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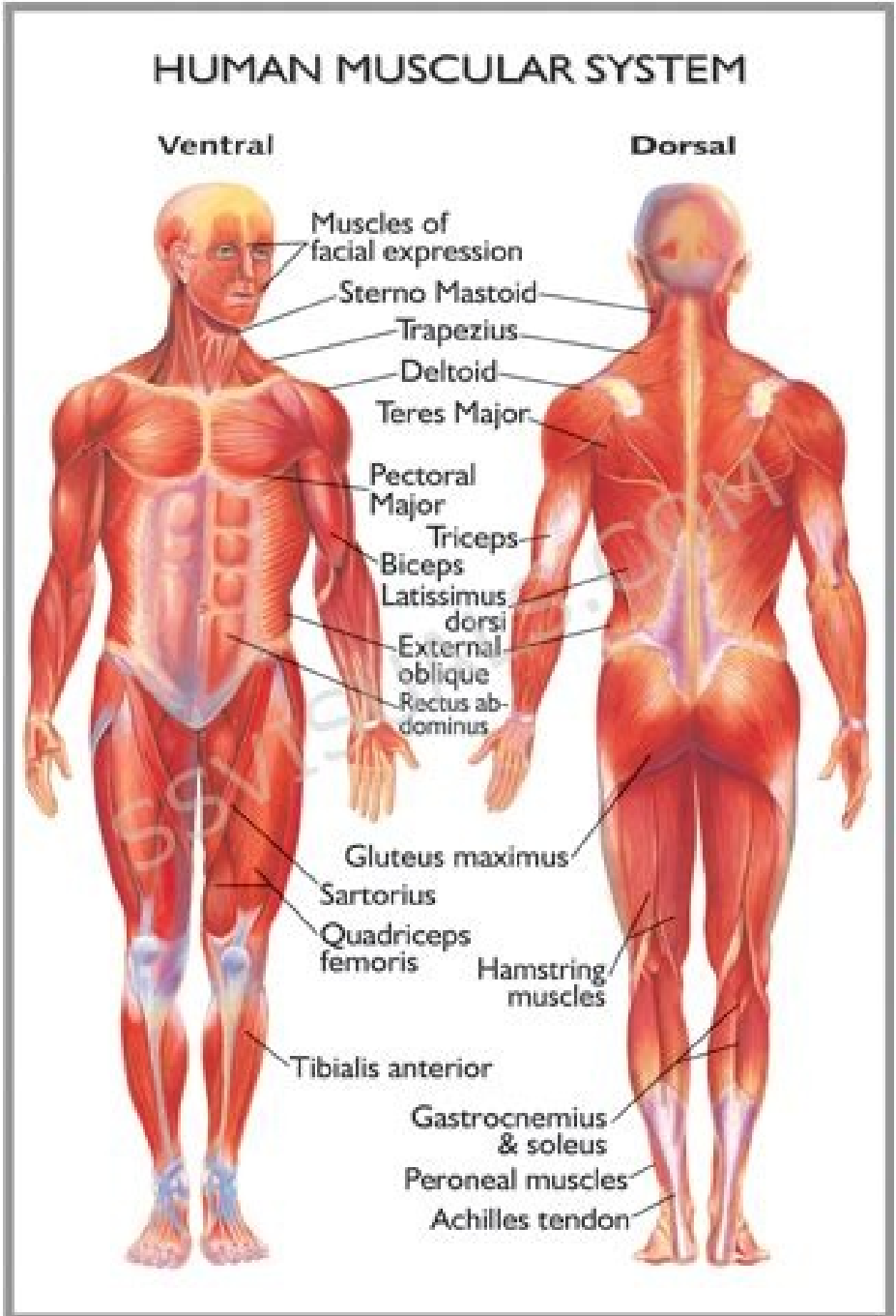
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Fat loss workout for females pdf

Fat loss workout plan female pdf. Women's fat loss workout plan pdf. Fat loss workout for females gym.



This 12 week fat loss gym workout plan for women is designed specifically for fat burning and to build your desired beach body.Abs are done twice a week. There is no need to train abs every single day as this will only strain the muscles.By performing cardio in the end of the routine or early in the morning your body will use stored fat as fuel rather than any carbs or food that you eat throughout the day.In case, if cardio become easier you can increase the speed or incline of the treadmill.



