



ULTIMATE BACK WORKOUT & NUTRITION PLAN

CATAGORY: MEN & WOMEN

AGE: 16 TO 60 YEARS

ACTIVITY: GYM WORKOUT

NUTRITION: VEG & NON-VEG

DAYS: 2 DAYS BACK TRAINING

DESIGNED & CREATED BY GURU MANN

ULTIMATE BACK WORKOUT PLAN

DAYS	SPLIT
MONDAY	BACK STRENGTH
TUESDAY	---
WEDNESDAY	---
THURSDAY	BACK ENDURANCE
FRIDAY	---
SATURDAY	---
SUNDAY	---

BACK STRENGTH	EXERCISE	SETS	REPS
WARM UP	1. PULL-UPS (WIDE GRIP)	2	8-15
SUPERSET	2A. WIDE GRIP LAT PULL DOWN 2B. REVERSE GRIP LAT PULL DOWN	3-4	6-8
SUPERSET	3A. BARBELL ROWS 3B. MACHINE ROWS WITH BAR	3-4	6-8
SUPERSET	4A. BARBELL SHRUGS 4B. ROPE FACE PULL	3-4	6-8

NOTE: 3 MINUTE REST AFTER EACH SUPERSET.

BACK ENDURANCE	EXERCISE	SETS	REPS
WARM UP	1. PULL-UPS (REVERSE GRIP)	2	8-15
SUPERSET	2A. ROPE ROWS (HIGH ANGLE) 2B. ROPE ROWS (LOW ANGLE) ON INCLINE BENCH	3-4	12-15
SUPERSET	3A. T-BAR ROWS 3B. STRAIGHT ARM PULL DOWN	3-4	12-15
SUPERSET	4A. REVERSE GRIP PUSH UPS 4B. BACK EXTENSION (ON FLOOR)	3-4	12-15

NOTE: WATCH ULTIMATE BACK WOKOUT VIDEO ON YOUTUBE

HOW TO COMBINE IT WITH OTHER MUSCLES

OPTION#1

DAYS	SPLIT
MONDAY	BACK STRENGTH
TUESDAY	CHEST
WEDNESDAY	ARMS
THURSDAY	BACK ENDURANCE
FRIDAY	SHOULDERS
SATURDAY	LEGS
SUNDAY	REST

OPTION#2

DAYS	SPLIT
MONDAY	BACK STRENGTH
TUESDAY	ARMS
WEDNESDAY	CHEST
THURSDAY	BACK ENDURANCE
FRIDAY	SHOULDERS
SATURDAY	LEGS
SUNDAY	REST

OPTION#3

DAYS	SPLIT
MONDAY	BACK STRENGTH + TRICEPS
TUESDAY	CHEST
WEDNESDAY	CARDIO + ABS
THURSDAY	BACK ENDURANCE + BICEPS
FRIDAY	SHOULDERS
SATURDAY	LEGS
SUNDAY	REST

OPTION#4

DAYS	SPLIT
MONDAY	BACK STRENGTH + ABS
TUESDAY	CHEST
WEDNESDAY	ARMS
THURSDAY	BACK ENDURANCE + CARDIO
FRIDAY	SHOULDERS
SATURDAY	LEGS
SUNDAY	REST

OPTION#5

DAYS	SPLIT
MONDAY	CHEST
TUESDAY	BACK STRENGTH + ABS
WEDNESDAY	ARMS
THURSDAY	SHOULDERS
FRIDAY	BACK ENDURANCE + CARDIO
SATURDAY	LEGS
SUNDAY	REST

COMBO (WEAK MUSCLES)

ULTIMATE CHEST + ULTIMATE BACK + ULTIMATE ARMS

DAYS	SPLIT
MONDAY	ULTIMATE CHEST - STRENGTH + ABS
TUESDAY	ULTIMATE BACK - STRENGTH
WEDNESDAY	ULTIMATE ARMS - STRENGTH + SHOULDERS
THURSDAY	ULTIMATE CHEST - ENDURANCE
FRIDAY	ULTIMATE BACK - ENDURANCE + CARDIO
SATURDAY	ULTIMATE ARMS - ENDURANCE + LEGS
SUNDAY	REST

ULTIMATE BACK NUTRITION PLAN



NON VEG	WORKOUT DAYS – HIGH CARBS (MON-TUES-THUR-FRI-SAT)	ELIMINATION	RECOVERY DAY – LOW CARBS (WED-SUN)
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MEAL 1

<p>MUSCLE OATS</p> <ul style="list-style-type: none"> -2/3cup Oats -1/4 cup Cereals or Granola -2/3sp Whey -1sp Brans -1/8 cup Raisin -1/8 cup Cranberries -1/8 cup Crushed Almonds -1/8 cup Crushed Walnuts -1/2 Banana -1/2 Apple -2pinch Cinnamon <p>CAL-595 PRO-35/CARB-80/FAT-15</p>	<p>¼ cup cereals</p>	<p>RECOVERY OATS</p> <ul style="list-style-type: none"> -1/2cup Oats -1sp Whey -1/8 cup Crushed Almonds -1/8 cup Crushed Walnuts -1/2 Banana -1/2 Apple -2pinch Cinnamon <p>CAL-595 PRO-35/CARB-46/FAT-10</p>
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MEAL 2

