Weight loses workout plan

Hardcore-Nikol

🏋️ Weight Loss Workout Plan (Fat Loss & Conditioning)

💪 Day 1: Upper Body (Push & Pull)

Chest

- Machine Chest Press – 3 sets × 12–15 reps

Back

- Lat Pulldown Machine – 3 sets × 12–15 reps
- Seated Cable Row – 3 sets × 12–15 reps

Shoulders

- Seated Machine Shoulder Press – 3 sets × 12–15 reps

🦵 Day 2: Lower Body (Quad & Hamstring Focus)

Legs

- Leg Press Machine – 3 sets × 15 reps
- Lying or Seated Leg Curl Machine – 3 sets × 15 reps
- Leg Extension Machine – 3 sets × 15 reps

Calves

- Seated Calf Raise Machine – 3 sets × 20 reps

🔥 Day 3: Full-Body Cardio & Strength Circuit

Upper Body

- Assisted Pull-Up/Dip Machine – 3 sets × 12 reps

Core

- Cable Woodchoppers – 3 sets × 15 reps (each side)

Legs

- Leg Press Machine (Light Weight) – 3 sets × 20 fast-paced reps

Cardio

- Elliptical Trainer or Stationary Bike
    - 15 minutes

- Steady-state moderate intensity

🏃 Warm-Up (Before Every Workout)

- 5–10 minutes of brisk walking, treadmill, or cycling
- Dynamic stretching
- Mobility exercises for shoulders, hips, knees, and ankles

🧘 Cool-Down (After Every Workout)

- 5–10 minutes of light walking
- Full-body stretching
- Deep breathing and hydration

🗓️ Weekly Schedule

Day	Workout
Monday	Upper Body (Push & Pull)
Tuesday	Lower Body (Quad & Hamstring Focus)
Wednesday	Rest / Walking / Mobility
Thursday	Full-Body Cardio & Strength Circuit
Friday	Upper Body (Push & Pull)
Saturday	Lower Body (Quad & Hamstring Focus)
Sunday	Active Recovery (Walking, Swimming, Yoga) or Complete Rest

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🔥 Fat Loss Tips

- Keep rest periods between sets to 30–60 seconds to maintain a higher heart rate.
- Focus on controlled movements with proper form rather than heavy weights.
- Increase the weight gradually only when you can complete all reps comfortably.
- Aim for 150–300 minutes of moderate cardio per week, along with strength training.
- Follow a high-protein, calorie-deficit diet to preserve muscle while losing fat.
- Stay hydrated by drinking 3–4 liters of water daily.
- Get 7–9 hours of quality sleep every night to support recovery and fat loss.