

GYM WORKOUT PLAN FOR MEN AND WOMEN TO LOSE WEIGHT AND TONE MUSCLE

Created by: [Murshid Akram](#)

Check out [article](#) for more info

Schedule

- **Monday:** Treadmill Run + Weight Training + Core Workout
- **Tuesday:** Cross Trainer + Weight Training + Bicycling
- **Wednesday:** Treadmill Run + Weight Training + Core Workout
- **Thursday:** Rest
- **Friday:** Cardio + Weight Training + Bicycling
- **Saturday:** Treadmill Run + Bicycling + Core Workout
- **Sunday:** Rest



Monday: Treadmill Run, Weight Training, and Core Workout

Exercises	Activity	Rest	Sets
Treadmill Run	15-minute	3-min	1
Incline Chest Machine Press	10-12 reps	1-2 min	3
Pec Deck Fly	10-12 reps	1-2 min	3
Seated Arnold Press	8-10 reps	2-3 min	3
Lateral DB Raises	10-12 reps	1-2 min	3
Triset Ab Workout	15-minute	—	1

Tuesday: Cross Trainer + Weight Training + Bicycling

Exercises	Activity	Rest	Sets
Cross Trainer	10-minute	2-min	1
Dumbbell Front Squat	10-12	1-2 min	3
Front Lat Pulldown	10-12	1-2 min	3
Seated Cable Rowing	10-12	1-2 min	3
One-arm Dumbbell Row	8-10	1-2 min	3
Bicycling	10-minute	—	1

Wednesday: Treadmill Run + Weight Training + Core Workout

Exercises	Activity	Rest	Sets
Treadmill Run	10-minute	—	1
Barbell Jammers	8-10	2-3 min	3
Front Lat Pulldown	12-15	1-2 min	3
Seated Cable Rowing	12-15	1-2 min	3
Dumbbell Pullover	10-12	1-2 min	3
Triset Core Workout	20-minute	—	1

The collage features four distinct elements promoting fitness and health. On the left is a black spiral-bound notebook titled 'FIT LOG' with the phrase 'GET FIT DONE' at the bottom. Next to it is an advertisement for the Amazon Halo View smartwatch, which includes the text 'Introducing halo view', 'Discover what works for you, right from your wrist', and logos for various partner apps like WeightWatchers, Exhale, and Aaptiv. To the right of the smartwatch is a photograph of a woman in a blue long-sleeved shirt performing a bicep curl with a dumbbell. On the far right is a red background featuring a tub of Optimum Nutrition Gold Standard Whey protein, with a circular badge indicating '24G PROTEIN'.

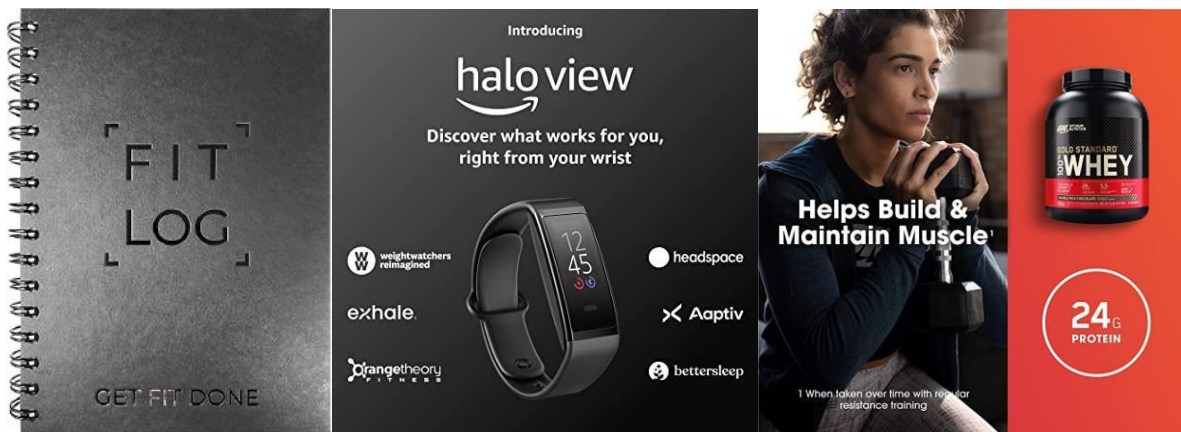
Friday: Weight Training + Cardio

Exercises	Activity	Rest	Sets
Treadmill	5-minute	2-min	1
Bicycling	5-minute	2-min	1
Barbell Squat	10 reps	2-3 min	3
Bench Press	10 reps	2-3 min	3
Overhead Press	10 reps	2-3 min	3

