

GM NUTRITION



GAINS

WITH GURU MANN

Workout | Nutrition | Supplements | Motivation | Vlog

60 DAYS MUSCLE GAINING PROGRAM



WORKOUT PLAN

DAY 1 (MONDAY) - CHEST

GAINS WITH GURU MANN	SET 1	SET 2	SET 3	SET 4	SET 5
PUSHUPS (WARM-UP)	20	20	—	—	—
DB INCLINE PRESS	12	10	8	6	6
BARBELL BENCH PRESS	12	10	8	6	—
HAMMER OR DB DECLINE PRESS	12	10	10	—	—
CABLE FLY (HIGH + MID + LOW ANGLE)	5+5+5	5+5+5	5+5+5	—	—

REST - 2 MINS AFTER EVERY SET

DAY 2 (TUESDAY) - ARMS

GAINS WITH GURU MANN	SET 1	SET 2	SET 3	SET 4	SET 5
BARBELL CURL	10	8	6	5	—
DB INCLINE CURL	12	12	10	10	—
PREACHER CURL	10	8	6	—	—
BARBELL SKULL CRUSHER	10	8	6	5	—
DB OVERHEAD EXT	8	6	6		

GAINS WITH GURU MANN	SET 1	SET 2	SET 3	SET 4	SET 5
TRICEPS PRESSDOWN	12	12	10	8	8
BICEPS 21 (MID + LOW + FULL RANGE)	7+7+7	7+7+7	7+7+7	—	—

REST - 2 MINS AFTER EVERY SET

DAY 3 (WEDNESDAY) - BACK

GAINS WITH GURU MANN	SET 1	SET 2	SET 3	SET 4	SET 5
PULL-UPS (WARM)	10	10	—	—	—
WIDE GRIP LAT PULDOWN	12	12	10	10	8
HAMMER ROWS	10	8	8	6	—
BARBELL ROWS	10	8	6	5	—
RACK PULL	8	6	6	—	—
HYPER EXTENSION HOLD PLATE OR DUMBBELL	12	12	12	12	12

REST - 2 MINS AFTER EVERY SET

DAY 4 (THURSDAY) - SHOULDERS

GAINS WITH GURU MANN	SET 1	SET 2	SET 3	SET 4	SET 5
DB PRESS (WARM UP)	20	20	—	—	—
BARBELL SHOULDER PRES	12	10	8	6	5
DB SIDE RAISE LIGHT + MEDIUM + HEAVY SUPER SET	6+6+6	6+6+6	6+6+6	6+6+6	—
BARBELL FRONT RAISE	10	10	10	—	—
MACHINE DELT FLY	12	12	12	—	—
BARBELL SHRUGS	15	12	10	8	—

REST - 2 MINS AFTER EVERY SET

DAY 5 (FRIDAY) - LEGS

GAINS WITH GURU MANN	SET 1	SET 2	SET 3	SET 4	SET 5
SQUAT (WARM UP)	20	20	—	—	—
BARBELL FRONT SQUAT	12	10	8	6	5
LEG PRESS	10	10	10	10	—
STIFF LEG DEADLIFT	10	8	6	—	—
LEG EXT + LEG CURL	12+12	12+12	12+12	—	—
STANDING CALF RAISE	15	12	10	8	—

REST - 2 MINS AFTER EVERY SET

CARDIO & ABS - TWICE A WEEK (ANY 2 DAYS)

GAINS WITH GURU MANN	SET 1	SET 2	SET 3
INCLINE CRUNCHES	15	15	15
LAYING LEG RAISE	15	15	15
ROPE CRUNCHES	15	15	15
SIDE TWIST	15	15	15
STATIONARY BIKE OR TRADMILL OR ELLIPTICALS	20MINS	—	—

REST - 1 MINS AFTER EVERY SET

NUTRITION PLAN

BREAKFAST

GAINS WITH GURU MANN	QNTY	PRO	CARBS	FATS
OATS	1 CUP	10	54	6
BANANA OR APPLE	1	1	20	0
BERRIES (OPTIONAL)	1 CUP	—	—	—
BOILED WHOLE EGGS	2	12	0	10
WHOLBOILED EGG WHITES	3	12	0	0
TOTAL		35	74	16