<p>PROTEIN POWER SNACK -1 Slice Bread + 2eggs Omelet (1whole+1white) -1 Slice Bread+ ½ cup mashed chickpeas -1 Slice Bread+ ½ Banana+1sp Peanut butter CAL-536 PRO-30/CARB-68/FAT-16</p>	<p>1 BREAD</p>	<p>OMELETTE TOAST -2 Slice Wheat Bread -7 Egg Whites Omelet CAL-536 PRO-35/CARB-34/FAT-3</p>
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MEAL 3

<p>MUSCLE BUILDER POTATO BOWL -140g Sweet Potato -1/2 cup Kidney Beans -50g Fresh Paneer -1/2 Green Pepper 1/4cup Spinach (chopped) -3sp Green onion (chopped) -2sp Tomato (chopped) Sauce: Yogurt Sauce Topping -1/3cup Mango or Pine Apple (chopped) -3 Egg whites (scrambled) CAL-490 PRO-32/CARB-68/FAT-10</p>	<p>Mango/Pineapple 40g Sweet Potato</p>	<p>CHICKEN & ROTI -120g Grilled Chicken or Chicken Curry (Cooked in coconut oil or olive oil) -1 Roti -1/2 plate Salad (Cucumber, cabbage, tomato, carrots) CAL-490 PRO-30/CARB-32/FAT-10</p>
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MEAL 4

<p>SWEET MUSCLE RICE -2/3cup Brown Rice -1sp Honey -1sp Peanut Butter -1sp Peanuts -1sp Black Raisins -2/3 Banana Protein Pudding: -2sp Yogurt+2/3sp Whey CAL-597 PRO-33/CARB-78/FAT-17</p>	<p>1sp Honey</p>	<p>FRUIT SALAD & PROTEIN DRINK -1 bowl mixed fruit salad (Apple, pear, papaya, grapes, oranges, etc) -1sp whey in 200ml Slim milk CAL-597 PRO-35/CARB-37/FAT-1</p>
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<p>PRE W/O SUPPLEMENT -1scoop Neurocore by MuscleTech -200ml Cold Water OR PRE W/O WITHOUT SUPPLEMENT -½tbs Coffee (Nescafe) -240ml Hot Water</p>	<div style="background-color: #cccccc; padding: 10px; text-align: center;">WORKOUT</div>
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<p>POST W/O SUPPLEMENT -1-2scoop Whey Protein -2-3sp Carbo Plus -400ml Cold Water CAL-389 PRO-35/CARB-60/FAT-1 OR POST W/O WITHOUT SUPPLEMENT -6 Boiled Egg Whites -2 Banana CAL-308 PRO-25/CARB-52/FAT-0 OR -2sp Protinex with 240ml NF Milk -2 Banana CAL-377 PRO-22/CARB-72/FAT-1</p>	
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MEAL 5

<p>MUSCLE MEAT -2 Chicken Drumsticks (Legs) (Grilled, roasted or pan cooked) -1 Pineapple Ring <u>Broccoli Cabbage Salad</u> -1/2 cup crushed Broccoli -1/2 cup crushed Cabbage -1sp Ranch <u>Beans Salad</u> -1/4cup Kidney Beans -1/4cup Chickpeas -2sp chopped carrots -2sp chopped tomato -2sp chopped onion -1/2 lemon -Cilantro little bit -Ketchup or Red Chutney -Salt/Pepper CAL-513 PRO-30/CARB-60/FAT-17</p>	<p>Ranch Chutney</p>	<p>TANDOORI CHICKEN -1/2 Plate Tandoori Chicken -2/3 cup Rice -1 plate Salad (Cucumber, cabbage, tomato, carrots) CAL-513 PRO-35/CARB-40/FAT-18</p>
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MEAL 6

<p>PROTEIN BURFI -1egg white -2/3sp whey or casein -3sp Peanuts -1sp Raisins CAL-279 PRO-25/CARB-11/FAT-15</p>	<p>Nothing to Eliminate</p>	<p>PROTEIN BURFI -1egg white -1sp whey or casein -1sp Peanuts -1sp Raisins CAL-279 PRO-30/CARB-11/FAT-8</p>
<p>TOTAL CAL 3399 / PRO-220g, CARB-425g, FAT-90g</p>		<p>TOTAL CAL 2050 / PRO-200g, CARB-200g, FAT-50g</p>

VEG PLAN

VEG	WORKOUT DAYS – HIGH CARBS (MON-TUES-THUR-FRI-SAT)	ELIMINATION	RECOVERY DAY – LOW CARBS (WED-SUN)
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MEAL 1