You can also try high intensity interval training.12 Week Fat Burning Gym Workout Plan for WomenTraining Level: Beginner/Intermediate/AdvancedTraining Days: 3 DaysRoutine Duration: 12 Weeks or 3 MonthWarm up: 5min warm up before you begin your workoutRest: 60 or 90 sec between setsProtein Intake: Take twice amount of proteinSleep: 8 hrsDaily Workout ScheduleDay 1 (Monday): Upper BodyDay 2 (Tuesday): Lower Body and AbsDay 3 (Wednesday): Rest DayDay 4 (Thursday): Upper BodyDay 5 (Friday): Lower Body and AbsDay 6(Saturday): Rest DayDay 7(Sunday) : Rest DayDon't miss:Workout PlanDay1 : Monday - Target: Upper BodyBarbell Bench Press -Sets: 3- Reps: 15,12,10Barbell Row- Sets:3- Reps: 12, 10, 8Dumbbell Lateral Raise- Sets:3- Reps: 12, 10, 8Wide Grip Lat Pull Down- Sets:3- Reps: 12, 12,12Cable Triceps Pushdown- Sets:3- Reps: 12, 12,12Preacher Curl- Sets:3- Reps: 12, 12,12Day 2 : Tuesday - Target: Lower Body and AbsSquats- 3- 15,15,15Lying Leg Curls- 3- 15,12,10Leg Extension- 3- 15,12,10Leg Press- 3- 15,12,10Hanging leg Raise- 3- 20,20,20Day 3: Wednesday- Rest DayDay 4: Thursday - Target: Upper BodyDumbbell Bench Press- 3- 15,12,10One Arm Dumbbell Row- 3- 15,12,10Shoulder Press- 3-15,12,10Pull Ups- 3- 15,12,10Dumbbell Standing Triceps Extension- 3- 15,12,10Dumbbell Curl- 3- 15,12,10Day 5: Friday - Target: Lower Body and AbsSquats- 3-15,12,10Leg Extension - 3- 15,12,10Deadlift - 3- 15,12,10Leg Press- 3- 15,12,10Seated Calf Raise- 3-15,12,10Leg Raise- 3- 15,12,10Plank -3-120 sec eachHanging Knee Raises-3- 15,12,10Day 6 : Saturday- Rest DayDay 7: Sunday- Rest DayCardioWeek 1 - 3 cardio sessions. 3 x 30 minutes (90 min).Week 2 - 3 cardio sessions. 3 x 30 minutes (90 min).Week 3 - 3 cardio sessions. 3 x 30 minutes (90 min).Week 4 - 3 cardio sessions. 3 x 30 minutes (90 min).Week 5 - 4 cardio sessions. 4 x 30 minutes (120 min).Week 6 - 4 cardio sessions. 4 x 30 minutes (120 min).Week 7 - 4 cardio sessions. 4 x 30 minutes (120 min).Week 8 - 4 cardio sessions. 4 x 30 minutes (120 min).Week 9 - 5 cardio sessions. 5 x 30 minutes- Intense cardio workouts (150 min)Week 10 - 5 cardio sessions. 5 x 30 minutes - Intense cardio workouts (150 min).Week 11 - 5 cardio sessions. 5 x 30 minutes- Intense cardio workouts (150 min).Week 12 - 5 cardio sessions.



5 x 30 minutes- Intense cardio workouts (150 min).Related:DietA well planned diet can be very effective for weight loss. Diet is as important to this routine as performing each exercise with as much intensity as possible.For an individual to see visible weight loss from this fat burning workout plan, it is necessary to eat a clean and healthy diet to enhance results. With a fat burning routine it is very important to take twice amount of protein. High protein diet will boost your metabolic rate by 20-30%. The main point is, this elevated metabolic rate due to protein heavy diet will last for several hours after eating. Protein rich diet will also help you suppress hunger and appetite for hours after eating. Try Carb Backloading: carb backloading is a tactical diet approach to get the biggest weight loss benefit out of every one of your workouts. In carb backloading you limit carbohydrates through the day and wait to consume carbohydrates after a workout or much later in the day. When you eat carbs after a workout it will used as a fuel to muscle cells, this minimize the storage of carbs in fat cells. The theory behind carb backloading is very simple, when you rest, the hormone called Insulin bring most of the carbs to fat cells where it is stored as fat.But after a workout you will be in high activity state, so most of the carbs are delivered to muscles. Each night while you sleep, your body start burning fat. If you don't consume carbs at your first meal, this fat burning continues.It is also important to have one moderate carb loading day/week to confuse the body, thus stimulating metabolism and fat loss.You need to eat a clean and strict diet to maintain proper calorie intake to stimulate the fat loss you are looking for.Heavy carbs and processed foods should be stayed away. Drink plenty of water while performing this as drinking water helps to keep up your metabolism and hydrate your muscle tissues.Combining these diet strategies with your workouts will give a boost to your weight loss journey. Good Luck! Keep in touch and update your weight loss progress in the comment box.If you have any doubts or questions about this 12 week fat burning gym workout plan for women please DM us, we are here to help you. Ready to amp up your fitness level and commit to your goals? This 4 Day workout routine is designed to help females strengthen and tone their muscles... at home. I have an advertisement relationship with the ads in this post. Check out my disclaimer here Instead of guessing which workout you should do today, get stronger, leaner, and more confident by working out four days per week and making the time you DO have, count. this ... Getting into a routine of hitting the gym three times per week is a wonderful habit. However, stepping up your routine to four days per week can be a game changer. The trick is making sure you're maximizing the time you do have and not wasting it. A proper 4-day workout routine can help females: Build solid muscle Lose stubborn weight Get super strong Strength Training & Cardio: Which is Better For Fat Loss & Toning Most women are striving for that lean, sculpted look... but stick to endless hours on a cardio machine! The truth is, strength training is what will help you with muscle growth and moderate cardio is what will help your muscles look toned (once you have them). It's a combo effect.

