



Welcome to your 6 Weeks Fat Loss Program

**This 6 weeks Fat Loss program is a 5 days training program.
It consists in 4 days gym training and 1 fitness class per week.**

this program also include:

- 3 PT Sessions: 30min 1:1**
- Food Dairy: digital pdf**
- Fitness Knowledge about:**
 - Nutrition**
 - Body Composition**
 - Mindset**
 - Overcoming Relapses**
 - Making Changes Last**

Main Goal: Lose Fat
Program duration: 6 weeks
Workout duration: 60-75min
Classes duration: 30min
PT: Sam Costa

Reminder

**To avoid injuries always start your training with a
Warm Up and Stretches.**

**Finish your workout with a cool down and a session of
stretches to reduce muscles soaring.**

**Do not start this program if you have an injury, you
are recovering from one and didn't complete
recovering yet.**

**Be aware that any exercise training has a risk of
injurie, and you are starting this program by your
own will.**

**Do not forget to drink water to keep your body
hydrated.**

WEEKS 1-3

Strength training

DAY 1: Upper Body

DAY 2: Lower Body

DAY 3: Rest

DAY 4: Group Class

DAY 5: Upper Body

DAY 6: Lower Body

DAY 7: Rest

Cardio training

DAY 1: 25min

DAY 2: 25min

DAY 3: Rest

DAY 4: Group Class

DAY 5: 25min

DAY 6: 25min

DAY 7: Rest

DAYS 1 & 5

Seated chest press

Sets: 3 12 Reps Rest:30sec

[Video](#)

Diverging Lats Pull

Sets: 3 12 Reps Rest:30sec

[Video](#)

Diverging seated row

Sets: 3 12 Reps Rest:30sec

[Video](#)

Shoulder Press Machine

Sets: 3 12 Reps Rest:30sec

[Video](#)

Biceps curl with dumbbells

Sets: 3 15 Reps Rest:30sec

[Video](#)

Triceps Back kick with dumbbells

Sets: 3 15 Reps Rest:30sec

[Video](#)

Cardio

StairMaster - 25 min

5min each step/5min each other step

[Video](#)

DAYS 2 & 6

Leg Press machine

Sets: 3 12 Reps Rest:30sec

Video

Leg extension machine

Sets: 3 15 Reps Rest:30sec

Video

Leg Curl machine

Sets: 3 15 Reps Rest:30sec

Video

Leg Adduction machine

Sets: 3 12 Reps Rest:30sec

Video

Leg Abduction machine

Sets: 3 12 Reps Rest:30sec

Video

Air Squats

Sets: 3 15 Reps Rest:30sec

Video

Cardio

Treadmill - 25 min

High inclination with steady pace

Video

DAYS 3 & 7

Rest Day

No workout today

but,

Your Goal is:

10.000 Steps

WEEKS 4-6

Strength training

DAY 1: Chest/shoulder/triceps

DAY 2: Back/Biceps

DAY 3: Rest

DAY 4: Group Class

DAY 5: Legs/Abs

DAY 6: Cardio

DAY 7: Rest

Cardio training

DAY 1: 30min

DAY 2: 30min

DAY 3: Rest

DAY 4: Group Class

DAY 5: 30min

DAY 6: 60min

DAY 7: Rest

6 weeks Fat Loss programme

DAY 1

Seated chest press

Sets: 3 8Reps Rest:30sec

Use a weight to lift max 8 times

Video

Shoulder Press Machine

Sets: 3 8 Reps Rest:30sec

Video

Dumbbell Fly

Sets: 3 8 Reps Rest:30sec

Video

Dumbbell Lateral Raise

Sets: 3 8 Reps Rest:30sec

Video

Seated Triceps Extension with dumbbells

Sets: 3 10 Reps Rest:30sec

Video

Standing Triceps Pushdown in cable machine

Sets: 3 10 Reps Rest:30sec

Video

Cardio

StairMaster - 30 min

5min each step/5min each other step

Video

6 weeks Fat Loss programme

DAYS 2

Diverging Lats Pull

Sets: 3 8 Reps Rest:30sec

Use a weight to lift max 8 reps

Video

Diverging seated row

Sets: 3 8 Reps Rest:30sec

Video

Bench over single arm row

Sets: 3 8 Reps Rest: 30sec

Video

Bench reverse Fly with Dumbbells

Sets: 3 8 Reps Rest: 30sec

Video

Biceps curl machine

Sets: 3 8 Reps Rest:30sec

Video

Cardio

Treadmill HITT - 30 min

3min run/2min walk

6 weeks Fat Loss programme

DAYS 3

Rest Day

No workout today

but,

Your Goal is:

10.000 Steps

6 weeks Fat Loss programme

DAYS 5

Leg Press machine

Sets: 3 8 Reps Rest:30sec

Use a weight to lift max 8 reps

Video

Leg Adduction machine

Sets: 3 8 Reps Rest:30sec

Video

Leg Abduction machine

Sets: 3 8 Reps Rest:30sec

Video

Goblet Good Morning

Sets: 3 10 Reps Rest: 30sec

Video

Kettlebell Sumo Squat

Sets: 3 10 Reps Rest: 30sec

Video

Core:

Sets: 3 Time: 45sec Rest: 15sec

Plank - Video

Russian Twist - Video

Reverse Crunch - Video

Reverse Plank - Video

Cardio

Rowing - 30 min

Steady pace low resistance

Video

DAYS 6

Cardio Only

Treadmill - 30min

5x

3min high incline

Walking

2min low incline

Sprint

1min low incline

Walking

Spin Bike - 30min

5x

3min fast sprint

130 - 140 rpm

2min relaxed

80-90 rpm

1 min stand cycling

70-90 rpm

6 weeks Fat Loss programme

DAYS 7

Rest Day

No workout today

but,

Your Goal is:

10.000 Steps