



8 WEEK BEGINNER FAT LOSS WORKOUT

Workout Summary

**Main Goal:** Lose Fat

**Training Level:** Beginner

**Days Per Week:** 4 Day

**Program Duration:** 8 Weeks

[Click here for the full workout!](#)

**Equipment:** Barbell, Bodyweight, Cables, Dumbbells, Machines

**Target Gender:** Male & Female

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Workout #1 - Upper Body Workout A

Exercise	Sets	Reps	Rest
Dumbbell Pullover	2	10	45 Sec
Dumbbell Bench Press	2	10	45 Sec
Arnold Press	2	10	45 Sec
Dumbbell Curl	2	10	30 Sec
Overhead Tricep Extension	2	10	30 Sec
Lying Leg Raise	2	10	30 Sec

Workout #2 - Lower Body Workout A

Exercise	Sets	Reps	Rest
Goblet Squat	2	10	45 Sec
Hip Thrust	2	10	45 Sec
Walking Lunge	2	10, Each Leg	45 Sec
Stiff Leg Deadlift	2	10	30 Sec
Standing Calf Raise	2	10	30 Sec
Oblique Crunch	2	10, Each Side	30 Sec

Workout #3 - Upper Body Workout B

Exercise	Sets	Reps	Rest
Bent Over Dumbbell Row	2	20	45 Sec
Incline Dumbbell Bench Press	2	20	45 Sec
Dumbbell Reverse Fly	2	20	30 Sec
Cable Curl	2	20	30 Sec
Straight Bar Tricep Extension	2	20	30 Sec
Plank	2	30 Sec	30 Sec

Workout #4 - Lower Body Workout B

Exercise	Sets	Reps	Rest
Squat Jumps	2	20	45 Sec
Standing Glute Kickback	2	20, Each Leg	45 Sec
Leg Curl	2	20	30 Sec
Leg Extension	2	20	30 Sec
Seated Calf Raise	2	20	30 Sec
Sit-Up	2	20	30 Sec

Example Program Schedules:

Training + Cardio Schedule Option 1 (Same Day, Separate Times)

- Monday: Cardio (AM), Workout 1 (PM)Position your feet around shoulder-width apart.
- Tuesday: Rest
- Wednesday: Cardio (AM), Workout 2 (PM)
- Thursday: Rest
- Friday: Cardio (AM), Workout 3 (PM)
- Saturday: Rest
- Sunday: Cardio (AM), Workout 4 (PM)

Training + Cardio Schedule Option 2 (Post-Weight Training)

- Monday: Workout 1 + Cardio
- Tuesday: Workout 2 + Cardio
- Wednesday: Rest
- Thursday: Workout 3 + Cardio
- Friday: Workout 4 + Cardio
- Saturday: Rest
- Sunday: Rest