WEIGHT LOSS VS FAT LOSS

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FEWER CALORIES

WEIGHT TRAIN + FEWER CALORIES + MORE PROTEIN

GET SMALLER

TONED

And yet, so many women shy away from a heavy lifting workout routine not realizing that building muscle is what tones! Learn more about strength training for beginners. The Workout Split As a Certified Strength & Conditioning Specialist, I can tell you that in fitness, there are always multiple paths you can take to achieve a goal (this 2 day workout split is great for beginners to get started with). There are even multiple ways to rock a 4-day workout split! This workout routine uses a standard upper/lower split though so that you're hitting all of your muscle groups a couple of times per week (here's a 2-day upper lower split workout if you need to scale back). The focus of this workout split is on basic level strength of the major muscle groups with some isolation exercises thrown in. This means that instead of bouncing around, you need to place extra focus on: Time under tension Proper muscle engagement Pushing yourself in weights Basically, if you don't focus on the muscle group you're working on, your results won't be as potent. If you don't have access to multiple-size dumbbells at home, learn how to make workouts harder without adding weight. Warming Up As with any strength training routine, warming up is a crucial component in any workout split (learn how to warm up). Make sure you focus on dynamic mobility drills to really get the joints happy before diving into anything strength-based. Just hopping on the treadmill won't do it. Use the 5-minute warm-up videos below because your workouts Total body warm up Total body warm up Upper body warm up Lower Body warm up What Equipment Do You Need For The Workouts The best part about these workouts is that you can do them at home with some dumbbells and a mini loop. Opt for dumbbells that challenge you by the last repetitions. My suggestion is to start with a set of 15lbs and move from there. This is because for the exercises you need a lighter weight, you can just use one of the dumbbells. You will need a mini loop for these workouts as well so place a bit more tension on the smaller muscle groups we'll be targeting. Grab some gear from Prosource Fit, they have great deals on bands. Or, if you're an amazon lover, you can get everything you need from my Amazon store. You can schedule your workouts any way you like. However, I recommend not placing your upper body days back to back or your lower body days back to back. A sample workout schedule could look like this: Monday: Upper body #1 Tuesday: Lower Body #1 Wednesday: Rest Thursday: Upper body #2 Friday: Rest Saturday: Lower Body #2 Sunday: Rest Adding in some active recovery work like 5 minute upper body mobility sessions can help too. This way all your muscle groups get some rest between days. How to perform it: perform the first two exercises back to back without rest. Take 45 seconds to recover and perform them again for a total of three rounds. Then, move on to the next three exercises performing them back to back without rest. Recover for 45 seconds and repeat for a total of three rounds. Finally, move on to the tricep extensions for two rounds with 30 seconds of rest between sets. Note: "max reps" means performing as many push ups as possible until form breaks down. Learn how to perform push ups if you're a beginner. How to perform the workout: perform the first two exercises back to back without rest. Take 45 seconds to recover and perform them again for a total of three rounds. Then, move on to the next three exercises performing them back to back without rest. Recover for 45 seconds and repeat for a total of three rounds. Finally, move on to the sumo walks for two rounds with 20 seconds of rest between sets. Note: for the front squats, you want to pause for three full seconds in the bottom position. Learn more about pause reps and why they'll get you mega strong.



Use the following list to perform the first two exercises back to back without rest. Take 45 seconds to recover and perform them again for a total of three rounds. Then, move on to the next three exercises performing them back to back without rest. Recover for 45 seconds and repeat for a total of three rounds. Finally, move on to the plank rows for two rounds with 30 seconds of rest between sets.

How to perform it: perform the first two exercises back to back without rest. Take 45 seconds to recover and perform them again for a total of three rounds. Then, move on to the next three exercises performing them back to back without rest. Recover for 45 seconds and repeat for a total of three rounds. Finally, move on to the froggy pumps for one all-out round. Frequently Asked Questions About A 4 Day Workout Split How long are the workouts? Each workout is roughly 25 minutes long if you properly time your rests. This still gives you lots of training volume while making it practical to squeeze in. What is a good 4-day workout schedule? There are multiple ways to schedule your workouts with four days of training time. You can do an upper/lower split, a muscle group split (glutes/hams, chest/quads/back), or a strength/HIIT split (upper/lower/total body strength/totally body HIIT). All of them can be effective. It depends on your personal goals, which muscle groups you want to focus on, and your preferences. How long should I do this workout program for? Follow the 4-day workout routine for at least five weeks before progressing your workouts. Should men and women work out differently? Though there are subtle differences in regards to training for men and women. However, unless you are at an elite level both men and women can have pretty similar training sessions when the goals are building muscle mass or weight loss. Shelby aka Mama Bear Fat loss is a tricky thing. You want to train and keep your strength levels and eat a good satiating diet, but you also want to strip away unwanted fat. Many will participate in exclusive programs that are either all one way or another. For example, many will perform cardio only and neglect any type of resistance training. The trick is to keep the muscle you have (since muscle helps burn calories) and to gradually burn fat by combining cardiovascular and resistance training to get a synergistic effect. This will also enable you to avoid long stints of starving yourself and to keep the muscle you have.

Below is a six week workout routine designed to shed fat and either keep or build a little muscle along the way. Of course it goes without saying that your diet has to be on point in order to burn even more fat. No tricks, just hard work, consistency and the right mindset.

