

# 7 Day Cardio and Strength Training Program

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The goal of this weekly gym workout program is to increase fat loss and build lean mass. It will be challenging but help you progress your fitness level over time.

Perform cardio exercises at your own pace and take 3-5 minutes of rest in between them.

## Day 1 – Cardio

Exercise	Duration
Treadmill Run	15 minutes
Bicycling	10 minutes
Elliptical Cross Trainer	5 minutes
<a href="#">15-minute Circuit Workout</a>	–

## Day 2 – Strength Training

Exercise	Reps
Back Squat	20, 15, 12, 10
Lat Pulldown	15, 12, 10
One-arm DB Row	10/side x 3
Military Press	15, 12, 10
Dumbbell Pullover	10-12 x 3

## Day 3 – Cardio

Exercise	Duration
Treadmill Run	15 minutes
Bicycling	5 minutes
Elliptical Cross Trainer	5 minutes
<a href="#">20-minute Triset Abs Workout</a>	–

## Day 4 – Strength Training

Exercise	Reps
Flat Bench Press	10-12 x 4
Incline DB Bench Press	10-12 x 3
Bench Dips	10-12 x 3
Bent-Over Row	10-12 x 4
Seated Cable Row	10-12 x 4

## Day 5 – Cardio

Exercise	Duration
Treadmill Run	15 minutes
Bicycling	10 minutes
Elliptical Cross Trainer	5 minutes
<a href="#">20-minute Tabata Workout</a>	–

## Day 6 – Strength Training

Exercise	Reps
Machine Leg Press	12-15 x 3
Off-Block Deadlift	6-8 x 3
Lateral Raise	10-12 x 4
Cable Face pull	10-12 x 4
Rope Pushdown	10-12 x 3
Dumbbell Biceps Curl	10-12 x 3

## Day 7 – Cardio

Exercise	Duration
Treadmill Run	15 minutes
Bicycling	5 minutes
Elliptical Cross Trainer	5 minutes
Battle Rope	5 minutes
Jumping Rope	5 minutes
<a href="#">10-minute Abs Workout</a>	–

### Recommended Supplements:

<a href="#">Apple Cider Vinegar Gummies - 1000mg</a>	<a href="#">Body Fortress Whey Protein Powder</a>
<a href="#">Burn-XT Thermogenic Fat Burner</a>	<a href="#">Levels Grass Fed 100% Whey Protein, No Hormones</a>
<a href="#">ZonePerfect Protein Bars</a>	<a href="#">Orgain Organic Vegan Protein Powder</a>

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