

7 Day Workout Fat Loss Plan

Cardiovascular Exercise

DAY 1

1. Warm-up (5-10 minutes):
 - Jumping jacks
 - Jump rope
 - Light jogging in place
2. Cardiovascular Exercise (30-45 minutes):
 - Options include running, cycling, swimming, or using cardio machines like the treadmill or elliptical.
3. Cool Down (5-10 minutes):
 - Walking at a brisk pace
 - Stretching, focusing on major muscle groups

DAY 3

Active Recovery or Rest Day

- Engage in light activities such as walking, yoga, or stretching to aid recovery.

DAY 5

Cardiovascular Exercise

- Repeat Day 1 routine or choose a different cardiovascular activity.

Strength Training

DAY 2

Warm-up (5-10 minutes):

- Bodyweight exercises like squats, lunges, and push-ups

Strength Training Circuit (45 minutes):

- Perform 3 sets of 12-15 repetitions for each exercise.
 - Squats
 - Lunges
 - Deadlifts
 - Bench press or push-ups
 - Bent-over rows
 - Plank (hold for 30-60 seconds)

Cool Down (5-10 minutes):

- Gentle stretching for all muscle groups

Strength Training

DAY 4

1. Warm-up (5-10 minutes):

- Jumping jacks
- Dynamic stretches

2. HIIT Session (20-30 minutes):

- Perform 30 seconds of high-intensity exercise (e.g., sprinting, burpees) followed by 30 seconds of rest. Repeat for the duration of the session.

3. Cool Down (5-10 minutes):

- Low-intensity exercises like walking or slow jogging
- Static stretching for major muscle groups

Strength Training

DAY 6

- Repeat Day 2 routine or modify exercises for variety.

DAY 7

Add Rest Day

- Allow your body to recover.