

Weight Loss Workout Plan

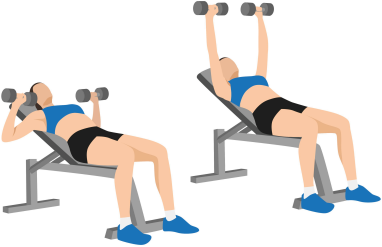
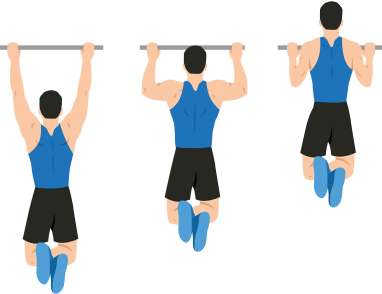
This workout plan is tailored to help you lose weight by combining strength training, cardiovascular exercises, and active recovery. It is designed for individuals at all fitness levels, with scalable options for beginners and more advanced gym-goers. The plan incorporates targeted workouts to build lean muscle, improve endurance, and boost metabolism, making it an effective tool for sustainable weight loss.

Disclaimer: This workout plan serves as a general guide and is **NOT** a replacement for personalized fitness or medical advice. Consult with a qualified fitness professional or healthcare provider before starting any new exercise program, particularly if you have pre-existing medical conditions, injuries, or concerns. Always prioritize proper form and listen to your body to prevent injury

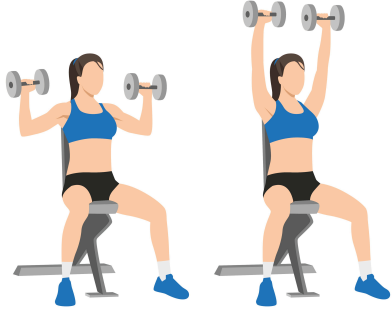
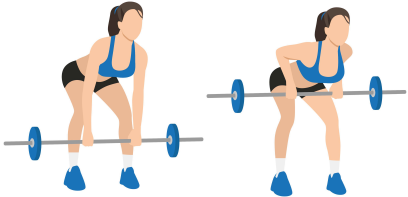
How to use this plan	Key terms
<p>Spread your workouts across the week with at least one rest or active recovery day between heavy sessions. A suggested schedule:</p> <ul style="list-style-type: none">• Day 1: Upper body strength• Day 2: High-intensity interval training (HIIT) cardio• Day 3: Lower body strength• Day 4: Rest• Day 5: Steady-state or HIIT cardio• Day 6: Full-body strength• Day 7: Active recovery or rest	<ul style="list-style-type: none">• Reps (repetitions): One complete cycle of an exercise. Example: "10–12 reps" means performing the movement 10–12 times consecutively before resting.• Sets: A group of repetitions. Example: "3 x 10–12" means 3 sets of 10–12 reps with rest in between.• Rest periods: Rest 30 seconds for lighter weights/higher reps or 60 seconds for heavier weights/challenging exercises.• Progressive overload: Gradually increase reps to 12 and then increase weight as the exercises become easier to ensure continued strength gains.• Active recovery: Low-intensity exercises or activities performed on rest days to promote blood flow, reduce muscle stiffness, and enhance recovery. Examples: Light walk or cycle or stretching

On the following pages, you'll find a detailed overview of the workout plan with exercises broken down by day. The final page provides a concise summary of the entire plan for quick reference.

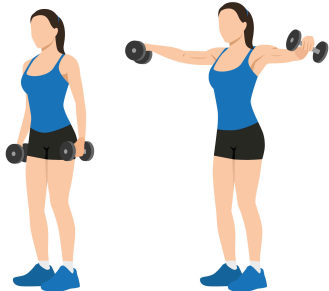
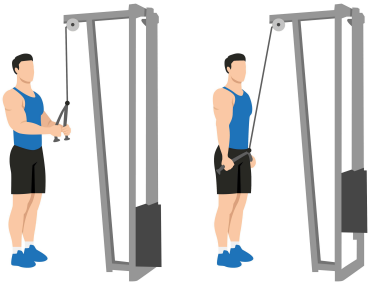
Day 1: Upper strength focus

