

Workout Plan

Goal: Weight Loss

***Low Weight + High Reps**

*To focus on weight loss, prioritize high intensity cardio, multiple times a week, with the addition of low weight + high rep weighted exercises. Lifting weight will not make you bulky, it will help tone your body!

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3-Day Split

Day 1 - Upper Body

1. Cardio Warm- Up (10 Minutes)
 - a. Ex) Treadmill, Stair Machine, Bike, etc
2. Lat Pull Downs 3x12
3. Dumbbell Shoulder Press 3x12
4. Standing Dumbbell Curls 3x12
5. Cable Tricep Pushdowns 3x12
6. Pushups 3x12
7. Pull Ups (Assisted if needed!) 3xmax*
8. Cardio - 25 Minutes
 - a. Cardio of your choice, ex(Treadmill, Stairs, Bike, etc.)

Day 2 - Lower Body

1. Cardio Warm-Up (10 Minutes)
 - a. Ex) Treadmill, Stair Machine, Bike, etc
2. Dynamic Leg Warm-up*
3. Barbell Squats 4x10
4. Hip Thrusts 4x10-12
5. Bulgarian Split Squats 4x10
6. RDLs 4x10
7. Quad Extensions 2x20
8. Lying Leg Curls 2x20
9. Slow Calf Raises 2xmax*
10. Cool Down*

Day 3 - Cardio + Abs

1. High Intensity Cardio (35-45 Minutes)
 - a. Ex) Treadmill, Stair Machine, Bike, etc
2. Ab Circuit - 4 sets of each exercise - back-to-back
 - a. Weighted Cable Crunches 4x25
 - b. Crunches x25
 - c. Flutter Kicks x25
 - d. Leg Raises x25
 - e. Russian Twists x25
 - f. Mountain Climbers x25
 - g. Plank x30sec

4-Day Split

Day 1 - Push (Shoulders, Chest, Triceps)

1. Cardio Warm-Up (10 Minutes)
 - a. Ex) Treadmill, Stair Machine, Bike, etc
2. Bench Press 3x12
3. Dumbbell Shoulder Press 3x12
4. Skull Crushers 3x12
5. Cable Flys 2x10
6. Pushups 3x12
7. Lateral Raises 3x12
8. Cable Pushdowns 3x12
9. Cardio - 25 Minutes
 - a. Cardio of your choice, ex(Treadmill, Stairs, Bike, etc.)

Day 2 - Legs

1. Cardio Warm-Up (10 Minutes)
 - a. Ex) Treadmill, Stair Machine, Bike, etc
2. Dynamic Leg Warm-up*
3. Barbell Squats 4x10
4. Hip Thrusts 4x10-12
5. Bulgarian Split Squats 4x10 (each leg)
6. RDLs 4x10
7. Quad Extensions 2x20
8. Lying Leg Curls 2x20
9. Slow Calf Raises 2xmax*
10. Cool Down*

Day 3 - Pull (Back & Biceps)

1. Cardio Warm-Up (10 Minutes)
 - a. Ex) Treadmill, Stair Machine, Bike, etc
2. Barbell Bent Over Rows 3x10
3. Single Arm Rows 3x10 (each arm)
4. Pull Ups (assisted if needed) 3xmax*
5. Seated Cable Rows 3x12
6. Cable Face Pulls 3x15
7. Standing Dumbbell Curls 3x12

8. Hammer Curls 3x12
9. Seated Incline Curls 3x12
10. Cardio - 25 Minutes
 - a. Cardio of your choice, ex(Treadmill, Stairs, Bike, etc.)

Day 4 - Cardio + Abs

1. High Intensity Cardio (35-45 Minutes)
 - a. Ex) Treadmill, Stair Machine, Bike, etc
2. Ab Circuit - 4 sets of each exercise - back-to-back
 - a. Weighted Cable Crunches 4x25
 - b. Crunches x25
 - c. Flutter Kicks x25
 - d. Leg Raises x25
 - e. Russian Twists x25
 - f. Mountain Climbers x25
 - g. Plank x30sec

5-Day Split

Day 1 - Push (Shoulders, Chest, Triceps)

1. Cardio Warm-Up (10 Minutes)
 - a. Ex) Treadmill, Stair Machine, Bike, etc
2. Bench Press 3x12
3. Dumbbell Shoulder Press 3x12
4. Skull Crushers 3x12
5. Cable Flys 2x12
6. Pushups 3x12
7. Lateral Raises 3x12
8. Cable Pushdowns 3x12
9. Cardio - 25 Minutes
 - a. Cardio of your choice, ex(Treadmill, Stairs, Bike, etc.)

Day 2 - Legs (Quad Focus)

1. Cardio Warm-Up (10 Minutes)
 - a. Ex) Treadmill, Stair Machine, Bike, etc
2. Dynamic Leg Warm-up*
3. Quad Extensions 2x20
4. Lying Leg Curls 2x20
5. Slow Calf Raises 2xmax*
6. Barbell Back Squats 3x12
7. Barbell Front Squats 3x12
8. Hack Squats 3x12
9. Walking Lunges 3x15 (each leg)
10. Cool Down*

Day 3 - Pull (Back & Biceps)

1. Cardio Warm-Up (10 Minutes)
 - a. Ex) Treadmill, Stair Machine, Bike, etc
2. Barbell Bent Over Rows 3x12
3. Single Arm Rows 3x10 (each arm)
4. Pull Ups (assisted if needed) 3xmax*
5. Seated Cable Rows 3x12
6. Cable Face Pulls 3x15
7. Standing Dumbbell Curls 3x12
8. Hammer Curls 3x12

9. Seated Incline Curls 3x12
10. Cardio - 25 Minutes
 - a. Cardio of your choice, ex(Treadmill, Stairs, Bike, etc.)

Day 4 - Legs (Glute Focus)

1. Cardio Warm-Up (10 Minutes)
 - a. Ex) Treadmill, Stair Machine, Bike, etc
2. Dynamic Leg Warm-up*
3. Quad Extensions 2x20
4. Lying Leg Curls 2x20
5. Slow Calf Raises 2xmax*
6. Hip Thrusts 3x12
7. Bulgarian Split Squats 3x12 (each leg)
8. Romanian Deadlifts (RDLs) 3x12
9. Back Extensions
10. Cool Down*

Day 5 - Cardio + Abs

1. High Intensity Cardio (35-45 Minutes)
 - a. Ex) Treadmill, Stair Machine, Bike, etc
2. Ab Circuit - 4 sets of each exercise - back-to-back
 - a. Weighted Cable Crunches 4x25
 - b. Crunches x25
 - c. Flutter Kicks x25
 - d. Leg Raises x25
 - e. Russian Twists x25
 - f. Mountain Climbers x25
 - g. Plank x30sec

Tips

1. For weight loss, increase the cardio intensity + higher reps - lower weight for weighted exercise.
2. Weighted exercise help 'tone' your body. Focusing on each muscle group allows your body to grow each muscle without looking 'bulky'.
3. Increasing the amount of cardio + intensity of cardio will help lose extra body fat
4. Results are made not only in the gym but also the kitchen!

Notes

*max = max amount of reps you can do without failing

*dynamic leg warmup = stretching your legs and hips with dynamic movements compared to static movements. Keep your legs moving while you warm them up!

*Cool Down = Stretching, rolling out your legs, slow walk on the Treadmill, or anything you feel your body needs to cool down after a hard workout

*Split = how many days a week you plan on working out. This plan is designed for individuals who would like to workout 3 days a week, 4 days a week, and 5 days a week