The 6 Week Women's Fat Loss Workout Plan The following plan is to be performed twice per week and as a circuit. At the end you'll have a choice of low intensity steady state cardio or high intensity interval cardio. Do each workout twice per week with at least one day of rest after two consecutive days. Perform the following as a circuit with 3 to 5 rounds and 10 to 15 reps each. Rest 2 to 4 minutes after each completed round. Afterward, you'll do a session of cardio to round out your fat-burning workout. Women's Fat Loss Workout 1 Interval cardio (mode of your choice): 2 minutes of warmup, alternate 1 minute of intense interval with 1 minute of low intensity active rest), end with 2 minutes of cool down. Perform a total of 8 to 10 intervals. Women's Fat Loss Workout 2 Steady state cardio of your choice: 20 minutes Do you have some fitness goals in mind, but don't know which gym routine for women you should follow? I completely understand. There's so much information out there. Knowing which are the best programs can be the first of many challenges. When deciding which weekly workout plan for women is best for you, consider factors like how often you can train, your experience level, and what your end goals are. If you can be consistent with a workout regimen, you're very likely to reach your goals. I've been a personal trainer for many years. During this time, I've seen women just like you achieve their goals. The key is that they eat healthy, stick with their workout schedule for women, and prioritize rest and recovery. Keep reading to learn about how to design your own workout, take a look at our free workout plans for women, and download the female workout plan pdf! Related: 11 Foods That Go Straight To Your Bum

Related: Muscle Gain Workout Plan With POF Your training goal should be one of the first things you determine before making your workout plan. What you do in the gym depends on if you want to gain muscle, lose fat, improve flexibility, increase PRs with certain compounds, or other goals. Related: Workout Split For Women PPL Push, pull, legs is a split favored by more advanced lifters. On push day, you target your chest, shoulders, and triceps. On pull day, you target your back and biceps. Lastly, leg day covers your glutes, quads, hamstrings, and calves. You could exercise your abdominal muscles on whichever day makes the most sense for you. Run through this sequence either once or twice a week. Upper/Lower This workout type is exactly what it sounds like. Alternate between working the muscles of your upper body and lower body. With this workout split, you could exercise two, four, or six times a week. Bro Split With a bro split, you target specific muscle groups weekly. You can go heavier with the volume during these workouts since the muscle will have a full week to recover. People tend to do the bro split if they are wanting to progress with muscle growth on certain areas of their body. Knowing how often you are able to exercise is another thing that determines which split works best for you. If you can train each muscle group twice a week, that is optimal. However, most people do not realistically have time for this in a gym workout plan for women. Take a look at your weekly schedule. See how many workout sessions you can get in regularly, and figure out which split you should do. If you're just starting to exercise, you may want to take things easy to prevent being overly sore or burning out. Take your time experimenting with different exercises and learning what you need to do to see the most progress. If you're an intermediate or advanced lifter, it's important that you're properly challenging your body and actively utilizing progressive overload. Related: Female Body Toning Meal Plan With PDF Bench press is an excellent upper body exercise because it simultaneously works the chest, triceps, and shoulders. It also promotes the functional movement of pushing. Make sure to do bench press at least once a week during a push day workout or upper body workout. How-To Perform Bench Press Lay down on a bench and evenly position your hands on a plate-loaded barbell. Bring the bar above the center of your chest, bend your elbows, and bring the bar down until it touches your chest. Push the bar back up until your arms are straight before repeating the movement. Benefits Builds your chest Strengthens your triceps Challenges your shoulders Pro Tips While you don't want to have your elbows directly against your sides, focus on keeping them tucked in to prevent elbow injuries. Try placing most of your weight on your upper back to provide stability during the exercise. Squats are another impactful compound that works many lower-body muscles simultaneously. Odds are, you go through a squatting motion at least a few times a day, so it's a functional movement that should be included in your workout plan for women. By doing the sumo variation, you primarily focus on activating your glutes, so be sure to include this squat version on your next leg or booty day! How-To Perform Sumo Squats Position yourself beneath your loaded barbell and stand up tall. Place your feet wider than hip-width apart with your toes slightly pointed out. Keep your back straight and chest up as you push your glutes back. Bend your legs and come down to a squat, stopping when your knees form a 90-degree angle. Push back up through your heels until you are standing again. Benefits Builds the glutes Strengthens the quads Functional movement Pro Tips Use a bar pad if the barbell hurts your neck. Make sure your knees do not go past your toes as you squat down. Related: Hook Grip Deadlift Yet another impactful compound is the deadlift. This exercise uses muscles throughout the upper and lower body, so it can help you make the most progress within a few sets. Include this workout in a lower body day or pull day. How-To Perform Sumo Deadlifts Step your feet out wider than hip-width with your toes pointed out. Squat down and grab the barbell evenly. Keeping your back straight, push through your heels, and lift the bar up. Pause for a moment when you are fully standing, then slowly bend your knees and bring the barbell back to the ground. Benefits Improves grip Builds the glutes Strengthens the quads and hamstrings Pro Tips If you find yourself rounding your back as you come up, start by sticking your bum up so as you come up, and your back ends up straightening out rather than arching. Experiment with which way your palms are facing on the bar to see when it makes it easiest for you. Almost every woman wants to grow her glutes, and barbell hip thrusts are the way to make it happen. This exercise is amazing for building the glutes and hamstrings, and it should be a priority on your lower body days. How-To Perform Barbell Hip Thrusts Seated on the ground, lean against a bench and center a barbell on your hips. Place your feet firmly on the ground and position yourself on the bench so your hands can come off the floor and the bench holds your weight. Grab the barbell to keep it balanced and thrust your hips up towards the sky. Pause when your knees form a 90-degree angle before dropping your bum back down towards the ground. Benefits Builds the glutes Strengthens the hamstrings Protects the knees Pro Tips Keep your chin tucked into your chest to avoid straining your neck. Make sure to use your legs and not your back during the exercise.