<p>MUSCLE OATS -2/3cup Oats -1/4 cup Cereals or Granola -2/3sp Whey -1sp Brans -1/8 cup Raisin -1/8 cup Cranberries -1/8 cup Crushed Almonds -1/8 cup Crushed Walnuts -1/2 Banana -1/2 Apple -2pinch Cinnamon CAL-595 PRO-35/CARB-80/FAT-15</p>	<p>¼ cup cereals</p>	<p>RECOVERY OATS -1/2cup Oats -1sp Whey -1/8 cup Crushed Almonds -1/8 cup Crushed Walnuts -1/2 Banana -1/2 Apple -2pinch Cinnamon CAL-595 PRO-35/CARB-46/FAT-10</p>
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MEAL 2

<p>PROTEIN POWER SNACK -1 Slice Bread+ 1sp Peanut butter -1 Slice Bread+ ½ cup mashed chickpeas -1 Slice Bread+ ½ Banana+1sp Peanut butter CAL-536 PRO-23/CARB-71/FAT-16</p>	<p>1 BREAD</p>	<p>PROTEIN LADDOO Checkout the recipe on my Health & Fitness YouTube Channel CAL-536 PRO-35/CARB-34/FAT-3</p>
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MEAL 3

<p>MUSCLE BUILDER POTATO BOWL -140g Sweet Potato -1/2 cup Kidney Beans -50g Fresh Paneer -1/2 Green Pepper 1/4cup Spinach (chopped) -3sp Green onion (chopped) -2sp Tomato (chopped) Sauce: Yogurt Sauce Topping -1/3cup Mango or Pine Apple (chopped) -25g Soy Chunks CAL-490 PRO-32/CARB-68/FAT-10</p>	<p>Mango/Pineapple 40g Sweet Potato</p>	<p>LENTIL & ROTI -100g mixed lentil (Cooked in coconut oil or olive oil) -1 Roti -1/2 plate Salad (Cucumber, cabbage, tomato, carrots) CAL-490 PRO-20/CARB-42/FAT-10</p>
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MEAL 4

<p>SWEET MUSCLE RICE -2/3cup Brown Rice -1sp Honey -1sp Peanut Butter -1sp Peanuts -1sp Black Raisins -2/3 Banana Protein Pudding: -2sp Yogurt+2/3sp Whey CAL-597 PRO-33/CARB-78/FAT-17</p>	<p>1sp Honey</p>	<p>FRUIT SALAD & PROTEIN DRINK -1 bowl mixed fruit salad (Apple, pear, papaya, grapes, oranges, etc) -1sp whey in 200ml Slim milk CAL-597 PRO-35/CARB-37/FAT-1</p>
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<p>PRE W/O SUPPLEMENT -1scoop Neurocore by MuscleTech -200ml Cold Water OR PRE W/O WITHOUT SUPPLEMENT -½tbs Coffee (Nescafe) -240ml Hot Water</p>
<p>WORKOUT</p>
<p>POST W/O SUPPLEMENT -1-2scoop Whey Protein -2-3sp Carbo Plus -400ml Cold Water CAL-389 PRO-35/CARB-60/FAT-1 OR -2sp Protinex with 240ml NF Milk -2 Banana CAL-377 PRO-22/CARB-72/FAT-1</p>

MEAL 5

<p>MUSCLE MEAT -200g Tofu (Grilled, roasted or pan cooked) -1 Pineapple Ring Broccoli Cabbage Salad -1/2 cup crushed Broccoli -1/2 cup crushed Cabbage -1sp Ranch Beans Salad -1/4cup Kidney Beans -1/4cup Chickpeas -2sp chopped carrots -2sp chopped tomato -2sp chopped onion -1/2 lemon -Cilantro little bit -Ketchup or Red Chutney -Salt/Pepper CAL-513 PRO-30/CARB-60/FAT-17</p>	<p>Ranch Chutney</p>	<p>PANEER TIKKA OR GRILLED PANEER -100g Grilled Paneer -2/3 cup Rice -1 plate Salad (Cucumber, cabbage, tomato, carrots) CAL-473 PRO-25/CARB-40/FAT-18</p>
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MEAL 6

<p>PROTEIN BURFI -1egg white -2/3sp whey or casein -3sp Peanuts -1sp Raisins CAL-279 PRO-25/CARB-11/FAT-15</p>	<p>Nothing to Eliminate</p>	<p>PROTEIN BURFI -1egg white -1sp whey or casein -1sp Peanuts -1sp Raisins CAL-279 PRO-30/CARB-11/FAT-8</p>
<p>TOTAL CAL 3399 / PRO-220g, CARB-425g, FAT-90g</p>		<p>TOTAL CAL 2010 / PRO-180g, CARB-210g, FAT-50g</p>

Best Wishes to Everyone

*Regards
GM*