Bodyweight HIIT	20-minute	—	1
---------------------------------	-----------	---	---

Saturday: Cardio + Weight Training + Core Workout

Exercises	Activity	Sets
Treadmill Run	5-min	1
Bicycling	5-min	1
Rope Pushdown	15 reps	3
Bench Dips	15 reps	3
Dumbbell Curl	15 reps	3
Weighted Abs Workout	30-min	1



Instructions and Tips to Follow This Program Effectively

1. Pre-Workout Meal

The foundation of a good workout session begins with a couple of hours of training. For example, what you consume before the workout matter a lot.

For an effective training session, you should have your meal 30 minutes to 2 hours before the training, depending on what kind of food you consume.

2. Warm-Up

The warm-up is a crucial part of any weight training routine as it increases blood flow and heart rate helps prevent injuries and improves performance.

You can use [cardio machines](#) or perform [bodyweight aerobic exercises](#) (not stretching), such as squat jump, burpees, and jumping jacks for 5 minutes to get ready.

3. Post-workout Stretching

Research shows that the post-workout stretching helps reduce muscle soreness. So it's best to perform some [stretching exercises](#) after intense training.⁴

4. How much should you lift?

You can lift as heavy as possible as long as you perform the suggested reps and sets with the right form.

5. The optimal rest time between exercises

The rest time between sets can be sixty seconds to four minutes, depending on what type of exercises you do. For example, if you do [compound liftings](#) you need to take 3-4 minutes of break and if you do [isolation exercises](#), the rest time would be 1-3 minutes.

6. Train When You Feel the Most Active

You can train at any time of the day but make sure you feel physically and mentally active to give your hundred percent.

7. Progress Your Level

Progressive overload is crucial for strength and hypertrophy. That's why you should gradually increase reps, weight, sets, or workout duration over time to get the maximum results.

8. Post Workout Meal

You had a great workout session at the gym, but it is time to maximize your results through a post-workout meal. Having some good foods and supplements after the training will enhance your result.

I suggest consuming at least 40-50 grams of protein and one gram of carbs per kg of your body weight for optimal results (it is only an example; a nutritionist can help you better in this case).

9. Keep yourself hydrated

Keeping yourself hydrated during the workout is crucial for an effective workout session.

Research show that it helps prevents uneasiness and injuries and boosts performance.

Recommended Supplements:

Pre-Workout	During Workout	Post Workout
Redcon1 Total War Pre-Workout	BSN Amino X Muscle Recovery & Endurance Powder	Levels Grass Fed 100% Whey Protein, No Hormones
Nutrigo Lab Strength (Strong VASCULAR Booster)	XTEND Sport BCAA Powder Blue Raspberry Ice - Electrolyte Powder	Orgain Organic Vegan Protein Powder
ZonePerfect Protein Bars	KeyNutrients Electrolytes Powder	Mass Extreme Pro Active Growth + Massive Testo Activator

If the above workout plan helped you, kindly support my work buying through these affiliate links.

Helpful Resources:

- [20 Best Dumbbell Pull Exercises](#)
- [Dumbbell Push Exercises](#)
- [Top 10 Barbell Pull Exercises](#)
- [8 Best Barbell Push Exercises](#)
- [13 Barbell Squat Variations](#)
- [Dumbbell Weight Loss Exercises](#)
- [The Ultimate List of Isolation Exercises](#)
- [Full Body Dumbbell Workout For Weight Loss](#)
- [The Ultimate HIIT Exercises List](#)

Related program:

- [The 8 Week Shred Workout Plan](#)
- [The Best Weight Loss Diet Program](#)

- [6 Month Workout Plan to Get Ripped and Build Muscle](#)

Help us grow online: [Reddit](#) | [Facebook](#) | [Instagram](#) | [Twitter](#) | [Pinterest](#)
[Free Programs](#) | [Paid Programs](#) | [Products](#)



PERFECTBODY™

Reach your **weight loss goals** with the easiest to follow PerfectBody meal and training plan

[Start now](#)

BEYOND BODY

WAIT... THERE IS A WAY TO FOLLOW A MEAL PLAN AND EAT FAVORITE FOODS?

Well, that's Beyond Body! A personalized book that helps to reach personal goals.

Beyond Body [GET YOURS NOW](#)

MORINGA Actives

A natural food supplement that supports the reduction of fatty tissue.

ORDER NOW!