Exercise:	Muscles worked	Instructions	Sets x reps	Key tips
Incline dumbbell bench press 	Upper chest, shoulders, triceps	<ol style="list-style-type: none"> 1. Adjust the bench to 30-45 degrees. 2. Sit and hold dumbbells on your thighs. 3. Lie back and press dumbbells upward until your arms are extended. 4. Lower slowly to chest height. 	_____ x _____	<ul style="list-style-type: none"> • Keep your back pressed against the bench. • Avoid locking elbows at the top. • Use controlled movements. • Exhale on the push, inhale on the return.
Pull-ups (assisted if necessary) 	Lats, biceps, rear deltoids	<ol style="list-style-type: none"> 1. Grab the pull-up bar with a shoulder-width grip, palms facing away. 2. Pull yourself upward until your chin is above the bar. 3. Lower yourself slowly to the starting position. 4. Repeat for the specified number of sets and reps. 	_____ x _____	<ul style="list-style-type: none"> • Use an assisted pull-up machine or resistance band if needed. • Avoid swinging or kipping. • Keep your core engaged and shoulders away from your ears.


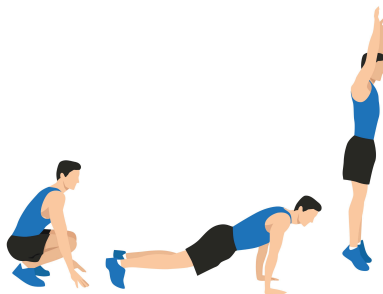
Day 1: Upper strength focus

Exercise	Muscles worked	Instructions	Sets x reps	Key tips
Shoulder press (dumbbell or machine) 	Shoulders, triceps	<ol style="list-style-type: none"> 1. Sit on a bench or shoulder press machine. 2. Hold dumbbells or machine handles at shoulder height. 3. Press weights upward until your arms are straight. 4. Lower back down slowly to the starting position. 5. Repeat for a set number of reps. 	_____ x _____	<ul style="list-style-type: none"> • Keep your core tight and back straight. • Avoid shrugging your shoulders. • Control the motion up and down. • Exhale as you push, inhale as you lower.
Barbell bent-over rows 	Back, biceps, rear deltoids	<ol style="list-style-type: none"> 1. Stand with feet shoulder-width apart, holding a barbell with an overhand grip (palms facing down). 2. Bend your knees slightly and hinge at your hips, keeping your back straight. 3. Pull the barbell toward your torso, squeezing your shoulder blades. reps. 4. Lower the barbell slowly to the starting position. 5. Repeat for the specified number of sets and reps. 	_____ x _____	<ul style="list-style-type: none"> • Keep your back flat throughout the exercise. • Avoid rounding your shoulders. • Focus on squeezing your back muscles at the top of the movement.

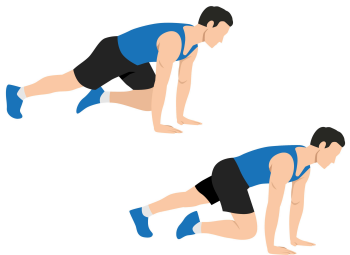
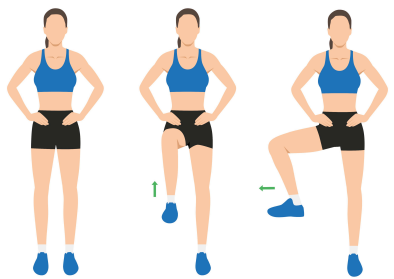
Day 1: Upper strength focus

Exercise	Muscles worked	Instructions	Sets x reps	Key tips
Lateral raises (dumbbells) 	Shoulders (lateral deltoids)	<ol style="list-style-type: none"> 1. Stand holding dumbbells at your sides. 2. Lift arms outward to shoulder height, keeping a slight bend in your elbows. 3. Lower arms slowly to the starting position. 4. Repeat for a set number of reps. 	_____ x _____	<ul style="list-style-type: none"> • Keep movements slow and controlled. • Avoid swinging the weights. • Stop at shoulder height. • Engage your core for stability.
Tricep pushdowns (cable) 	Triceps	<ol style="list-style-type: none"> 1. Attach a rope or straight bar to a cable machine. 2. Grip the attachment, palms facing down. 3. Push down until your arms are straight. 4. Return to the starting position. 5. Repeat for a set number of reps. 	_____ x _____	<ul style="list-style-type: none"> • Keep elbows close to your sides. • Focus on squeezing the triceps at the bottom. • Avoid using your shoulders or back. • Keep your movements smooth.

