# Fat Loss Gym Workout Plan

#### 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 curis -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
- Lea 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

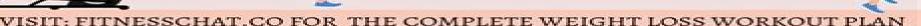
- Barbell deadlifts 3 sets/10 reps
- Front raises 3 sets/10 reps
- Wide grip lat pull downs 3 sets/10 reps
- Dumbbell lateral raises 3 sets/10 reps
- Bent-over dumbbell rows 3 sets/10 reps
- Shoulder press 3 sets/10 reps
- Back extensions 3 sets/10 reps
- Arnold press- 3 sets/10 reps

#### 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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# **Weight Loss Plan Morning Routine 2025**

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