

1. Training Workout Plan for Weight Loss

Frequency: Aim for 5–6 days per week, mixing strength training, cardio, and active recovery.

Weekly Schedule

- **Day 1: Full-Body Strength Training**
 - Squats (Bodyweight or Dumbbell): 3x12
 - Push-Ups: 3x15
 - Dumbbell Rows: 3x12
 - Plank (Hold for 30–60 seconds): 3 rounds
 - Jumping Jacks: 3x30 seconds
 - Lunges (Bodyweight): 3x12 per leg
- **Day 2: Cardio + Core**
 - **HIIT Cardio:** 20–25 minutes (e.g., 30 seconds sprint, 1-minute jog or walk)
 - **Core Routine:**
 - Bicycle Crunches: 3x20
 - Leg Raises: 3x15
 - Russian Twists: 3x20
 - Mountain Climbers: 3x30 seconds
- **Day 3: Lower Body Strength Training**
 - Deadlifts (Bodyweight or Dumbbell): 4x10
 - Bulgarian Split Squats: 3x12 per leg
 - Glute Bridges: 3x15
 - Step-Ups: 3x12 per leg
 - Calf Raises: 3x20
- **Day 4: Active Recovery**
 - Light walk, yoga, or stretching (20–30 minutes)
- **Day 5: Upper Body Strength Training**
 - Bench Press (or Dumbbell Chest Press): 3x10
 - Dumbbell Shoulder Press: 3x12
 - Lat Pulldowns (or Pull-Ups): 3x8–10
 - Dumbbell Bicep Curls: 3x12

- Tricep Dips: 3x12
 - Push-Ups: 3x15
- **Day 6: Cardio + Full Body Circuit**
 - **Cardio:** 30 minutes of steady-state activity (e.g., brisk walking, cycling, or swimming)
 - **Full Body Circuit:**
 - Jump Squats: 3x12
 - Burpees: 3x10
 - Push-Ups: 3x15
 - Plank: 3 rounds of 60 seconds
 - Running or Marching in Place: 3x1 minute
- **Day 7: Rest or Active Recovery**
 - Light stretching or yoga