

4 WEEK WORKOUT PLAN FOR WEIGHT LOSS AT THE GYM

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Article Links: <https://thefitnessphantom.com/4-week-workout-plan-for-weight-loss-with-pdf>

In this workout plan, you'll work out 45-60 minutes, five days a week.

To increase weight loss with exercises, you'll need to put more effort than you usually do. You'll need to work out 225 to 420 minutes to clinically lose weight. (Source: [National Institute of Health Database](#))

Summary of 4-week gym workout plan for weight loss

Week 1

- Low to Moderate Intense Cardio and Compound lifting

Week 2

- High-intensity Interval Training, Dumbbell HIIT and Machine Exercises

Week 3

- Moderate Intense Cardio and Compound lifting

Week 4

- Bodyweight and Dumbbell HIIT, and Machine Exercises

Week 1 – Low to Moderate Intense Cardio and Compound lifting

Day 1 – Monday – Low Impact Cardio

Repeat all exercises a couple of times except treadmill run

Exercise	Time/Reps	Rest
Jumping Jacks	15 seconds	30 seconds
Jump Squat	15 seconds	30 seconds
Lateral Squat	10 Reps/side	60 seconds
Forward Lunges	10 Reps/side	60 seconds

Treadmill Run	15 minutes (2-3 km)	3-5 minutes
Mountain Climbing	15 seconds	30 seconds
Burpees	6 Reps x 2	1-2 minutes
Plank	30-60 seconds	60 seconds
Side Plank	20-30 seconds	60 seconds

Related: [3 Day Full Body Workout At Home \(With PDF\)](#)

Day 2 – Tuesday – Compound Lifts

Exercise	Time/Reps	Rest
Squat Jump	15 seconds	30 seconds
Burpees	6 Reps x 2	1 minute
Inchworm	6 Reps x 2	1 minute
Barbell Back Squat	10 reps x 3	2-3 minutes
Barbell Jammers	8 Reps x 2	2-3 minutes
Bench Press	10 reps x 3	2-3 minutes
DB Incline Bench Press	10 reps x 2	2-3 minutes
Dumbbell Pullover	8 Reps x 2	2-3 minutes

Day 3 – Wednesday – Treadmill Run, Bodyweight Strength Workout

Exercise	Time/Reps	Rest
Lunges	10 reps x 2	1-2 minute
Jumping Jacks	15 seconds	30 seconds
Treadmill Run	20 minutes (3-3.5 Km)	3-5 minutes
Squat	AMRAP x 2	1-2 minutes
Push-up	AMRAP x 2	1-2 minutes
Bench Dips	AMRAP x 2	1-2 minutes
Dead Hang	As Long As You Can Hold x 2	2-3 minutes
Treadmill Run	1 Kilometer	Finish

Day 4 – Friday – Jumping Rope and Compound Pull Workout

Exercise	Time/Reps	Rest
Jumping Rope	10 minutes (At moderate pace)	2-3 minutes
Deadlift	6, 5, 4, 3, 2 reps	2-3 minutes
Barbell Bent Over Row	10, 8, 6 reps	1 minute
Dumbbell Kneeling Single Arm Row	10, 8, 6 reps	2-3 minutes
Face Pull	10, 8, 6 reps	2-3 minutes
Barbell Upright Row	10, 8, 6 reps	2-3 minutes
Jumping Rope	5 minutes	2-3 minutes

Exercise	Time/Reps	Rest
Plank	30-60 seconds	–

Related Articles:

- [Calisthenics For Weight Loss \(Workout And Plan\)](#)
- [Full Body Dumbbell Workout For Weight Loss](#)
- [The Best Lowest Calorie Foods For Weight Loss](#)
- [HIIT Treadmill Workout For Beginners And Fat Loss](#)
- [The 15-Minute HIIT Core Workout And Exercises](#)

Day 5 – Saturday – Cardio and Bodyweight Strength Exercises

Exercise	Time/Reps	Rest
Jumping Jacks	15 seconds	30 seconds
Mountain Climbing	15 seconds	30 seconds
Reverse Crunches	10 reps	60 seconds
Leg Raises	10 reps	60 seconds
Plank	30 seconds	60 seconds
Side Plank	15 seconds	30 seconds
Heel Touch Side Crunches	10 reps	60 seconds
V ups	10 reps	60 seconds
Burpees	6 Reps x 2	1-2 minute
Squat	20, 15, 10 reps	1-2 minute

Exercise	Time/Reps	Rest
Pushups	12, 10, 8 reps	1-2 minute
Bench Dips	10, 8, 6	1-2 minute

For the paid customized routine for yourself, ping me on social media or mail me at murshid-akram@thefitnessphantom.com

Week 2 – HIIT, Dumbbell and Machine Exercises For Fat Loss

When you do, High-Intensity Interval Training, try to perform each exercise at 75 to 90 percent of your maximum heart rate. Because the intensity matters a lot in the HIIT program.

