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**CUSTOM ELITE DIGITAL FIT PROGRAM**
**For: ** John Doe
**Age:** 28
**Height:** 6'0"
**Weight:** 175 lbs
**Goal:** Muscle Gain
♦ **"Strength is the signal. Consistency is the secret. You're not just training to lift
more-you're building the kind of physique that turns heads."**
Let's sculpt that athletic, aesthetic body by targeting the key areas that give lifters
their visual edge: the **
         ** It's time to
## 1. **PERSONALIZED CORE OBJECTIVE**
Your mission over the next 12-16 weeks is to **build lean, dense muscle** without
unnecessary fat gain. At 6'0" and 175 lbs, you're in a prime position for a lean bulk your
current physique gives us the chance to pack on **10-12 lbs of quality muscle** with
proper strength progression, smart nutrition, and intentional recovery.
This program will get you stronger across the board, but more than that it's about
refining aesthetics. We'll train with purpose and intensity to develop the **"modelesque"
V-shaped frame**:
You'll achieve this by:

    Following a tight nutrition

                                     focused on
- Using advanced training methods
- Powering your recovery with

    Hitting intentional

## 2. **NUTRITION PLAN**
### O Daily Calorie Target & Macros
- **Maintenance:**
- **Lean Bulk Targe
                                       ~2825 kcal/day**
**Macros:**
- **Protein:** ~
- **Fats:**
- **Carbs:**
### | How to Eat for Muscle Gain (Without the Fat)
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Prevents morning overeating (low hunger signaling)
- Enhances insulin sensitivity = better nutrient partitioning (those carbs go to muscle,
not fat)
### 🔐 Keys to Success
 Keep your meals satisfying and repeatable (simplicity → consistency)
- Lean proteins, high volume carbs (potatoes, rice), enjoy life (chocolate is not a
crime!)
- Track weight weekly →
 If weight stalls for
### Match-Outs:
 Hidden calories in
- Don't panic if your
 Alcohol: 2 3 drinks/week is fine. Don't cu
## 3. **TRAINING PLAN**
### I Weekly Training Schedule
  **MONDAY: **
- **WEDNESDAY:
  **FRIDAY:**
- **SATURDAY
- **DAILY:**
This setup hits each muscle group
### $ KEY TRAINING CONCEPTS
                       - Set 2:
 Set 3:
 **Rest
Designed for hypertrophy.
- Set 1:
- Rest
- Set 2
- Repeat
→ Great f
**Warm-Ups**:
Only warm up for
Avoid
                       PROGRAM
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- Creates structure



! Optional but powerful day for long-term rebalancing and unique development

- MOVEMENT / RECOVERY OVERVIEW

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**Daily Goal:**

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    **
    **

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FINAL NOTE

John, this phase is about unlocking your next level. The blueprint is here—now it's about **execution over perfection**. You'll get stronger, look sharper, and feel better in your skin. Strength is the cue—lean gains will follow.

No gimmicks here—just **timeless strength**, smart eating, and consistent steps.

Stay locked in. Keep showing up. The physique you want is already within reach—just waiting to be built. \bowtie

Let's get after it.

Digital Fitness Team ♥