Lat pulldowns are a great upper body exercise that works the back and biceps. If you strive for an hourglass shape, you can only get your waist to be so tiny. Luckily, you can make your shoulders and lats wider to create more of an illusion! Include this in your upper body or pull day. How-To Perform Lat Pulldowns Take a seat and grab the bar. Push your shoulders back and chest up as you bring the bar down to your chest. Slowly release the bar back up until your arms are extended before pulling it back down again. Benefits Builds your back Strengthens your biceps Contributes to an hourglass shape Pro Tips If you can't bring the bar down to your chest, then you likely need to use a lighter weight. To make this exercise more challenging, try alternating which side of the bar you pull down on. Related: How to Reduce Broad Shoulders For Female WARM-UP5 minutes walking on treadmill + active stretchingEXERCISESETSREPSREST TIMEBench Press410-121 minuteMachine Chest Fly312-1530 secondsLateral Raises312-1530 secondsCable Tricep Pressdowns312-1530 secondsCARDIO20-minute incline walking on treadmillCOOLDOWN5 minutes upper-body stretching Estimated Workout Duration: 55 minutes WARM-UP5 minutes biking + active stretchingEXERCISESETSREPSREST TIMESumo Squats410-121 minuteLeg Extensions312-1530 secondsLying Leg Curls312-1530 secondsSeated Calf Raise Machine312-1530 secondsCARDIO15 minutes on StairmasterCOOLDOWN5 minutes lower-body stretching Estimated Workout Duration: 50 minutes WARM-UP5 minutes walking on treadmill + active stretchingEXERCISESETSREPSREST TIMELat Pulldowns410-121 minuteAlternating Hammer Curls312-1530 secondsAbdominal Crunch Machine312-1530 secondsLeg Raises312-1530 secondsCARDIO20-minute incline walking on treadmillCOOLDOWN5 minutes upper-body stretching Estimated Workout Duration: 55 minutes Rest day! WARM-UP5 minutes biking + active stretchingEXERCISESETSREPSREST TIMEBarbell Hip Thrusts410-121 minuteCable Kicks312-1530 secondsHip Abduction Machine312-1530 secondsFire Hydrants312-1530 secondsCARDIO15 minutes on StairmasterCOOLDOWN5 minutes full-body stretching Estimated Workout Duration: 50 minutes WARM-UP5 minutes walking on treadmill + active stretchingEXERCISESETSREPSREST TIMESumo Deadlifts410-121 minuteHack Squats312-1530 secondsT-Bar Rows312-1530 secondsPush-Ups312-1530 secondsCARDIO10 minutes of HIITCOOLDOWN5 minutes full-body stretching Estimated Workout Duration: 45 minutes Rest day! Related: A Complete Guide To Growing A Heart Shaped Butt WARM-UP5 minutes walking on treadmill + active stretchingEXERCISESETSREPSREST TIMEBench Press46-81 minute 30 secondsAssisted Dips310-1245 secondsMilitary Press310-1245 secondsStraight Arm Pullovers310-1245 secondsFront Raises310-1245 secondsCARDIO10 minute incline walking on treadmillCOOLDOWN5 minutes upper body stretching Estimated Workout Duration: 55 minutes WARM-UP5 minutes biking + active stretchingEXERCISESETSREPSREST TIMESumo Squats46-81 minute 30 secondsLeg Press310-1245 secondsWalking Lunges310-1245 secondsStraight Leg Deadlift310-1245 secondsDumbbell Calf Raises310-1245 secondsCARDIO10 minutes on StairmasterCOOLDOWN5 minutes lower body stretching Estimated Workout Duration: 55 minutes WARM-UP5 minutes walking on treadmill + active stretchingEXERCISESETSREPSREST TIMESumo Squats46-81 minute 30 secondsAssisted Pull-Ups310-1245 secondsCable Rows310-1245 secondsCable Bicep Curls310-1245 secondsWeighted Russian Twists315-2045 secondsCARDIO10 minute incline walking on treadmillCOOLDOWN5 minutes upper body stretching Estimated Workout Duration: 55 minutes Rest day! WARM-UP5 minutes biking + active stretchingEXERCISESETSREPSREST TIMEBarbell Hip Thrusts46-81 minute 30 secondsBulgarian Split Squats310-1245 secondsWeighted Step-Ups310-1245 secondsCable Pullthroughs310-1245 secondsDonkey Kicks310-1245 secondsCARDIO10 minutes on StairmasterCOOLDOWN5 minutes lower body stretching Estimated Workout Duration: 55 minutes WARM-UP5 minutes walking on treadmill + active stretchingEXERCISESETSREPSREST TIMESumo Deadlifts46-81 minute 30 secondsHip Adductor Machine310-1245 secondsKettlebell Swings310-1245 secondsOverhead Dumbbell Press310-1245 secondsDumbbell Rows310-1245 secondsCARDIO10 minutes of HIITCOOLDOWN5 minutes full body stretching Estimated Workout Duration: 55 minutes Rest day! Whether you want to gain muscle, lose fat, or both, protein should always be your primary focus. Protein is the most satiating macro, the body burns the most calories to digest it, and it speeds up your metabolism by contributing to muscle mass. Aim to eat one gram of protein per pound you weigh. Fill up the rest of your calories with carbohydrates and fats. Everyone is different as to which of these two macros makes them feel the most energized, so listen to your body when making this decision. Related: Eating 600 Calories A Day For Fat Loss: Should You Do It? Breakfast 1. Protein Oatmeal Do you love oatmeal? Try mixing in some protein powder to give the tasty breakfast an edge! Top it off with berries, chia seeds, nut butter, and more! 2. Egg White Omelet and Toast Replacing whole eggs with egg whites brings down the calories and up the protein. Mix in spinach, bell peppers, mushrooms, and onions to give your omelet a nutrition kick. Make some toast with peanut butter or low-sugar jelly as a side. Lunch 1. Tuna on Rice Cakes If you need to whip up something quick, this is an easy, low-calorie lunch. Make your favorite tuna salad, spread it on a few rice cakes, and you're done! 2. Salmon Salad Want to get your veggies in but still need something filling? Top your salad with salmon, sweet potatoes, nuts, and a low-calorie dressing. Dinner 1. Ground Turkey Chili Ground turkey is a great source of lean protein. Add it into some chili along with a variety of beans, beef broth, tomato sauce, and spices. Top with a bit of cheddar cheese for comforting and protein-packed dinner. 2. Chicken, Rice, and Veggies This one is a classic right? Add spices to your chicken and drizzle some Teriyaki sauce over your dish to amp up the flavor of this nutritious meal. Snacks 1. Protein Shake If any habit will help you transform your physique, it's drinking a protein shake every day. Protein powder is one of the highest protein sources considering the calorie count because the grams of fat and carbs are very few. 2. HaloTop Have a sweet tooth but not many calories to spare? HaloTop is an ice cream that averages only 300 calories a pint, and it also has protein in it! It's up to you whether or not you want to invest in supplements, but they may make progressing in your workout plan for women a bit easier. Multivitamins and greens powder are packed with nutrients that optimize how your body functions, making it easier for it to gain muscle or burn fat. Very few people consume all the nutrients they need daily, so these two supplements are great backups. As mentioned in the meal plan, protein shakes will make hitting your protein goal that much easier. Protein is your best friend when making a physique change, so invest in some powder to get an average of 25 grams of protein per 150 calories. Lastly, creatine is one of the most well-studied supplements out there. It helps give you more power and strength in the gym and with recovery afterward. If you want to gain muscle, try eating in a daily surplus of 500 calories to gain one pound per week. Not every pound will be pure muscle, but a good portion of it will if you consistently hit your protein goals. If you want to lose fat, eat in a daily deficit of 500 calories to lose one pound per week. We recommend using our most advanced free calorie calculator to get an accurate calorie requirement for your body and goals. Keep in mind that your maintenance calories also take into account your exercise, so this can contribute to how few calories you end up eating.

