

Exercise Plan:

Day 1

Warm-up: 5 minutes of brisk walking

Exercises:

- Resistance band floor press: 3 sets of 12 reps (Rest: 30 seconds)
- Video:<https://www.youtube.com/watch?v=dnviBQFAphE>
- Resistance band upper chest flies: 3 sets of 12 reps (Rest: 30 seconds)
- Video:<https://www.youtube.com/watch?v=jQ3pjLhTKNU>
- Resistance band lying chest flies: 3 sets of 12 reps (Rest: 30 seconds)
- Video:https://youtube.com/shorts/e2qxifLb_Q?si=jsUC0mQ81GRSqs6Y
- Kneeling push ups: 3 sets of 8-10 reps (Rest: 30 seconds)
- Video:<https://www.youtube.com/watch?v=rR1efh-33AQ>
- Bicep Standing alternate dumbbell curl: 3 sets of 12 reps (Rest: 30 seconds)
- Video:https://youtube.com/shorts/FHY_2t7R714?si=HNz-fOnQg83NpZHj

Cool-down: 5 minutes of stretching

Message: Today you'll focus on chest and biceps!

Day 2

Warm-up: 5 minutes of brisk walking

Exercises:

- Resistance band bent over row: 3 sets of 12 reps (Rest: 30 seconds)
- Video:<https://www.youtube.com/watch?v=TE3v7CgXiil>
- Superman banded row: 3 sets of 12 reps (Rest: 30 seconds)
- Video:<https://www.youtube.com/watch?v=cvGqLu097MA>
- Single arm cable rows: 3 sets of 12 reps (Rest: 30 seconds)
- Video:<https://youtu.be/1jN6qeXdvWA?si=om3N9VfPLguG-Na->

- Triceps overhead rope extension: 3 sets of 12 reps (Rest: 30 seconds)
- Video:https://youtu.be/ns-RGsbzqok?si=ncHo_bHMLq3NTc1k
- Triceps pushdown (standard): 3 sets of 12 reps (Rest: 30 seconds)
- Video:<https://youtu.be/LXkCrxn3caQ?si=v1Gkdg8Wq7mdKjx1>

Cool-down: 5 minutes of stretching

Message: Today you'll target your back and triceps!

Day 3

Message: Rest day! Use this time to recover and hydrate.

Day 4

Warm-up: 5 minutes of brisk walking

Exercises:

- Dumbbell Shrugs: 3 sets of 12 reps (Rest: 30 seconds)
- Video:<https://youtu.be/qIR5YmXbg6k?si=C8MH2PtkJw0PHTb->
- Dumbbell side lateral raise: 3 sets of 12 reps (Rest: 30 seconds)
- Video:<https://youtu.be/OuG1smZTsQQ?si=wHbHE3CMjll9fP7a>
- Front dumbbell raises: 3 sets of 12 reps (Rest: 30 seconds)
- Video:<https://youtube.com/shorts/yHx8wPv4RPo?si=SRpRofd8IXWDIYrm>
- Single arm side lateral raise: 3 sets of 12 reps (Rest: 30 seconds)
- Video:<https://www.youtube.com/watch?v=yfNg5sFndbw>
- Leg raises on decline bench: 3 sets of 12 reps (Rest: 30 seconds)
- Video:https://youtu.be/b_6BdouMVc0?si=02zAy17oyo_32uZG
- Planks: 3 sets, hold for 20-30 seconds (Rest: 30 seconds)
- Video:<https://youtu.be/q4rDeHYMcIg?si=aTjnJGTmkcUQ6Uvq>
- Scissor kicks: 3 sets of 15 reps (Rest: 30 seconds)
- Video:<https://youtu.be/ap4DqnKmrqc?si=LumKLkmV70mgEZvL>

Cool-down: 5 minutes of stretching

Message: Today's focus is shoulders and abs!

Day 5

Warm-up: 5 minutes of brisk walking

Exercises:

- **Bodyweight glute bridges: 3 sets of 12 reps (Rest: 30 seconds)**
- **Video:**<https://youtu.be/Cj5zDEgmumA?si=nCtJKmZeuTKOjo1w>
- **Walking lunges: 3 sets of 12 reps each leg (Rest: 30 seconds)**
- **Video:**<https://www.youtube.com/watch?v=mAgbXQdd4LM>
- **Body weight squats: 3 sets of 12 reps (Rest: 30 seconds)**
- **Video:**<https://www.youtube.com/shorts/3fl7uYmiMVw>
- **Lying Leg curl: 3 sets of 12 reps (Rest: 30 seconds)**
- **Video:**<https://www.youtube.com/watch?v=QjNFk4F5dAs>
- **Seated Calf raises: 3 sets of 12 reps (Rest: 30 seconds)**
- **Video:**<https://www.youtube.com/shorts/vCOIZ-zk80o>
- **Vacuum: 3 sets of 20 seconds hold (Rest: 30 seconds)**
- **Video:**<https://youtu.be/f2PliOQH4c?si=tqmCJ2P6DidwclcP>

Cool-down: 5 minutes of stretching

Message: Let's focus on legs and abs today!

Day 6

Message: Rest day! Make sure to stretch well and stay hydrated.

Day 7

Message: Rest day! Reflect on the week's workout and prepare for the next.

Diet Plan:

Analysis: The exercise plan is tailored specifically to your goals of reducing body fat while considering your beginner level of experience. I selected a 4-day split to provide you with ample recovery time while allowing for focused training sessions that optimize fat loss and strength building. This split includes dedicated days for different muscle groups, combining compound and isolation exercises for comprehensive development. Each training session incorporates multiple exercises targeting the chest, back, shoulders, legs, and abs to promote an efficient and balanced workout. Additionally, I included appropriate warm-ups, cool-downs, and rest days to ensure your body can recover adequately, which is crucial for fat loss and building lean muscle.