

# 1-Month Fat Loss Morning Workout Plan

Goal: Burn fat, improve stamina, and prepare for muscle transformation (Toji phase).

Frequency: 6 days/week | Duration: 40–50 minutes each morning | Rest: Day 7 (light walk or stretching)

## 1 ■■■ Warm-up (5 mins)

- 1 Arm circles – 20 forward + 20 backward
- 2 Neck rotations – 10 each side
- 3 Spot jogging – 1 min
- 4 Shoulder rolls – 10 reps
- 5 Light stretching – 1 min

## 2 ■■■ Main Workout (30–35 mins)

- 1 Jumping Jacks – 3 sets × 30 sec (jump spreading arms and legs, return to start)
- 2 High Knees – 3 sets × 30 sec (run in place, bring knees up to waist level)
- 3 Squats – 3 sets × 15 reps (feet shoulder-width, sit down slow, come up strong)
- 4 Knee Push-ups / Normal Push-ups – 3 sets × 10–12 reps (keep core tight, chest close to floor)
- 5 Mountain Climbers – 3 sets × 20 reps (push-up position, run knees toward chest alternately)
- 6 Lunges – 3 sets × 10 each leg (step forward, bend both knees 90°, push back up)
- 7 Plank – 3 sets × 30–45 sec (elbows below shoulders, body straight, abs tight)
- 8 Crunches – 3 sets × 15–20 reps (lie down, knees bent, lift shoulders slightly)
- 9 Burpees – 2 sets × 10 reps (jump → push-up → jump again)

## ■ How to Do Lunges

- 1 Stand straight, feet hip-width apart, hands on hips or sides.
- 2 Take a big step forward with your right leg; upper body straight.
- 3 Bend both knees until your back knee nearly touches the floor.
- 4 Front knee above ankle, back knee points straight down.
- 5 Push through your front heel to return to starting position.
- 6 Repeat with left leg. Do 10 reps per leg × 3 sets.

## ■ Cool-down Exercises (After Workout)

- 1 Forward Bend Stretch – stand, bend toward toes, hold 30 sec.
- 2 Cat–Cow Stretch – on all fours, alternate arching and rounding your back slowly 5 times.
- 3 Cobra Stretch – lie on stomach, lift upper body, hips on floor, hold 20–30 sec.
- 4 Shoulder & Arm Stretch – bring arm across chest, hold 20 sec each side.
- 5 Deep Breathing – sit or stand, inhale 4 sec, hold 2, exhale 5 sec × 5 rounds.

## ■ Tips to Boost Results

- 1 Do the workout fasted (only water before).
- 2 Eat clean: no junk, sugar, or fried foods.
- 3 Sleep 7–8 hrs every night.
- 4 Drink 3L water/day.
- 5 Track progress weekly with a photo and weight.