

Weight Loss Workout Plan

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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.

Spread your workouts across the week with at least one rest or active recovery day between heavy sessions. A suggested schedule: 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

Incline dumbbell bench press - Sets x reps:

Pull-ups (assisted if necessary) - Sets x reps:

Shoulder press (dumbbell or machine) - Sets x reps:

Barbell bent-over rows - Sets x reps: _____

Lateral raises (dumbbells) - Sets x reps:

Tricep pushdowns (cable) - Sets x reps: _____ **Jump squats - Sets x reps:** _____

Burpees - Sets x reps: _____ **Mountain climbers - Sets x reps:** _____

High knees - Sets x reps: _____

Push-up to plank jack combo - Sets x reps:

Leg press (machine) - Sets x reps: _____

Romanian deadlifts (dumbbells or barbell) - Sets x reps:

Walking lunges - Sets x reps: _____ **Leg extensions (machine) - Sets x reps:** _____

Leg curl (machine) - Sets x reps: _____ **Calf raises - Sets x reps:** _____

Day 4: Steady-state cardio - Choose activity

☐ Treadmill walking/jogging ☐ Outdoor run/walk ☐ Cycling (stationary or road) ☐ Swimming

Duration: _____ **Goblet squats - Sets x reps:** _____

Push-ups (knees or full) - Sets x reps: _____ **Barbell bent-over rows - Sets x reps:** _____

Dumbbell shoulder press - Sets x reps: _____ **Hip thrust (barbell) - Sets x reps:** _____

Plank (forearms) - Sets x reps: _____

Notes - Specify below

Warm-up: _____

Warm-up: _____

Warm-up: _____

Additional exercise: _____

Cool-down: _____

Cool-down: _____

Cool-down: _____

Cool-down: _____

Cool-down: _____

Warm-up: _____

Warm-up: _____