

5 Day Gym Workout Schedule For Weight Loss

The exercises have a positive impact on weight loss. Several studies demonstrated doing 225-400 minutes of high-intensity exercises significantly reduces weight in obese adults.

You can lose some pounds by doing high-intensity exercises. And adding resistance training can help you build muscles while losing weight and improve body composition.

However, if you want to increase the possibility of weight loss, you must combine a calorie-restricted diet with a HIIT program.

Exercises do not directly reduce weight, but they allow your body to release more calories, boost metabolism, control blood sugar levels and help you follow a restricted diet plan.

You can include [low-calorie foods](#) and [weight loss supplements and drinks](#) in your calorie deficit plan for weight loss.

If you want to know more about the role of supplements check this [resource](#) as well as do your self-research.

Along with diet and exercise, you can also incorporate [intermittent fasting](#) in your lifestyle to speed up weight loss.

Related: [HIIT And Intermittent Fasting](#)

Okay, so let's start with the routine.

5 day gym workout routine for weight loss and toning

- Day 1: Light Cardio with Compound Lifts
- Day 2: High Intense Cardio with Compound Exercises
- Day-3: Core Focus Cardio with Compound Lifts
- Day 4: High Intense Cardio with Bodyweight Compound Workout
- Day 5: Light Cardio with Compound Lifts

Day 1 – Light Cardio with Compound Lifts

Workout	Time	Interval
Jump Squat	20 seconds	40 seconds

Workout	Time	Interval
Burpees	10 reps x 2 sets	60 seconds
Mountain Climbing	20 seconds	40 seconds
High knees	20 seconds	40 seconds
Treadmill Run	HIIT Treadmill	–
Jumping Rope	30 Seconds x 4 Sets	60 seconds
Deadlift	AMRAP x 3 sets	90 seconds
Lat Pulldown	12, 10, and 8 reps	90 seconds

Day 2 – High Intense Cardio with Compound Exercises

Workout	Time	Interval
High Knees	30 seconds	30 seconds
Jumping Jack	30 seconds	30 seconds
Jump Squat	30 seconds	30 seconds
Plank	60 seconds	30 seconds
Treadmill Run	500m at 70 percent of your maximum heart rate, 500m at 90 percent of your maximum heart rate,	2 min
Rowing Machine	HIIT Rowing	–
Bench Press	12, 10, and 8 reps	90 seconds
Overhead Press	12, 10, and 8 reps	90 seconds

Day 3 – Core Focus Cardio with Compound Lifts

Workout	Time	Interval
Burpees	10 reps x 2 sets	60 seconds
Mountain Climbing	30 seconds x 2 sets	30 seconds
Reverse Crunches	30 seconds x 2 sets	30 seconds

Workout	Time	Interval
Lying Leg Raises	30 seconds x 2 sets	30 seconds
Heel Touching Side Crnuches	30 seconds x 2 sets	30 seconds
Side Plank	30 seconds x 2 sets	30 seconds
Knee to Opposite Inside Elbow Touching	30 seconds x 2 sets	30 seconds
Back Squat	12, 10, and 8 reps	90 seconds
Dumbbell IYT Raise	10, 8, 6 reps	90 seconds

Day 4 – High Intense Cardio with Bodyweight Comound Workout

Workout	Time	Interval
Box Jump	30 seconds	30 seconds
Battle Rope	30 seconds x 2 sets	30 seconds
Burpees	10 reps x 2 sets	60 seconds
High knees	30 seconds	30 seconds
Treadmill Run	HIIT Treadmill	–
Jumping Rope	30 Seconds x 4 Sets	45 seconds
Dead hang	15 seconds	45 seconds
Man Maker	10 reps x 2 sets	90 seconds

Day 5 – Light Cardio with Compound Lifts

Workout	Time	Interval
Squat Thrust	20 seconds	40 seconds
Lunges	10 reps x 2 sets	30 seconds
Reverse Crunches	30 seconds	30 seconds
Lying Leg Raises	30 seconds	30 seconds
Rowing Machine	HIIT Rowing	–

Workout	Time	Interval
Plank	60 Seconds	45 seconds
Side Plank	30 Seconds	–
Bench Press	12, 10, and 8 reps	90 seconds
Overhead Press	12, 10, and 8 reps	90 seconds
Bent-Over Row	12, 10, and 8 reps	90 seconds
Lat Pulldown	12, 10, and 8 reps	90 seconds