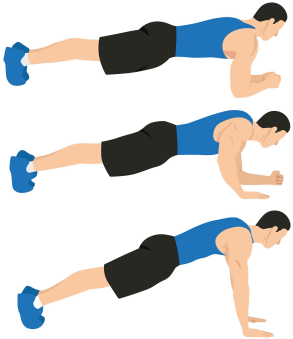
Day 2: High-intensity interval training (HIIT) cardio

Exercise	Muscles worked	Instructions	Sets x reps	Key tips
Jump squats 	Quads, glutes, calves	<ol style="list-style-type: none"> 1. Stand with your feet shoulder-width apart, toes pointing slightly outward. 2. Lower into a squat position, keeping your chest up and back straight. 3. Explode upward, jumping as high as you can. 4. Land softly back into a squat position to begin the next rep. 5. Repeat for the specified number of sets and reps. 	_____ x _____	<ul style="list-style-type: none"> • Keep your knees aligned with your toes during the squat. • Land softly to reduce the impact on your joints. • Use your arms to help generate momentum.
Burpees 	Full body	<ol style="list-style-type: none"> 1. Stand with your feet shoulder-width apart. 2. Drop into a squat and place your hands on the ground. 3. Jump your feet back into a plank position. 4. Perform a push-up (optional for added difficulty). 5. Jump your feet back toward your hands and leap into the air. 6. Land softly and repeat for the specified number of sets and reps. 	_____ x _____	<ul style="list-style-type: none"> • Keep your core engaged during the plank and push-up. • Use explosive energy for the jump. • Modify by stepping back into the plank instead of jumping if needed.


Day 2: High-intensity interval training (HIIT) cardio

Exercise	Muscles worked	Instructions	Sets x reps	Key tips
Mountain climbers 	Core + full body	<ol style="list-style-type: none"> 1. Start in a plank position with your hands directly under your shoulders. 2. Drive one knee toward your chest, then quickly switch legs. 3. Continue alternating legs as quickly as possible. 4. Repeat for the specified number of sets and reps. 	_____ x _____	<ul style="list-style-type: none"> • Keep your body in a straight line from head to heels. • Avoid letting your hips rise too high. • Focus on controlled, quick movements.
High knees 	Quads, hamstrings	<ol style="list-style-type: none"> 1. Stand tall with your feet hip-width apart. 2. Run in place, driving your knees up toward your chest. 3. Pump your arms as you move to maintain balance. 4. Continue for the specified number of sets and reps. 	_____ x _____	<ul style="list-style-type: none"> • Keep your chest up and core engaged. • Aim to bring your knees as high as possible. • Land softly on the balls of your feet.

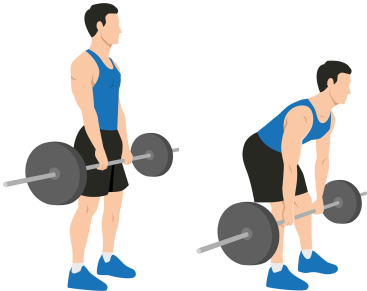
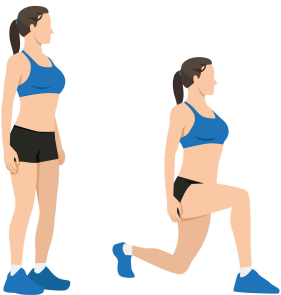
Day 2: High-intensity interval training (HIIT) cardio

Exercise	Muscles worked	Instructions	Sets x reps	Key tips
Push-up to plank jack combo 	Chest, core, cardio	<ol style="list-style-type: none"> 1. Begin in a plank position with your hands under your shoulders. 2. Perform a push-up by lowering your chest to the floor, then pressing back up. 3. At the top of the push-up, jump your feet out wide, then back together (plank jack). 4. Repeat the sequence for the specified number of sets and reps. 	_____ x _____	<ul style="list-style-type: none"> • Maintain a straight line from head to heels. • Avoid sagging or arching your lower back. • Control the plank jack to minimize bouncing.


