

Fat Loss Workout Plan

Guidelines for Fat Loss

- Pair the workout with a calorie-controlled diet for a caloric deficit.
- Perform 4-6 sessions per week.
- Alternate between moderate and high-intensity cardio to avoid burnout.
- Include different types of cardio to stay engaged.

Warm-Up (5-10 Minutes)

- Dynamic stretches (arm circles, leg swings).
- Light cardio (brisk walking, cycling, or jogging).

Workout Options

1. HIIT Cardio (High-Intensity Interval Training)

- Duration: 20-30 minutes.
- Alternate between high-intensity and active recovery.
- Example:
 - 30 seconds sprint (90-95% effort).
 - 1-minute slow jog (50% effort).
- Repeat for 10-15 rounds.
- Cool down with 5 minutes of walking or stretching.

2. Steady-State Cardio

- Duration: 40-60 minutes.
- Intensity: Moderate (60-70% of max heart rate, where you can talk but not sing).
- Examples: Jogging, cycling, rowing, swimming, brisk walking.

3. Circuit Cardio Training

- Duration: 20-30 minutes.
- Perform bodyweight exercises in quick succession.
- Example Circuit (Repeat 3-5 rounds):
 - Jumping Jacks: 1 minute.
 - High Knees: 1 minute.
 - Mountain Climbers: 1 minute.
 - Burpees: 1 minute.
 - Rest: 1 minute.

4. Cardio Machines

- Duration: 30-45 minutes.
- Use treadmills, ellipticals, rowers, or stationary bikes.
- Example:
 - 5-minute warm-up (walking).
 - 20 minutes alternating 1-minute sprints and 2-minute walks.
 - 5-minute cool-down (walking).

5. Outdoor Cardio

- Duration: 30-60 minutes.
- Examples: Hiking, running, cycling, skipping rope.

Weekly Schedule for Fat Loss

- Day 1: HIIT Cardio (e.g., sprints or cycling intervals).
- Day 2: Steady-State Cardio (e.g., 45-minute jog).
- Day 3: Circuit Cardio Training.

- Day 4: Active Recovery (e.g., yoga, stretching).
- Day 5: HIIT Cardio.
- Day 6: Steady-State Cardio (e.g., hiking or cycling).
- Day 7: Rest or light activity (e.g., walking).

Cool-Down (5-10 Minutes)

- Slow walking or cycling.
- Static stretches for major muscle groups (hamstrings, quads, chest, back).

Additional Tips

- Follow a high-protein diet and avoid sugary or processed foods.
- Stay hydrated during cardio sessions.
- Track progress in terms of time, distance, or calories burned.