

FAT LOSS TRAINING PLAN

Monday	Sets / Reps	Set 1	Set 2	Set 3	Set 4
Barbell Squat	3 - 4 x 6 - 8				
Bench Press	2 - 3 x 12 - 15				
Lying Leg Curl	3 - 4 x 6 - 8				
Seated Row	2 - 3 x 12 - 15				
Shoulder Press	2 - 3 x 12 - 15				
Lat Pulldown	2 - 3 x 12 - 15				
Bent-Over Lateral Raise	1 - 2 x 8 - 10				
Swiss Ball Crunches	2 - 3 x 8 - 10				

Thursday	Sets / Reps	Set 1	Set 2	Set 3	Set 4
Leg Press	2 - 3 x 12 - 15				
Bench Press	3 - 4 x 6 - 8				
Lying Leg Curl	2 - 3 x 12 - 15				
Pull-Up or Lat Pulldown	3 - 4 x 6 - 8				
Barbell Row	3 - 4 x 6 - 8				
Standing Dumbbell Curl	2 - 3 x 8 - 10				
Triceps Pressdown	2 - 3 x 8 - 10				
Incline Dumbbell Curl	2 - 3 x 8 - 10				
Lying Triceps Extension	2 - 3 x 8 - 10				
Reverse Crunch	2 - 3 x 8 - 10				

- Use the boxes to record the weight used and the number of repetitions per set (e.g. 100kg x5).
- Make sure to perform 2-3 warm-up sets using a lighter weight and higher repetitions.
- Rest for 1-2 minutes between sets. Take a longer rest time (90-120 seconds) when you're using heavy weights and low (6-9) repetitions. Take a shorter rest time (60-90 seconds) when you're using lighter weights and high (10-15) repetitions.
- Cardio should be done 2-3 days per week for 30-45 minutes at a moderate to high intensity (75-85% maximum heart rate). Ideally, cardio should be done on the days you don't train with weights (e.g. Tuesday, Wednesday, Friday), but you can also do it after you've finished weight training.