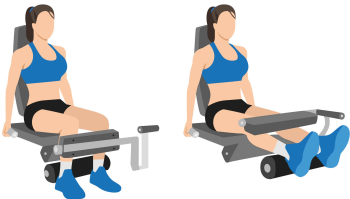
Day 3: Lower strength

Exercise	Muscles worked	Instructions	Sets x reps	Key tips
Leg press (machine) 	Quads, glutes, hamstrings	<ol style="list-style-type: none"> 1. Sit in the machine with your back flat against the pad. 2. Place your feet shoulder-width apart on the platform. 3. Push the platform upward until your legs are straight (but don't lock your knees). 4. Lower the platform slowly until your knees are at about 90 degrees. 5. Repeat. 	_____ x _____	<ul style="list-style-type: none"> • Push through your heels, not your toes. • Avoid locking your knees at the top. • Keep movements controlled.

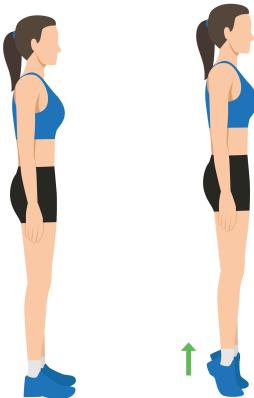
Day 3: Lower strength

Exercise	Muscles worked	Instructions	Sets x reps	Key tips
Romanian deadlifts (dumbbells or barbell) 	Hamstrings, glutes, lower back	<ol style="list-style-type: none"> 1. Hold a barbell or dumbbells in front of your thighs with palms facing you. 2. Hinge at your hips and lower the weight down your legs, keeping a slight bend in your knees. 3. Stop when you feel a stretch in your hamstrings or when the weights reach mid-shin 4. Return to the starting position by driving your hips forward. 5. Repeat for the specified number of sets and reps. 	_____ x _____	<ul style="list-style-type: none"> • Keep your back flat and shoulders pulled back. • Focus on hinging at the hips rather than bending your knees excessively. • Avoid rounding your lower back.
Walking lunges 	Quads, glutes, hamstrings	<ol style="list-style-type: none"> 1. Hold dumbbells at your sides or perform without weights. 2. Step forward with one leg, lowering your back knee until it's just above the floor. 3. Push through your front heel to return to standing. 4. Alternate legs with each step. 	_____ x _____	<ul style="list-style-type: none"> • Keep your torso upright. • Use a comfortable stride length • Focus on driving through the front heel.

Day 3: Lower strength

Exercise	Muscles worked	Instructions	Sets x reps	Key tips
Leg extensions (machine) 	Quads	<ol style="list-style-type: none"> 1. Adjust the seat so your knees line up with the pivot point of the machine. 2. Extend your legs until they're straight, squeezing your quads 3. Lower slowly back to the starting position. 4. Repeat. 	_____ x _____	<ul style="list-style-type: none"> • Avoid locking your knees at the top. • Use a moderate weight to avoid strain. • Focus on contracting your quads at the top of the movement.
Leg curl (machine) 	Hamstrings	<ol style="list-style-type: none"> 1. Sit or lie down in the machine with your legs straight and the pad positioned just above your ankles. 2. Curl your legs toward your glutes as far as the machine allows. 3. Slowly return to the starting position. 4. Repeat. 	_____ x _____	<ul style="list-style-type: none"> • Keep your hips flat on the seat or pad. • Move slowly and avoid using momentum. • Focus on fully contracting your hamstrings.

Day 3: Lower strength

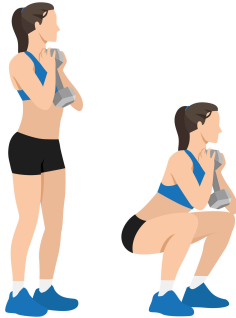
Exercise	Muscles worked	Instructions	Sets x reps	Key tips
Calf raises 	Calves (gastrocnemius and soleus)	<ol style="list-style-type: none"> 1. Stand on a flat surface or the edge of a step with your heels hanging off. 2. Push through the balls of your feet to lift your heels as high as possible. 3. Lower your heels slowly to the starting position. 4. Repeat for the specified number of sets and reps 	_____ x _____	<ul style="list-style-type: none"> • Perform the movement slowly and under control. • Avoid bouncing or rushing through reps. • Hold onto a stable surface if needed for balance.

