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## What is a good workout plan to lose weight

If you're looking for a workout plan that can help you lose weight, adding more sweat sessions to your weekly routine is a great place to start. And there are endless ways to do it, too—maybe you'll unexpectedly fall in love with running, or you'll find that group fitness is seriously motivating for you. But sticking to one favorite or randomly jumping from one workout to the next isn't the most efficient or effective way to get fit or lose weight (those may or may not be the same thing for you, which is cool!). If you want to see (and maintain) results, you have to have a plan of action. Whether you're totally new to fitness or just need some guidance, you're covered here. Celeb trainer Adam Rosante, author of *The 30-Second Body* and C9 ambassador, came up with a plan for SELF readers to help guide you to success with any weight-loss goals you may have. It combines ultra-efficient workouts for weight loss along with space for you to incorporate workouts you really love, too. But first, a few things to note. As great as working out is, for sustainable weight loss, it needs to be combined with healthy nutrition choices and good sleep. And to take an even larger step back, always remember that healthy eating, fitness, and weight loss vary from person to person. What works for your best friend won't always be the best thing for you, just as your methods might not work for them. And if you're specifically trying to lose weight, ask yourself why. Will losing weight (and how you go about it) actually make you healthier and happier? And are there other questions you should consider before you try? For example, if you have a history of disordered eating, it's always smart to discuss potential eating changes with your doctor before embarking on a new plan. Even if you have no history of disordered eating, be sure to set reasonable expectations and goals for yourself. Health and weight loss involve so many components, like the aforementioned healthy eating and sleep, plus things you can't control at all, like hormonal fluctuations. Above all, no matter what your goals are, it's most important to treat yourself with kindness and listen to your body. That's one of the best things about this plan, actually: "This plan is highly effective, but totally accessible to all levels," says Rosante. Here, he outlines a sample Monday through Sunday workout plan that, over time, can help you lose weight—all you have to do is keep showing up and working hard. This mix covers all of your bases, but if you need to swap something out, that's NBD—this is just an example week of the types of workouts you can be doing. Consider it a baseline to help get you going. Here's how to use this weight-loss workout plan: Check out the perfectly planned week of workouts tailored to weight-loss goals below (and save the pin at the bottom for easy reference, too). If you're not trying to lose weight, that's completely fine too—no matter what your goals are, this balanced fitness plan can be a great guideline. Schedule your workouts for the upcoming week on your calendar and book your classes in advance. If you need to replace a day with another workout, just be strategic about it. "Follow the spirit of each workout: Strength training, high-intensity cardio, mobility work and stretching, steady-state movement." Maybe you swap out a sprint day with an interval training group fitness class, or you hit up a restorative yoga class on rest day. Remember that safe, healthy weight loss is a gradual process! Now go get 'em. **MONDAY: TOTAL-BODY STRENGTH TRAINING** "Strength training is the key to weight loss and unlocking your inner badass," says Rosante. "You'll burn fat, shape your body, and increase the number of calories your body burns at rest." This is because the more lean muscle your body has, the more energy it takes to maintain. This increases your BMR, or basal metabolic rate, meaning your body burns more calories at rest. This is a calculation of how many calories you'd burn if you just laid in bed all day. Rosante's simple strength workout requires some floor space, a workout bench, and a set of dumbbells. The exact weight you use will vary, he says, but he does have some guidelines for choosing the right ones. "You want to be able to complete all of the reps without stopping, while keeping great form," he says. "But your last few reps should feel very difficult to complete. You should feel like you could maybe do one or two more reps if you had to." It may take some trial and error, and it's better to start lighter when you're just beginning. (Here are some more tips on choosing the right weight.) Ready to get started? Here's the total-body strength workout you'll do three times a week: 1. Bodyweight Squats—15 reps. Quick tip: Get low, keep your chest up, and don't let your knees go over your toes during this lower-body move. 2. Dumbbell Bench Press—12 reps. Quick tip: Position yourself so your head, back, and butt are all on the bench, your feet flat on the floor. 3. Dumbbell Row—12 reps each side. Quick tip: If you don't have a bench available, try a bent-over row. 4. Lying Isometric Y—Hold for 30 seconds. Quick tip: You can keep your legs on the ground for this one if that feels more comfortable. 