydrated)
	+ Track your progress with a simple goal tracker to stay motivated
	+ Basic stress management techniques (deep breathing and mindfulness)

**Active Pack**

* **For:** Intermediate users looking to balance strength training and cardio while focusing on muscle building and fat loss.
* **Fitness Plan:**
	+ **Day 1:** Upper body workout (Push-ups, tricep dips, shoulder presses to build arm strength)
	+ **Day 2:** Cardio endurance (Run or bike for 40 minutes to build stamina)
	+ **Day 3:** Lower body workout (Squats, lunges, calf raises for strong legs)
	+ **Day 4:** Core and flexibility (Yoga or Pilates to improve your core strength and flexibility)
	+ **Day 5:** Strength and resistance (Use moderate weights or resistance bands to challenge your muscles)
	+ **Day 6:** HIIT (20 minutes of high-intensity interval training for fat burning)
	+ **Day 7:** Active recovery (Stretching, light walking to aid muscle recovery)
* **Nutrition Plan:**
	+ **Meals:** Balanced meals with protein, complex carbs, and healthy fats
		- **Breakfast:** Scrambled eggs with avocado and whole-grain toast
		- **Lunch:** Grilled chicken with quinoa, veggies, and avocado
		- **Dinner:** Tofu stir-fry with vegetables and brown rice
	+ **Snacks:** Veggie sticks with hummus, protein bars, or fruit smoothies
	+ **Portion Size:** Slightly larger meals to fuel workouts and keep you energized
* **Wellness Tools:**
	+ Fitness tracker to monitor progress in strength, cardio, and flexibility
	+ Meal prep guide with portion sizes and healthy recipe ideas
	+ Stress management tips to help you stay balanced and relaxed

**Pro Pack**

* **For:** Advanced users who are looking to optimize muscle growth, endurance, and fat loss for peak fitness.
* **Fitness Plan:**
	+ **Day 1:** Full-body strength training (Squats, deadlifts, bench press for total-body power)
	+ **Day 2:** Cardio (Cycling or swimming for 45 minutes to build endurance)
	+ **Day 3:** Core and stability (Russian twists, planks, side crunches for a strong core)
	+ **Day 4:** Flexibility and recovery (Yoga and foam rolling to stretch muscles and improve mobility)
	+ **Day 5:** Power training (Kettlebell swings, burpees, box jumps to increase explosiveness)
	+ **Day 6:** Agility training (Sprints, shuttle runs for speed and agility)
	+ **Day 7:** Rest and active recovery (Light walking, stretching)
* **Nutrition Plan:**
	+ **Meals:** High-protein, moderate-carb, and healthy fats for muscle growth and recovery
		- **Breakfast:** Omelette with egg whites, spinach, and mushrooms
		- **Lunch:** Grilled chicken with quinoa, avocado, and spinach
		- **Dinner:** Salmon with roasted vegetables and sweet potato
	+ **Snacks:** Protein bars, mixed nuts, or fresh fruit
	+ **Portion Size:** Adjusted for higher energy demands to fuel your body and recovery
* **Wellness Tools:**
	+ Progress tracker for muscle mass, strength, and fat loss
	+ Hydration and sleep optimization plans to maximize recovery
	+ Mindfulness and stress management practices to stay mentally strong and balanced