Day 4: Steady-state cardio

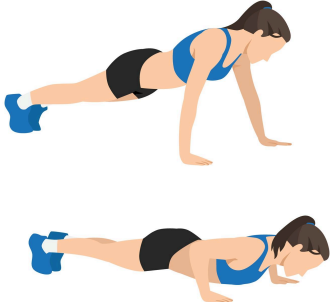
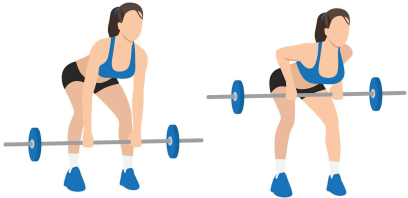
You can choose which cardio activity to engage in just ensure that you keep moving at a moderate intensity for the entire session. The goal is to maintain an intensity of **60-75% of your maximum heart rate**—a level where you can hold a conversation but still feel like you're exerting effort.

Example activity options	Duration:	Guidelines:
Treadmill	5.5 km/h, 5% incline	Walk or jog at a steady pace. Use a 1-2% incline for walking or 0% incline for jogging.
Outdoor run/walk		Maintain an easy, consistent pace on flat terrain or light hills.
Cycling (stationary or road)	moderate resistance, 75-85 RPM	Pedal at a steady pace with moderate resistance.
Swimming		Swim laps at a comfortable, continuous pace, focusing on maintaining steady breathing patterns.

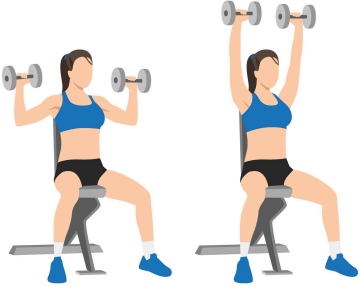
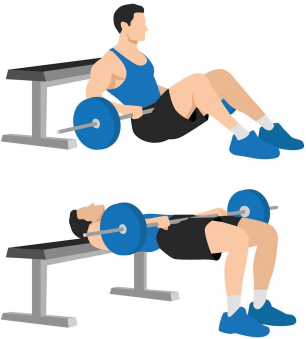
Day 5: Full body

Exercise	Muscles worked	Instructions	Sets x reps	Key tips
Goblet squats 	Quads, glutes, hamstrings	<ol style="list-style-type: none">1. Hold a dumbbell or kettlebell close to your chest with both hands.2. Stand with feet shoulder-width apart.3. Push your hips back and lower into a squat, keeping your chest upright.4. Push through your heels to return to standing.5. Repeat.	_____ x _____	<ul style="list-style-type: none">• Keep your chest upright.• Avoid letting your knees collapse inward.• Go as low as comfortable with good form.

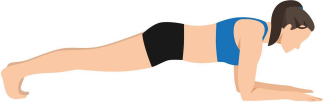
Day 5: Full body

Exercise	Muscles worked	Instructions	Sets x reps	Key tips
Push-ups (knees or full) 	Chest, shoulders, triceps	<ol style="list-style-type: none"> 1. Start in a plank position on your hands and knees (or toes for full push-ups). 2. Lower your chest toward the floor, keeping your body straight. 3. Push back up to the starting position. 4. Repeat. 	_____ sets to failure	<ul style="list-style-type: none"> • Keep your core tight. • Avoid sagging your hips. • Focus on controlled movement and full range of motion.
Barbell bent-over rows 	Back, biceps	<ol style="list-style-type: none"> 1. Hold a barbell with an underhand grip, slightly wider than shoulder-width. 2. Bend your knees slightly and hinge forward at the hips, keeping your back straight. 3. Pull the barbell toward your waist, squeezing your shoulder blades. 4. Lower slowly and repeat. 	_____ x _____	<ul style="list-style-type: none"> • Avoid rounding your back. • Focus on squeezing your shoulder blades together. • Move in a controlled manner.