5. Box Step-Ups—15 reps each leg. Quick tip: Alternate between your left and right leg, and for an extra challenge, step your lifted foot into a lunge as you come down from the box. 6. Plank—Hold for 30 seconds. Quick tip: Make sure you're keeping your core tight! Do the circuit 3x, resting for 1 minute between each round. **TUESDAY: SPRINT INTERVALS** Strength training is important for increasing your BMR, but the calorie burn payoff for high-intensity cardio workouts is more immediate. "Sprinting torches calories and gets the work done in a fraction of the time you'd spend jogging," explains Rosante. This type of high-intensity interval training is especially effective because after skyrocketing your heart rate several times during a workout, your body uses more energy to get your body back to a resting state. You can do Rosante's simple (but tough as hell) sprint interval workout on almost any cardio equipment. So no worries if you just can't with the treadmill sometimes—you can also use an indoor cycling bike, rowing machine, elliptical, you name it. 30 seconds: Full-out sprint 60 seconds: Moderate pace jog Do this 12x **WEDNESDAY: FOAM ROLLING + 12,000 STEPS** "Your body needs to recover after two days of intensity, but you don't want to sit around doing nothing," explains Rosante. "Foam rolling and stretching will improve your mobility and actually help to improve the quality of your workouts, [because] good mobility will allow you to achieve full range of motion in the moves. Executing these moves with a greater range of motion will force your body to exert more energy, and the more energy you exert, the more calories you burn." A bigger range of motion means you'll be able to squat deeper and lunge lower while using proper form. When the right muscle fibers are firing, you'll get more out of every exercise. Now pair that mobility work with some walking. Walking is a low-impact movement that increases blood flow and will help speed recovery, Rosante explains. "Plus, the simple science of weight loss is this: Expend more energy than you intake. Walking counts!" So break out the activity tracker or download an app on your phone around and aim to get a solid 12,000 steps in (a little more than the normally cited 10,000 steps). "If the goal is weight loss, an extra 2,000 steps per day helps you kick things up," says Rosante. **THURSDAY: TOTAL-BODY STRENGTH TRAINING** Do the same workout you did on Monday. **FRIDAY: HIGH-INTENSITY GROUP FITNESS CLASS** "Do a high-intensity fitness class to kick up the calorie burn while keeping things fresh, interesting, and social," says Rosante. Grab some friends and head to an indoor cycling studio, or sign up for the boot camp class you've been nervous to try. Having a strategic program like Rosante's is important for efficiently moving toward your goals, but this where you have the chance to mix it up so you don't get bored. No matter what you do, though, make sure you sweat—and have fun. **SATURDAY: TOTAL-BODY STRENGTH TRAINING** Do the same workout you did on Monday and Thursday. **SUNDAY: REST DAY** Ah, rest day—you've earned it. Muscles aren't built while you're working them—in fact, when you strengthen them, you're breaking down muscle fibers. That's why it's important to build in rest and recovery time, so they have a chance to repair themselves a little stronger than before, explains Rosante. "You've worked your ass off this past week," says Rosante. "Rest up and get ready to crush it again next week." **STICK WITH THIS PLAN FOR ABOUT FOUR WEEKS, THEN MIX IT UP** Keep it up with this workout plan for three to four weeks, suggests Rosante. "Improve and progress with each workout, each week. Lift a little heavier. Push a little harder." Even if you just focus on improving your form during every workout, that's still progress, says Rosante. After a month or so on this plan, it'll be time to switch it up. "You don't want to stay on it forever for a couple of reasons. First, you'd get bored out of your mind. And that's a fitness killer right there," says Rosante. "Second, your body is absolutely brilliant at adapting to stress. Eventually, it will find a way to make easy work of these sessions. When that happens, you'll plateau and stop seeing progress. Change is essential." But hopefully, once you've been crushing your workouts for several weeks, you'll feel more comfortable than ever moving forward in your fitness journey. And that alone is a big win, no matter what the scale says. You already know that the food you eat plays a big part in weight loss, but having a weekly fitness plan is a critical factor, too. With all the options out there, it can be hard to know where to start. Maybe you know you should incorporate strength training along with the walks you're doing, but how often, and when? What about barre, Peloton, and those butt blaster YouTube workouts you love-hate? What's in your weekly workout plan depends on your goal. The strategy and routine differs depending on whether you're training to run a marathon, hike the Grand Canyon, win a tennis match, or simply feel better. For the purposes of this weekly fitness plan, the goal is general strength and fitness with a lean towards weight loss. We're not training for peak performance, we just want to get stronger, feel better, and lose a few pounds. 