Progress can be tracked in many ways, and they each have their pros and cons. The most classic way is through weight. While you should be aware of this number, keep in mind that things like bloating can sway the number, so it shouldn't be taken too seriously. Also, if you are trying to lose weight while eating plenty of protein, you may gain a bit of muscle. This will result in the number on the scale not dropping in sync with the fat you are losing. A measurement a bit more realistic is your waist and hips.

Also, take progress photos so you have a visual to go off of. Related: 3000 Calorie Meal Plan With PDF Whether you want to lose weight or gain muscle with your workout plan for women, it's vital that you are on top of your caloric intake. This information will let you know how much you need to be eating to reach your goals on time. Because protein is the most helpful macronutrient, hitting your protein goal every day will make your results come along that much quicker. A general suggestion is to consume one gram of protein per pound you weigh. Drinking water keeps you feeling full while helping your body function optimally. Workout your way up to a gallon a day. You may find yourself going to the bathroom an annoying amount of times, but your body gets used to it after a week or two! While we preach protein being one of the most important things for you to consume, it is undeniable that your body needs various vitamins and minerals to really thrive. Try to consume at least five different fruits and vegetables every day to do your best to keep up with your body's needs. Related: Virtual Personal Trainer To create the physique you want, you need to put in the physical work! Figure out how many days you can realistically commit to exercising and design your workout plan for women from there. Four to five days a week is ideal, if you have the time. Not only does walking have numerous benefits, but it also burns calories! Put yourself in more of a caloric deficit while enjoying nature, improving your mood, bettering your longevity, and more as you take your daily walk. Your body catches up with you eventually, so it is essential that you strategically switch things up to keep growing muscle and burning fat how you desire.

This is why we change up workout plans for women every four weeks and consistently try to lift heavier weights. The last thing you want is to get injured or be overly sore because this can really hinder your progress. Dedicate at least five minutes before and after your workout to walk, stretch, and use a foam roller. The body needs time to repair and recover. Ensure you have at least one day a week dedicated to rest. This time allows your muscle fibers to effectively grow stronger than before, letting you make progress and be 100% with your next workout. While it's likely that you consistently have your end goal in mind, don't forget to enjoy the process of getting there. This period could be one month or a few years, but once you do hit your goal, there will always be more you can do to improve your health.