Day 5: Full body

Exercise	Muscles worked	Instructions	Sets x reps	Key tips
Dumbbell shoulder press 	Shoulders, triceps	<ol style="list-style-type: none"> 1. Sit or stand holding a dumbbell in each hand at shoulder height. 2. Press the dumbbells upward until your arms are straight. 3. Lower back slowly to shoulder height. 4. Repeat. 	_____ x _____	<ul style="list-style-type: none"> • Keep your core tight to avoid arching your back. • Use light dumbbells if needed.
Hip thrust (barbell) 	Glutes, hamstrings	<ol style="list-style-type: none"> 1. Set up with your back against an elevated surface like the bench. 2. Push through your heels to lift your hips toward the ceiling, squeezing your glutes at the top. Make sure to keep your chin tucked. 3. Lower slowly. 4. Repeat. 	_____ x _____	<ul style="list-style-type: none"> • Pause briefly at the top for better activation. • Keep your chin tucked and avoid overextending your back.

Day 5: Full body

Exercise	Muscles worked	Instructions	Sets x reps	Key tips
Plank (forearms) 	Core	<ol style="list-style-type: none"> 1. Position yourself on your forearms and toes, keeping your body in a straight line from head to heels. 2. Hold this position for the prescribed time. 	_____ x _____ seconds	<ul style="list-style-type: none"> • Keep your hips level. • Avoid letting your back sag or your hips rise. • Focus on engaging your core.

Notes

Workout plan				
Day	Workout focus	Warm-up	Exercises	Cool-down
1	Upper body strength	_____ light cardio (e.g., treadmill, rowing machine)	<ul style="list-style-type: none"> • Incline dumbbell bench press • Pull-ups (assisted if necessary) • Shoulder press (dumbbell or machine) • Barbell bent-over rows • Lateral raises (dumbbells) • Tricep pushdowns (cable) 	_____ of stretching
2	HIIT cardio	_____ light stretching	<ul style="list-style-type: none"> • Jump squats • Burpees • Mountain climbers • High knees • Push-up to plank jack combo 	_____ of stretching
3	Lower body strength	_____ light cardio	<ul style="list-style-type: none"> • Leg press (machine) • Romanian deadlifts (dumbbells or barbell) • Walking lunges • Leg extensions (machine) • Leg curls (machine) • Calf raises 	_____ of stretching
4	Steady-state cardio	_____ stretching	Choose from: <ul style="list-style-type: none"> • Treadmill walking/jogging • Outdoor running/walk • Cycling (stationary or road) • Swimming • _____ 	_____ of stretching
5	Full-body	_____ light cardio	<ul style="list-style-type: none"> • Goblet squats • Push-ups (knees or full) • Barbell bent-over rows • Dumbbell shoulder press • Hip thrusts (barbell) • Plank (forearms) 	_____ of stretching

Additional tips for success

Stick to this workout plan and aim to complete all your scheduled sessions each week. Regular effort will help you build muscle, tone up, and boost your metabolism, which are essential for a healthier and more toned body. However, to effectively lose fat, you must pair your workouts with a calorie deficit—consuming fewer calories than your body burns. This combination of consistent exercise and mindful eating is key to sustainable weight loss.

Consistency is key

Adhering to the plan ensures progress. Building habits through regular workouts and staying active will help you achieve your goals over time.

Track your progress

Keep a log of the weights, reps, and sets you complete. This will help you monitor your progress and motivate you to keep improving.

Prioritize proper form

Focus on mastering the correct technique before increasing weights. Proper form not only ensures better results but also reduces the risk of injury.

Set realistic goals

Break your weight-loss journey into small, achievable milestones, such as losing 1-2 pounds per week, increasing workout intensity, or improving endurance. Celebrate these wins to stay on track.

Rest and recovery

Ensure you get 7–8 hours of sleep per night and allow for rest days between workouts to let your muscles recover and grow.

Warm up and cool down

Don't skip the warm-up or cool-down. Properly preparing your body prevents injuries, and stretching afterward improves flexibility and recovery.

Stay hydrated

Drink water before, during, and after your workout to keep your body functioning optimally.

Stay patient and flexible

Weight loss takes time and dedication. It's normal for progress to fluctuate, so stay focused on the overall trend and adjust your workouts or diet as needed.

Fuel your body

Pair your workouts with a balanced diet rich in protein, complex carbs, and healthy fats to support muscle recovery and overall energy.

Ask for help

If you're unsure how to use a machine or perform an exercise, don't hesitate to ask a gym trainer or staff member for guidance