4 Workout Types in Your Ideal Weekly Fitness Plan For a long time, popular opinion told us that hours of cardio was the best way to lose weight. We now know that mixing it up with strength training and high intensity training is essential for not only losing weight, but building strength, keeping your body working well, and staving off boredom. Let's face it, no one wanted to sit on the elliptical for an hour a day, anyway. Basically, variety should be your number one focus because it continually challenges your body. When your body is exposed to different stimuli, it continually responds and adapts, giving you the best results. Instead of doing the same thing every day, here are four main workouts to incorporate into your weekly routine. Steady State Training (cardio): 30-60 minutes, twice a week Strength Training: 30 minutes, twice a week High intensity interval training: 30 minutes, twice a week Flexibility Training: 30-60 minutes, 1-2 times a week Together, these four workout types cover the five biomotor skills: Strength Endurance Speed Coordination + Balance Flexibility + Mobility Each workout you do will develop a few different biomotor skills, rather than just one. When you do jumping jacks, for example, you're working coordination endurance, and balance. Steady state training primarily works endurance, but can also develop coordination and balance depending on the exercise you're doing. Strength training develops strength, endurance, and coordination. High intensity interval training focuses on speed, endurance, strength, coordination, and balance. Flexibility training primarily develops flexibility, mobility, and balance. Before I lose you, what you need to know is this. On a weekly basis, challenge your body in different ways: fast + slow, high intensity + low intensity, heavy weight + light weight. Each of these workouts puts different stressors on your body (in a good way!), so the best weekly workout plan gives you rest from one style as you do the others. Essentially, the rhythm of the week should give you rest from your harder workouts with easier ones. Here's what an ideal week looks like: Monday: high intensity interval training Tuesday: strength training Wednesday: steady state Thursday: high intensity interval training Friday: strength training Saturday: flexibility/mobility training + steady state training (yoga/pilates or other fun adventure) Sunday: rest This is the routine my fitness and wellness community does each week, together. The exercises and structure of each workout varies, but the style stays consistent. On weekdays, I write and teach the high intensity and strength workouts live (with a recorded option too) and there's a Wednesday Run Club. On the weekends, many of the women hike, bike, or do an online yoga routine from the list of our favorites. [Interested in getting on board? Join the waitlist.] Don't go from zero to 6 days a week If you've been thinking about starting a workout routine but are starting near zero, don't go for 6 days a week next week! This is an ideal weekly fitness plan to work up to over the first six months. In Week 1, start with your Wednesday steady state, which could be a 30 minute walk, and Saturday flexibility, which could be a 30 minute yoga routine. From there, start adding in a second steady state workout and a high intensity bodyweight workout once a week. From there, gradually move into strength training. Your body takes time to adapt to workouts, so while it might feel slow in the beginning, you'll be up to speed in no time. In a sea of confusing workout advice, I hope this clarifies exactly what you should be doing and when you should be doing it. As always, stay well, listen to your body, and continue challenging yourself to reach a healthier, happier life! Click to rate this post! [Total: 5 Average: 3.8] Exercise is essential for your overall health. Good health and weight loss are interrelated. If a person has a higher body mass index, then they are prone to several disorders like hypertension, diabetes, cholesterol, and other cardiovascular problems. Exercise becomes very crucial if you are trying to lose weight and want to be fit and healthy. Two important factors that need to be considered to lose weight are exercise and dieting. The balance between the two is very important. In your everyday routine, if you follow your diet and skip exercise or work out intensely and not follow your diet then you will see your body behaving very differently. Exercise has many benefits attached to it along with weight loss. Exercise improves your mood, strengthens your bones, and reduces the risk of many chronic diseases. People tend to pull themselves out from exercise as they won't have the time to hit the gym or even cannot afford to join a gym or personal trainers to guide them on their fitness journey. 7 Best Exercises to Lose Weight At Home So, here we would like to suggest to you the 7 best and popular exercise programs that you can practice at home and make yourself stronger, fitter and healthier. 