Try to keep as shorter rest as possible between sets. For example, if you're doing an exercise for 15 seconds, take 15 seconds.

And during the recovery time, do low-intensity activities such as walking instead of sitting on the bench.

Okay, so let's find out what workouts you can do in the second week of the 4-week workout plan weight loss.

Related: [A Full-Body HIIT Workout At Home- No EQUIPMENT](#)

Day 1 – Bodyweight HIIT

Beginners: 2 Rounds, Intermediate: 3 Rounds

Exercise	Time/Reps
Jumping Jacks	15 seconds
Jump Squat	10 reps
Burpees	10 reps

Exercise	Time/Reps
Treadmill Run	200 meters at a moderate pace, 100 m walking 300-meter fast speed 100 m walking 100-meter sprint
Mountain Climbing	20 seconds
High Knees	20 seconds
Plank	30-60 seconds
Side Plank	20-30 seconds

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Day 2 – [Dumbbell HIIT Exercise](#)

If you don't know how to perform any exercise, check out this "[Full Body Dumbbell Workout For Weight Loss](#)" to see stepwise instructions.

Exercise	Time/reps
Dumbbell Squat and Swing	10 reps
DB Farmers Carry Walk	10 reps
DB Squat to overhead press	10 reps
Dumbbell Man-Makers	10 reps
Deadlift To Upright Row	10 reps
DB Box/Bench Step-ups	10 reps

Exercise	Time/reps
DB Walking Lunges to Hammer Curl	10 reps
DB Side Plank	20-30 sec

Related: [A Complete List Of HIIT Workout](#)

Day 3 – Bodyweight HIIT and Resistance Machine Workouts (Only 1 Round)

Exercise	Time/Reps
High Knees	15 seconds
Jump Squat	10 reps
Burpees	10 reps
Treadmill Run	200 meters at a moderate pace, 100 m walking 300-meter fast speed 100 m walking 100-meter sprint
Smith Machine Bench Press	12, 10 reps
SM Overhead Press	12, 10 reps
Deadlift on Smith Machine	6, 4, 2
Glutes Bridge	10, 8, 6
Mountain Climbing	20 seconds
High Knees	20 seconds
Plank	30-60 seconds

Exercise	Time/Reps
Side Plank	20-30 seconds

Day 4 – Treadmill and Dumbbell HIIT

Exercise	Time/reps
Dumbbell Push Press	10 reps
DB Farmers Carry Walk	10 reps
DB Squat to overhead press	10 reps
Dumbbell Surrenders	10 reps
Deadlift To Upright Row	10 reps
Treadmill Run	200 meters at normal speed, 100 m walking 300-meter fast speed 100 m walking 100-meter sprint

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Day 5 – Bodyweight HIIT

Beginners: 2 Rounds, Intermediate: 3 Rounds

Exercise	Time/Reps
Jumping Jacks	15 seconds
Jump Squat	10 reps

Exercise	Time/Reps
Burpees	10 reps
Bicycling	10 minutes
Mountain Climbing	20 seconds
High Knees	20 seconds
Plank	30-60 seconds
Side Plank	20-30 seconds
Reverse Crunches	10 reps
Heel Touch Crunches	10 reps
Leg Raises	10 reps

4 day a week workout plan fat loss

Week 3

Add more compound exercises in the third week, such as [Dumbbell IYT Raises](#), Hack Squat, [Dumbbell Push-ups](#), Landmine Press, [Sumo Deadlift](#), and more. Check out a complete [list of compound exercises](#).

Week 4

Incorporate more dumbbell HIIT and machine exercises during the fourth week of your weight loss workout plan.

For examples:

1. Dumbbell Squat to Calf Raise
2. [Dumbbell Squat Swings](#)
3. DB Bulgarian Split Squat
4. Chest Fly
5. Pulldown
6. Cable Rowing

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