

Fat Loss Gym Workout Plan

Week 1

Monday - Legs and biceps

20 minutes cardio

- Barbell squats - 3 sets/ 10 reps
- Bicep curls - 3 sets/ 10 reps
- Romanian deadlifts - 3 sets/10 reps
- Concentration curls - 3 sets/ 10 reps
- Leg extensions - 3 sets/10 reps
- Side bicep curls - 3 sets/10 reps
- Hip thrusts - 3 sets/10 reps
- Reverse curls - 3 sets/10 reps
- Leg curls - 3 sets/10 reps
- Standing hip abduction - 4 sets/10 reps (2 each side)



Wednesday - Full rest

Friday - Legs, chest and triceps

20 minutes cardio

- Sumo deadlifts - 3 sets/10 reps
- Tricep dips - 3 sets/10 reps
- Bench press - 3 sets/10 reps
- Lying leg curls - 3 sets/10 reps
- Cable crossover flys - 3 sets/10 reps
- Leg extensions - 3 sets/10 reps
- Triceps kickbacks - 3 sets/10 reps
- Side lunges - 3 sets/10 reps
- Dumbbell flys - 3 sets/10 reps
- Tricep pushdowns - 3 sets/10 reps
- Hip thrusts - 3 sets/10 reps
- Calf raises - 3 sets/10 reps

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Sunday - Full rest



Tuesday - Chest and triceps

20 minutes cardio

- Triceps kickbacks - 3 sets/10 reps
- Bench press - 3 sets/10 reps
- Overhead triceps extensions - 3 sets/10 reps
- Dumbbell chest flys - 3 sets/10 reps
- Tricep dips - 3 sets/10 reps
- Cable crossover flys - 3 sets/10 reps
- Wide push-ups - 3 sets/10 reps

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Thursday - Back and shoulders

20 minutes cardio

- Barbell deadlifts - 3 sets/10 reps
- Front raises - 3 sets/10 reps
- Wide grip lat pull downs - 3 sets/10 reps
- Dumbbell lateral raises - 3 sets/10 reps
- Bent-over dumbbell rows - 3 sets/10 reps
- Shoulder press - 3 sets/10 reps
- Back extensions - 3 sets/10 reps
- Arnold press - 3 sets/10 reps

Saturday - Back, biceps and abs

30 minutes cardio

- Lat pull downs - 3 sets/10 reps
- Hammer curls - 3 sets/10 reps
- Captain's chair leg raises - 3 sets/10 reps
- Assisted pull-ups - 3 sets/10 reps
- Preacher curls - 3 sets/10 reps
- Planks - 3 sets/ 30 seconds
- Bent over rows - 3 sets/10 reps
- Bicep curls - 3 sets/10 reps
- Side planks - 2 sets/ 30 seconds
- Kettlebell swings - 3 sets/10 reps

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