1. Aerobic Exercises Walking is considered one of the best weight loss exercises. Walking at a fast pace is a great exercise program that puts minimal stress on your joints and can be incorporated into your day-to-day activities. According to many studies, A 70-kg individual burns around 167 calories per 30 minutes of walking at a pace of 6.4 kph. It is also observed that an individual can reduce their body fat by an average of 1.5% and waist circumference by 2.8 cm by walking for 50-70 minutes 3 times per week. Jogging and Running are considered to be the king of weight loss exercises. These exercises are total body integrated exercises. It will strengthen your legs and be very effective for belly fat. The major difference between running and jogging is the pace. Jogging is between 6 – 9 kph and running will be around 10 kph. Running and Jogging will approximately help burn 372 calories per 30 minutes and 298 calories per 30 minutes respectively. The combination of these 3 exercises will certainly help improve your muscular strength and overall body weight to keep you fit and healthy. Exercise Pattern: Set aside 1 hour of your time and include these exercises in your routine. Start with walking exercise for 15 minutes.Increase your pace and start jogging for the next 15 minutes. With a constant increase in pace, run for another 15 minutes. Reduce your pace and come back to jogging for 10 minutes. Relax your body and slow down your pace and walk for 5 minutes. Looking for Weight Management Products? Visit PharmEasy.in and know about products available for weight management. 2. Skipping or Jumping Rope Skipping exercise offers a complete body workout and helps increase your muscle strength, metabolism, and burn many calories in a short time. Skipping exercise done regularly will bring in calmness and help to ease depression and anxiety. The workout also increases your heart rate which results in faster pumping of blood across your body to keep your heart in a better and health condition. Along with your heart, this exercise takes care of your lungs by keeping them functioning and healthy. Everybody has a distinctive body and which makes the process obtain different results. Losing weight is nothing but burning more calories than you intake and skipping will surely help you do that. This form of exercise approximately burns calories close to 1300 per hour. Exercise Pattern: On a flat surface, stand with your back straight. Make sure your feet are together and pointing straight. Keep your hand straight pointing downwards close to your thighs. Jump off the ground and let your rope pass under your feet and bring it back. Repeat these steps and increase your jumping speed constantly. 3. Planks Plank Pose or Plank exercise is one of the most effective full-body workouts. The biggest advantage of Plank's workout is it targets most of the major muscle groups in the body. It strengthens your muscles in the core, shoulder, arms, chest, back, and hips. Along with these benefits, Plank exercises help in quickly burning the excess fats and calories from the body. A workout that seems to be a simple and easy one but it's quite exhausting and intense. The plank exercise is a great example of the longer you workout the better will be your results. You need to focus on holding your plank position for a longer period to find quick and better results. Plank exercise has different variations that target different muscle and body areas. Each variation is very helpful and keeps improving your core strength, body balance, endurance, and posture. Plank Exercise Variations: The Standard Plank: It is also known as The Extended Arms Plank. This position is best suited for beginners who are looking forward to improving their core strength. This workout is great for improving metabolic activity and digestion. The forearm Plank variation is an identical version of the extended arms plank. The target areas of this workout are the core, arms, shoulders, and back. The Mountain Climbers: Considered as one of the intense variations of plank workout. A full-body workout that burns excess calories and fat from the body. The targeted areas of this workout are biceps, hamstring muscles, core, triceps, and chest. Exercise Pattern Get down into the Push-Up or Standard Plank Position.Now bend your right knee and pull it towards your chest.Push your right knee back to your initial position.Now bend your left knee and get it towards your chest.Push your left knee back to your initial positionContinue the above steps around 20-25 times. The Reverse Plank: This is a variation of the standard plank but done in a reverse manner. This workout is an excellent way to stretch your body. A workout that reduces unnecessary fats and calories from your body. It helps in strengthening your core, shoulders, back, chest, and gluteal muscles. Exercise Pattern Sit down and extend your legs in front of you.Place your hands behind your hips for your upper body support.Now lift your hips by straightening your hand and form a straight line with your body.Now hold this position for 40-60 seconds.Repeat these steps and methods around 20-30 times. 4. Push-Ups and Pull-Ups Push-ups are one of the most popular exercises and it is a workout that can be done at any time, anyplace, and by anyone. Push-ups exercise is very useful for weight loss as it pushes your body away from the ground and exerts energy which in turn burns calories. Push-up exercises are good as it burns calories quickly and makes you focus on the larger muscles in your upper body. Push-up workout also focuses on your chest, shoulders, back, biceps, and triceps. Push up exercise will also strengthen your core muscles and make your body physically stable and healthy. Push-ups help in building more lean muscles in our chest, shoulders, biceps, and triceps. If you keep practising push-ups for weeks or months or years, then you will build a great amount of muscle mass, and to maintain your muscle your body has to expend its calories. Exercise