This is a lifelong journey, so find enjoyment in your new routine! We hope that you enjoyed our workout plan for women or got an idea of how to make your own female workout plan! Finding a routine that you can realistically stick with can lead to a long and healthy life with a body you feel happy and confident in. Once you have found the gym workout plan for women that will help you reach your goals, prepare to stick with it for a long time! Comment below what goal you want to achieve with the workout plan for women you end up following. Plus, don't forget to share this with anyone wanting to improve their health as well! Losing weight and achieving a shredded, toned, and athletic physique is the ultimate goal of many fitness enthusiasts. However, it requires proper diet, training, discipline, and little knowledge of weight loss science. Usually, weight loss happens when you consume fewer calories than your body needs over a period of time. Shedding weight only through calorie deficit is fine, but you can include intense physical activities in your weight loss program to maximize your results and improve your overall fitness. Cardio and weight training are popular and effective physical activities that help accelerate fat loss, build lean mass, and improve cardiovascular health.Swift, Damon L et al. "The role of exercise and physical activity in weight loss and maintenance." Progress in cardiovascular diseases vol. 56,4 (2014). 441-7. doi:10.1016/j.pcad.2013.09.012 I've created an ultimate 4 week workout plan for weight loss to help you achieve your best physique. Actually, I've designed two routines. The first is for those who exercise in the gym, and the other is for those who train at home with little or no equipment. Whether you're male or female, you can follow one of them to increase your fat loss and improve your body composition. Following the right workout program promotes weight loss while helping you increase strength, endurance, and lean mass. Plan 14-week weight loss gym routine Plan 24-week weight loss workout at homeSuggested Program Duration16-24 weeksPurposeWeight Loss and Muscle BuildingSessions/weekFiveDuration/session45-minute (Home), 60-75 minutes (Gym)Suitable forMen and WomenWorkout LevelBeginner to Intermediate A study published on the National Institute of Health website has shown you should train for 225 to 420 minutes to lose weight clinically (1). So, you'll need to work harder to increase weight loss. I've included various exercises, from steady-state cardio and powerlifting to HIIT and Crossfit, to keep you motivated and help you achieve maximum results. Here's a summary of the 4-week gym workout plan for weight loss: Week 1: Low-impact Cardio and Compound Lifting Week 2: HIIT and Strength Workout Week 3: Cardio and Compound Lifting Week 4: HIIT and Weight Training This 4-week weight loss workout plan can be useful for males and females both. Week 1 - Cardio and Compound Lifting Do as many rounds as possible in 60 minutes. ExerciseTime/RepsRestAnkle Hop15 seconds30 secondsJumping Jacks15 seconds30 secondsJump Squat15 seconds30 seconds Forward Lunges10 Reps/side60 seconds Treadmill Run5 minutes2-3 minutesMountain Climbing15 seconds30 secondsBurpees10 reps60 secondsPlank60 secondsSide Plank30 seconds60 secondsBicycling5 minutes2 minutes ExerciseTime/RepsRestSquat Jump15 seconds30 secondsBurpees6 Reps x 2 1 minuteInchworm6 Reps x 2 1 minute Back Squat10 reps x 52-3 minutesBench Press10 reps x 5 2-3 minutes DB Incline Bench Press10 reps x 22-3 minutes Dumbbell Pullover 8 Reps x 2 2-3 minutes Gym Workout Routine for Weight Loss ExerciseTime/RepsRestJumping Jacks15 seconds30 secondsMountain Climber20 seconds30 secondsBear Crawl15 seconds30 secondsLunge Front Kick10 reps/side45 secondsTreadmill Run15 minutes3-5 minutesOFF Blocks DL12 x 31-2 minutes Overhead Press12 x 31-2 minutesBent-over Row12 x 31-2 minutesBicycling5 minutes- Perform as many rounds as possible in one hour. ExerciseTime/RepsRestJumping Jacks15 seconds30 secondsMountain Climbing15 seconds30 secondsReverse Crunches10 reps60 secondsLeg Raises10 reps 60 secondsPlank45 seconds60 seconds Side Plank15-sec/side30 secondsAlternate Heel Tap10 taps/side60 seconds Burpees5 reps1-2 minuteShoulder Taps10 taps/side30-secSquat15 reps1-2 minute Kneeling Pushups10 reps1-2 minute Bench Dips10 reps1-2 minute Plank Ankle Taps10 taps/side30-secSquat Pulses to Jump3 pulse, 1 jump x 560-sec ExerciseTime/RepsRestTreadmill15 minutes2 minuteOne-arm DB Row10 x 31-2 minutesFace Pull12 x 31-2 minutesStep-up10 x 31-2 minutesAbs Workout10-minute-Week 2 - HIIT and Strength Workout When you do High-Intensity Interval Training, try to perform each exercise at 75 to 90 percent of your maximum heart rate for 15 to 30 seconds, followed by the same period of rest. For example, if you're doing an exercise for 15 seconds, take 15 seconds intervals. You can calculate your maximum heart rate by subtracting your age from 220. Okay, so let's find out what workouts you can do in the second week of the 4-week weight loss workout routine. Monday: Bodyweight HIIT Tuesday: Strength Workout Wednesday: Dumbbell HIIT Friday: Weight Training Saturday: HIIT Core Workout Sunday: High Knees15 seconds15-secJump Squat10 reps30-secBurpees10 reps60-secTreadmill Run5 minutes2-minPartial Deadlift on SM8 x 32-3 minSmith Machine Bench Press12 x 32-3 minSM Overhead Press10 x 32-3 minPec Deck Fly12 x 32-min one month gym workout plan for weight loss Perform as many rounds as possible in 30 minutes. 