DECREASE WHOLE EGG (FAT), INCREASE EGG WHITES BASED ON YOUR PROTEIN INTAKE

LUNCH

GAINS WITH GURU MANN	QNTY	PRO	CARBS	FATS
BREAD (EZE KIEL)	4	20	35	2
LARGE BANANA	1	1	25	0
PEANUT BUTTER	1	4	4	7

GAINS WITH GURU MANN	QNTY	PRO	CARBS	FATS
WHOLE EGGS	2	12	0	10
TOTAL		37	64	19

DECREASE WHOLE EGG (FAT), INCREASE EGG WHITES BASED ON YOUR PROTEIN INTAKE

SNACK

GAINS WITH GURU MANN	QNTY	PRO	CARBS	FATS
WHEY PROTEIN	1.5	36	2	1
OATS POWDER	90G	8	48	4
RAISINS	2 SPOON	1	8	0
WALNUTS	18G	4	4	7
CHIA SEEDS	1 SPOON	3	3	3
YOGURT	2 SPOON	1	4	0
EGG WHITES	1	4	0	0
APPLE	1/2	0	13	0
CINNAMON	1G	0	0	0
TOTAL		57	82	15

INCREASE OR DECREASE PROTEIN/CARBS BASED ON YOUR MACROS

DINNER

GAINS WITH GURU MANN	QNTY	PRO	CARBS	FATS
LARGE ROTI	1	6	42	2
BEANS (MASHED)	50-60G	12	30	4
AVACADO (OPTIONAL)	1/2	—	—	—
MOZ CHEESE (OR PANEER)	40G	8	0	8
ONION	2 SPOON	—	—	—
TOMATO	2 SPOON	—	—	—
KETCHUP	1 SPOON	—	4	—
CRUSHED CHIPS	4-5	—	—	—
SALT/PEPPER	400-600MG	—	—	—
TOTAL		26	76	14

INCREASE OR DECREASE PROTEIN/CARBS BASED ON YOUR MACROS



BEFORE BED

GAINS WITH GURU MANN	QNTY	PRO	CARBS	FATS
ALMOND MILK OR NON FAT MILK	240ML	10	10	0
CASEIN PROTEIN	1 SCOOP	24	1	1
ALMONDS OR PEANUTS	30G	7	7	14
TOTAL		41	18	15

IF NO SUPPLEMENT, THEN HAVE 240ML MILK & ALMONDS



SUPPLEMENTS

UPON WALKING UP

WHEY ISOLATE OR BLEND	1 SCOOP IN 150ML WATER	
BCAA (ANY BRAND)	3-5 GRAM	



TOTAL: PRO-24 / CARB-0 / FAT-0

1 HOUR BEFORE WORKOUT



KARBOLYN OR ANY BRAND	1 SCOOP IN 500ML WATER	
BCAA (ANY BRAND)	3-5 GRAM	

TOTAL: PRO-0 / CARB-50 / FAT-0 (Non-Supplements - 2 Slice of White Bread with 1spoon Jam)

PRE-WORKOUT

BULLET OR ANY BRAND	1 SCOOP IN 150ML WATER	
BCAA (ANY BRAND)	3-5 GRAM	

DURING-WORKOUT

KARBOLYN OR ANY BRAND	1 SCOOP IN 500ML WATER	
BCAA (ANY BRAND)	3-5 GRAM	

TOTAL: PRO-0 / CARB-50 / FAT-0

POST-WORKOUT

<p>WHEY ISOLATE OR BLEND</p>	<p>2 SCOOP IN 400ML WATER</p>	
<p>KARBOLYN OR ANY BRAND</p>	<p>1 SCOOP IN 500ML WATER</p>	
<p>BCAA (ANY BRAND)</p>	<p>3-5 GRAM</p>	

TOTAL: PRO-50 / CARB-50 / FAT-0

Beginner Can take 1 scoop = 24g Protein

<p>CALORIES</p>	<p>PROTEIN</p>	<p>CARBS</p>	<p>FATS</p>
<p>3647</p>	<p>270G</p>	<p>464G</p>	<p>80G</p>