To reduce weight from 93 kg to 85 kg, a combination of cardiovascular exercises, strength training, and flexibility workouts is key. This workout plan is designed to help burn fat, build lean muscle, and improve overall fitness. The plan also emphasizes consistency and progression over time.

**General Guidelines:**

* **Workout Frequency:** 5-6 days a week
* **Workout Duration:** 45-60 minutes per session
* **Rest Days:** 1-2 days per week for recovery
* **Warm-Up:** 5-10 minutes of light cardio (like jogging or cycling) before each workout
* **Cool Down:** 5-10 minutes of stretching after each workout

**Sample Workout Plan:**

**Day 1: Full-Body Strength Training**

**Goal:** Build muscle and increase metabolism.

* **Squats:** 3 sets of 12-15 reps
* **Push-Ups:** 3 sets of 10-15 reps
* **Deadlifts:** 3 sets of 10-12 reps
* **Dumbbell Rows:** 3 sets of 12-15 reps (each side)
* **Plank:** 3 sets of 30-60 seconds

**Day 2: High-Intensity Interval Training (HIIT)**

**Goal:** Burn calories and improve cardiovascular fitness.

* **Warm-Up:** 5 minutes of light jogging or brisk walking
* **HIIT Routine (20 minutes):**
  + 30 seconds sprint at full effort
  + 90 seconds of walking or slow jogging (active recovery)
  + Repeat for 8-10 rounds
* **Cool Down:** 5 minutes of slow jogging/walking and stretching

**Day 3: Lower Body Strength and Core**

**Goal:** Strengthen legs and core muscles.

* **Lunges:** 3 sets of 12 reps per leg
* **Leg Press or Step-Ups:** 3 sets of 10-12 reps
* **Leg Curls:** 3 sets of 12-15 reps
* **Calf Raises:** 3 sets of 15-20 reps
* **Bicycle Crunches:** 3 sets of 15-20 reps per side

**Day 4: Cardio and Flexibility**

**Goal:** Improve cardiovascular health and flexibility.

* **Cardio (Choose one):**
  + 30-40 minutes of steady-state cardio (running, cycling, swimming, or brisk walking)
* **Flexibility (10 minutes):**
  + Focus on dynamic stretching or yoga poses to improve flexibility and prevent injuries.

**Day 5: Upper Body Strength and Core**

**Goal:** Strengthen upper body muscles and core.

* **Bench Press or Push-Ups:** 3 sets of 10-12 reps
* **Pull-Ups or Lat Pulldowns:** 3 sets of 8-12 reps
* **Shoulder Press:** 3 sets of 10-12 reps
* **Bicep Curls:** 3 sets of 12-15 reps
* **Russian Twists:** 3 sets of 20 reps (each side)

**Day 6: Full-Body Circuit Training**

**Goal:** Combine strength and cardio for a full-body workout.

* **Circuit (3 rounds):**
  + **Jump Squats:** 15 reps
  + **Burpees:** 12 reps
  + **Mountain Climbers:** 30 seconds
  + **Dumbbell Press:** 12 reps
  + **Plank with Shoulder Taps:** 20 taps (10 each side)
  + **Rest:** 1-2 minutes between rounds

**Day 7: Rest or Active Recovery**

**Goal:** Allow the body to recover while staying active.

* **Rest day** or engage in light activities like walking, swimming, or cycling at a relaxed pace.

**Additional Tips:**

* **Progression:** Gradually increase the intensity or weight as you get stronger. Challenge yourself to push a little harder each week.
* **Nutrition:** Complement your workout routine with a balanced diet. Focus on lean proteins, complex carbohydrates, healthy fats, and plenty of vegetables.
* **Hydration:** Drink plenty of water throughout the day, especially before and after workouts.
* **Sleep:** Ensure you get 7-8 hours of quality sleep each night for optimal recovery and performance.
* **Consistency:** Stick to the plan and be patient with your progress. Regular exercise combined with proper nutrition will yield results over time.

**Tracking Progress:**

* Monitor your weight, body measurements, and how your clothes fit.
* Adjust your workout plan if needed, but consistency is key.
* Consider taking progress photos every couple of weeks to visually track changes.