Pattern Look for anti-slippery and flat surfaces.Place your hands facing forward and slightly wider than your shoulder width.Set your feet together or slightly apart in a comfortable position. Initially, you can keep your feet further apart until you find a proper balance.Now bend your shoulders as low as possible towards the floor and push up back and straighten your arms.Repeat these steps for 15 reps and 3 sets. Pull-ups focus on several muscle groups that burn more calories as multiple muscles like biceps, triceps, back and core are working together. This workout can aid you to get in shape, increasing your ability to burn fat and boost your metabolism. To complete a pull-up it nearly takes 15 muscles and the primary muscles are your lats and biceps. According to the study, doing a pull-up workout will help you burn nearly 10 calories per minute. It is recommended that at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity workout have to be done each week as cardio is one of the best ways to burn calories. Exercise Pattern Grp the pull-up bar with your arms fully stretched by standing straight.Now bend your knees and pull yourself until your chin clears the bar.Come back to your original position slowly.Repeat these steps for 15 reps and 4 sets. 5. Squats Squat exercises are known as muscle strengthening exercises. The main aim of this exercise is to improve your lower part of the body. Squats help burn calories and prevent fat from accumulating in your lower part of the body. This exercise helps improve your mobility and also balance. A beginner should aim for 3 sets of 12-15 reps of at least one type of squat to expect better results. Exercise Pattern: Stand straight with your feet wider than your hip width with toes facing front.By bending your knees and ankles push your hips back.Sit into a squat position by keeping your heels and toes on the ground.Keep your knees bent to a 90-degree angle and pose yourself parallel to the floor.Straighten your legs by pressing your heels and return to the standing position. 6. Lunges A popular strength training workout that strengthens and tones your lower body and improves overall fitness and athletic performance. Lunges mainly focus on strengthening your back, hips, and legs. Lunges help in building lean muscle and reduce body fat. It is important to push yourself and include lunges in a high-intensity workout routine with the help of heavyweights. The single-leg movements involved in this workout stabilizes muscles to develop balance, stability, and coordination. Exercise Pattern Stand straight with your back and abs upright.Bend your knee by keeping your right leg in the front.Now, bend your knee until your right thigh is parallel to the ground and left one perpendicular.Keep your front knee above your heel.Come back and bring your feet together.Repeat the above steps with your left leg.30 reps of alternate lunges are very helpful. Along with exercises that need to be done at your place for weight loss. There are other factors and methods that can be helpful for weight management. Click here to know more about weight management and weight loss. 7. Yoga Yoga, a 5000-year-old transcription has proved to be an effective weight loss therapy. It is believed to be developed by Rishis and Brahmans and has 5 basic principles: Exercise, Diet, Breathing, Relaxation, and Meditation. The combination of Yoga and healthy eating has proven beneficial as it helps to lose weight along with keeping your body and mind healthy. It also improves your mindfulness and relation with your body. Along with weight loss as its benefit, Yoga has more benefits to offer such as: Improved Cardio HealthIncreased Muscle toneBalanced MetabolismImproved RespirationIncreased FlexibilityStress Management Yoga Poses are an integral part of weight reduction. Yoga poses focus mostly on improving concentration and building your muscle tone. Your body should get used to these poses to yield maximum benefits from yoga. Some of the yoga poses that should be practised for weight loss are: Warrior PoseTriangle PoseShoulder PoseBridge PoseBow PosePlank PoseDownward Dog PoseSun Salutation FAQs Is it possible to lose weight with just exercise? No, Weight loss is a combination of regular workout and proper diet. It is important to ensure you strictly follow both to achieve the desired results. If I Sweat more during a workout, does that mean more fat is burned? No, Sweat indicates your body's ability to maintain its normal body temperature. Your body starts to store heat when you sweat so that you can experience cooling by evaporation. How often should one work out to see results? Work out regularly to get in good shape. It is advisable to work out at least 2-3 times a week rather than once in a while. How many calories to consume in a day? Calorie intake can be determined by multiplying your ideal body weight by 14. For example, If your body weight is around 135 pounds then you need to consume 1,890 (135\*14) calories per day. Also read: 5 home remedies to lose weight Disclaimer: The information included at this site is for educational purposes only and is not intended to be a substitute for medical treatment by a healthcare professional. Because of unique individual needs, the reader should consult their physician to determine the appropriateness of the information for the reader's situation.





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