

## Monday: Full Body

- **Squats:** 4 sets of 10-12 reps
- **Bench Press:** 4 sets of 10-12 reps
- **Bent-Over Rows:** 4 sets of 10-12 reps
- **Overhead Press:** 3 sets of 10-12 reps
- **Plank:** 3 sets of 1 minute

## Tuesday: HIIT (High-Intensity Interval Training)

- **Warm-Up:** 5 minutes of light jogging
- **Circuit:** 30 seconds work, 30 seconds rest, repeat 5 times
  - Burpees
  - Jump Squats
  - Mountain Climbers
  - Push-Ups
- **Cool-Down:** 5 minutes of stretching

## Wednesday: Rest or Active Recovery

- **Light Cardio:** 20-30 minutes (walking, cycling)
- **Stretching:** Focus on flexibility

## Thursday: Upper Body

- **Deadlifts:** 4 sets of 8-10 reps
- **Pull-Ups:** 4 sets of 8-10 reps
- **Incline Dumbbell Press:** 4 sets of 10-12 reps
- **Tricep Dips:** 3 sets of 12-15 reps
- **Bicep Curls:** 3 sets of 12-15 reps

## Friday: Lower Body

- **Lunges:** 4 sets of 12-15 reps per leg
- **Leg Press:** 4 sets of 10-12 reps
- **Leg Curls:** 3 sets of 12-15 reps
- **Calf Raises:** 4 sets of 15-20 reps
- **Russian Twists:** 3 sets of 20 reps

## Saturday: Cardio and Core

- **Cardio:** 30-40 minutes (running, swimming, cycling)
- **Core Work:** 3 sets each of:
  - Bicycle Crunches (15-20 reps)
  - Leg Raises (15-20 reps)
  - Side Planks (30 seconds each side)

## Sunday: Rest Day

- **Rest and Recovery:** Focus on good nutrition and hydration.

## Tips:

- **Caloric Deficit:** Aim for a slight caloric deficit to lose fat. Track your food intake and adjust as needed.
- **Protein Intake:** Ensure adequate protein to preserve muscle mass while losing fat.
- **Hydration:** Drink plenty of water throughout the day.
- **Consistency:** Stick to the plan and be consistent with both training and diet for the best results.

This schedule combines strength training with cardio and HIIT to maximize fat loss while preserving muscle.