

Okay, here's a concise fat loss gym workout and diet plan, tailored for someone who's 40, weighs 60kg, and wants to train 3 days per week. Remember to consult your doctor before starting any new exercise or diet program.

****Important Notes:****

- * ****Warm-up:**** 5-10 minutes of light cardio and dynamic stretching before each workout.
- * ****Cool-down:**** 5-10 minutes of static stretching after each workout.
- * ****Progression:**** Gradually increase the weight, reps, or sets as you get stronger.
- * ****Listen to your body:**** Rest when needed.
- * ****Hydration:**** Drink plenty of water throughout the day.
- * ****Protein Goal:**** Aim for 90-120g of protein per day (approximately 1.5-2g per kg of body weight), spread throughout your meals.
- * ****Diet Focus:**** Prioritize whole, unprocessed foods. Focus on protein, vegetables, and healthy fats. Limit refined carbs and sugary drinks.

****Workout Plan (3 Days/Week)****

Day		**Focus**		**Exercises**		
Sets		**Reps**		**Notes**		
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Mon		**Full Body**		* Squats* * Push-ups (or knee push-ups)* * Dumbbell Rows* *		
Overhead Press* * Plank		3		10-12		Rest 60-90 seconds between sets. Focus on proper form.
Wed		**Cardio & Core**		* Treadmill (Incline walking or jogging)* * Bicycle Crunches* *		

Russian Twists* * Leg Raises* | 3 | Cardio: 30 mins. Core: 15-20 | Keep the intensity moderate. Rest 30-60 seconds between core sets. |

| Fri | **Full Body** | * Lunges* * Dumbbell Chest Press* * Pull-ups (assisted if needed)* * Dumbbell Bicep Curls* * Triceps Dip* | 3 | 10-12 | Rest 60-90 seconds between sets. Focus on proper form. |

****Diet Plan (Example)****

Meal	**Food**	**Approx. Protein (g)**	**Notes**
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Breakfast	* Oatmeal with berries and protein powder (1 scoop)* * Greek Yogurt with nuts/seeds*	25-30	Choose whole grains and berries for fiber and antioxidants. Greek Yogurt provide probiotics for gut health.
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Lunch	* Grilled Chicken Salad (large) with mixed greens, vegetables, and light vinaigrette*	30-40	Lean protein source and plenty of vegetables for fullness and nutrients.
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Snack	* Protein Shake* * Apple slices with almond butter* * Cottage cheese*	20-25	Helps maintain satiety between meals. Provides a quick protein boost.
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Dinner	* Baked Salmon with roasted vegetables (broccoli, sweet potatoes)* * Lean Ground Beef with Brown Rice and green beans*	30-40	Healthy fats from salmon. Vegetables for fiber and micronutrients. Limit refined carbs.
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Evening Snack	*Casein Protein shake* (If needed)		
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| 20-25

| A good way to have a slow digestion which gives a continuous protein

release.

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****Important Considerations:****

- * ****Calories:**** Calculate your Total Daily Energy Expenditure (TDEE) online and subtract 300-500 calories for a healthy rate of fat loss. Adjust as needed based on your progress.
- * ****Macronutrients:**** Aim for a diet that is roughly 40% protein, 30% carbs, and 30% fat.
- * ****Consistency:**** The key to success is consistency with both your workout and diet plan.
- * ****Variety:**** Don't be afraid to change up your exercises and meals to keep things interesting and prevent plateaus.
- * ****Professional Guidance:**** Consider working with a certified personal trainer and/or registered dietitian for personalized guidance.
- * ****Sleep:**** Aim for 7-9 hours of quality sleep per night for optimal recovery and hormone regulation.

This is a general plan, and you may need to adjust it based on your individual needs and preferences. Remember to track your progress and make changes as needed. Good luck!