

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
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	• 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.

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