



1 ONLY FOR ADULTS

This training plan can be used by people **from 16 to 40 years old**.
Doctor consulting is recommended.

2 YOU'RE ON YOUR OWN

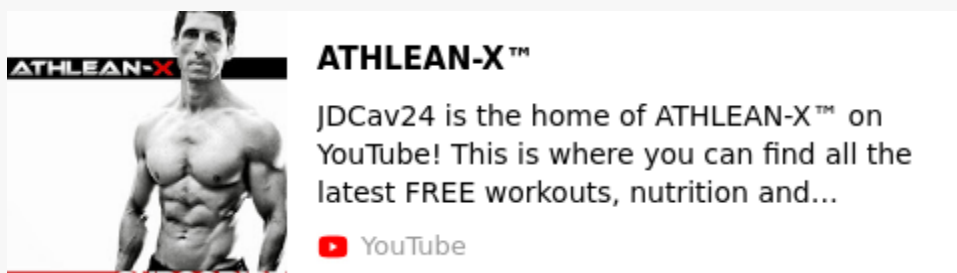
The author is **not responsible** for injuries that may occur during training under this plan. All exercises presented below are in the public domain, the author only offers his point on the procedure of their use.

3 FOLLOW TECHNIQUE

Each exercise must be done following right technique.

It would be nice to have a person who knows when you do something wrong, so don't throw away trainer option.

Recommended techniques can be found here:



NOW LISTEN

Based on your height and weight we conclude that you are the person with **high** body mass index. That means that amount of fat in your body is high. We recommend you using [this](#) calculator to know how many calories you should consume daily.

Remember: you won't lose weight until you start eating less.

We also recommend **jogging** or **doing cardio** in non-training days.

Another thing we noticed is that you are not a weak guy. It's possible that you visited gym or sport clubs in the past.

This plan is targeting weight loss & body fit.

LET'S GET STARTED

Next pages can be printed.

This training plan is for 8 weeks in gym. It's based on **3** trainings per week. Always leave a day or two to rest between trainings.

Every training and every weight exercise should start with a warmup. By warmup is meant that you warm your muscles and joints with rotational movements. By warmup in the exercise is meant that you take empty bar, light dumbbels or put low weight on your machine and that's your set #0. Sets in the tables below exclude set #0.

Never forget about warmup.

Also, don't be shy to ask someone for backup. That may save your life.

If you start feeling bad during training - **stop right there** and go home or call for a help.

Weights should be barely maximum for number of reps given below.

WEEK 1:

1 TRAINING #1

Order	Exercise	Sets&Reps	Rest Time
#1	Warmup	At least 10 minutes	
#2	Treadmill or Bike	15-20 minutes	
#3	Hyperextension	3 sets, 10-15 reps	2-3 mins
#4	Bench Press	4 sets, 15-20 reps	1-2 mins
#5	Dumbbell Bench Press	4 sets, 15-20 reps	1-2 mins
#6	Rope Tricep Pushdown	4 sets, 10-15 reps	2 mins
#7	Abs Set #1	4-5 sets, 12-15 reps	2-3 mins
#8	Jump Rope	3 sets, 1 minute	30 secs

2 TRAINING #2

Order	Exercise	Sets&Reps	Rest Time
#1	Warmup	At least 10 minutes	
#2	Treadmill or Bike	15-20 minutes	
#3	Hyperextension	3 sets, 10-15 reps	2-3 mins
#4	Squat	4 sets, 15-20 reps	1-2 mins
#5	Lunge	4 sets, 15-20 reps	1-2 mins
#6	Leg Press	4 sets, 15-20 reps	1-2 mins
#7	Abs Set #2	4-5 sets, 12-15 reps	2-3 mins
#8	Jump Rope	3 sets, 1 minute	30 secs

3 TRAINING #3

Order	Exercise	Sets&Reps	Rest Time
#1	Warmup	At least 10 minutes	
#2	Treadmill or Bike	15-20 minutes	
#3	Deadlift	4 sets, 15-20 reps	1-2 mins
#4	Bent-over Row	4 sets, 15-20 reps	1-2 mins
#5	Pull-up or Lat Pulldown	4 sets, max or 10-15 reps	1-2 mins
#6	Hyperextension	3 sets, 10-15 reps	2-3 mins
#7	Abs Set #1	4-5 sets, 12-15 reps	2-3 mins
#8	Jump Rope	3 sets, 1 minute	30 secs

Abs Set #1: Crunch, Reverse Crunch, Bicycle Crunch

Abs Set #2 Knee Crunch, Scissors, Body Climbers

Notes: Do jump rope every training if you want to lose weight fast.

Go for abs set **every** training. We believe it's the best approach to get strong and conspicuous 6-pack.

WEEK 2:

1 TRAINING #1

Order	Exercise	Sets&Reps	Rest Time
#1	Warmup	At least 10 minutes	
#2	Treadmill or Bike	15-20 minutes	
#3	Hyperextension	3 sets, 10-15 reps	2-3 mins
#4	Bench Press	4 sets, 15-20 reps	1-2 mins
#5	Incline Bench Press	4 sets, 15-20 reps	1-2 mins
#6	Rope Tricep Pushdown	4 sets, 10-15 reps	2 mins
#7	Abs Set #1	4-5 sets, 12-15 reps	2-3 mins
#8	Jump Rope	3 sets, 1 minute	30 secs

2 TRAINING #2

Order	Exercise	Sets&Reps	Rest Time
#1	Warmup	At least 10 minutes	
#2	Treadmill or Bike	15-20 minutes	
#3	Hyperextension	3 sets, 10-15 reps	2-3 mins
#4	Squat	4 sets, 15-20 reps	1-2 mins
#5	Lunge	4 sets, 15-20 reps	1-2 mins
#6	Box Jumps	4 sets, 10-15 reps	1-2 mins
#7	Abs Set #2	4-5 sets, 12-15 reps	2-3 mins
#8	Jump Rope	3 sets, 1 minute	30 secs

3 TRAINING #3

Order	Exercise	Sets&Reps	Rest Time
#1	Warmup	At least 10 minutes	
#2	Treadmill or Bike	15-20 minutes	
#3	Deadlift	4 sets, 15-20 reps	1-2 mins
#4	Dumbbell Single Arm Row	4 sets, 15-20 reps	1-2 mins
#5	Pull-up or Lat Pulldown	4 sets, max or 10-15 reps	1-2 mins
#6	Hyperextension	3 sets, 10-15 reps	2-3 mins
#7	Abs Set #1	4-5 sets, 12-15 reps	2-3 mins
#8	Jump Rope	3 sets, 1 minute	30 secs

Abs Set #1: Crunch, Reverse Crunch, Bicycle Crunch
Abs Set #2 Knee Crunch, Scissors, Body Climbers