4 week workout weight loss plan ExerciseRepsRestTreadmill15-min3-minLat Pulldown12 x 32-minSeated Row12 x 32-minBent-over Row12 x 32-minRear Delt DB Raises12 x 32-minTriceps Pushdown12 x 32-minBicycling5-min-Beginners: 2 Rounds, Intermediate: 3 Rounds ExerciseTime/RepsIntervalMountain Climbers15 seconds30-secFlutter Kicks15 seconds30-secCrunches10 reps30-secAlternate Heel Taps10 taps/side30-secHigh Knees20 seconds30-secPlank45-sec30-secSide Plank15-sec15-secCrossbody Mt. Climb15-sec30-secReverse Crunches 10 reps 30-secShoulder Taps 10 taps/side 30-secLeg Raises 10 reps 30-secone month gym workout plan for weight lossWeek 3 Add more compound exercises in the third week, such as Dumbbell ITT Raises, Hack Squats, Dumbbell Push-ups, Landmine Presses, Sumo Deadlifts, and more. You can also increase reps and sets and decrease interval time between sets to scale your fitness level. Week 4 You can include more aerobic exercises, resistance abs exercises, and isolation workouts in the fourth week of training. The fourth week will be performed in the same way as the second week after adjusting some exercises. You can replace exercises according to your fitness level. You can also do various exercises at home to accelerate weight loss without using any major equipment. I've compiled a list of seventy cardio exercises you can do with minimal equipment and included them in this program. These cardio exercises will help you burn maximum calories, boost your metabolism, enhance endurance, and help you achieve your best physique. Whether you're a male or female, follow this workout routine to shed some body fat percentage at home. Overview of a 4-week weight loss workout plan at home: Week 1 - Moderate Intensity Aerobic Training Week 2 - High-Intensity Interval Training Week 3 - Tabata Workout Week 4 - CrossFit Workout Week 1 - Moderate Intensity Aerobic Training In this first week, you'll do exercises at a moderate intensity, typically at 50-75 percent of your maximum heart rate (MHR). Doing exercises at a moderate speed will boost your endurance and help you perform high-intensity training in the next week. Perform as many rounds as possible in thirty minutes and increase the duration in the coming days. Frequency: 5 days a week. ExerciseTime/RepsRestJumping Jacks20 seconds40 secondsHigh Knees20 seconds40 seconds Stationary Running20 seconds 40 seconds Mountain Climbing15 seconds30 secondsBear Crawl30 seconds 60 seconds Inchworm15 seconds 30 secondsFlutter Kicks15 seconds30 secondsReverse Crunches10 reps60 secondsLeg Raises10 reps60 secondsPlank30 seconds60 secondsSide Plank15 seconds30 secondsAlternate Heel Taps10 reps60 secondsBurpeesAMRAP1-2 minuteSquatAMRAP1-2 minutePushupsAMRAP1-2 minuteBench DipsAMRAP1-2 minuteWeek 2 - High-intensity Interval Training After completing the first week of training, you'll need to increase the intensity of the workout. And that's why I've included high-intensity interval training (HIIT) in the second week of a 4-week weight loss home workout. Here's an example of a 30-minute HIIT workout to lose weight at home. Perform each exercise for 20 to 30 seconds and take as little rest as possible between sets. Week 3 - Tabata Workout Tabata is more intense and has a shorter recovery period than HIIT. Each Tabata round lasts 4 minutes, and comprises eight intervals of 20 seconds of highly intense activity followed by ten seconds of rest. It means you'll need to do 8-10 rounds to burn the maximum calories. You can take 2-minute rest between each round. Here's how you can do a Tabata workout in the third week of a 4-week weight loss workout plan. Tabata Weight Loss Plan 4 minutes for each exercise Monday Lateral Slide Burpees Kneeling Push-up Reverse Lunges Squat Reverse Crunch Leg Raises Lateral Squat Tuesday High Knees Mountain Climbers Flutters kicks Jumping Rope Plank Crunches Plank to push-up Flutter Kicks Wednesday Jump squats Squat Thrusts Walking Lunges High knees Reverse Crunches Bear Crawl Burpee Plank Friday Skipping Rope Plank to push-up Burpee Side Lunges Stationary Run Reverse Crunch Scissors Kicks Lateral Slide Saturday Burpee Bear Crawl Side-planks Reverse crunch Russian Twist Jumping Jacks Squats Leg Raises Week 4 - Bodyweight Crossfit Workout The bodyweight CrossFit workout is an excellent way to strengthen and tone muscles at home with little or no equipment. The exercises in the CrossFit program are performed at moderate to high intensity Here's a 5-day CrossFit workout you can do during the fourth week to lose weight at home. Try to perform for 45 to 60 minutes to get the best result. Recommended 5-6 rounds. CrossFit workout at home to lose weight WEIGHT LOSS GYM WORKOUT ROUTINE PDF FOR MALE AND FEMALEDownload 4-WEEK-HOME-WORKOUT-PLAN-FOR-WEIGHT-LOSS-PDFDownload No, it is impossible to see decent transformations in 4 weeks only. You'll see some positive results if you work out with your full efforts and stay in a calorie deficit each day throughout the 4 weeks. However, working out consistently and following the right diet program will help you transform your physique over time. To speed up weight loss, you can also do intermittent fasting and consume weight loss supplements, which can help reduce calorie consumption. The calorie deficit is the key to losing weight, no matter what exercises you do or the diet you follow. Losing weight only through a calorie-deficit diet is fine. But including cardio and strength training in your daily regime helps accelerate weight loss, build lean mass, improve cardiovascular health, and improve shape. These programs are suitable for males and females both. You can follow one of the above workout routines to lose weight, depending on where you exercise. Once you complete this program, you can begin this 6-month workout plan.