

4-WEEK WEIGHT LOSS GYM WORKOUT PLAN FOR MALES & FEMALES

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Check out [article](#) for more info

PROGRAM OVERVIEW

Suggested Program Duration	16-24 weeks
Purpose	Weight Loss and Muscle Building
Sessions/week	Five
Duration/session	45-minute (Home), 60-75 minutes (Gym)
Suitable for	Men and Women
Workout Level	Beginner to Intermediate

SCHEDULE

I've included various exercises, from steady-state cardio and powerlifting to HIIT and Crossfit, to keep you motivated and help you achieve maximum results.

Here's a summary of the 4-week gym workout plan for weight loss:

- **Week 1:** Low-impact Cardio and Compound Lifting
- **Week 2:** HIIT and Strength Workout
- **Week 3:** Cardio and Compound Lifting
- **Week 4:** HIIT and Weight Training

This 4-week weight loss workout plan can be useful for males and females both.

Week 1 – Cardio and Compound Lifting

Day 1: Monday – Low-Impact Cardio

Do as many rounds as possible in 60 minutes.

Exercise	Time/Reps	Rest
Ankle Hop	15 seconds	15 seconds
Jumping Jacks	15 seconds	30 seconds
Jump Squat	15 seconds	30 seconds
Forward Lunges	10 Reps/side	60 seconds
Treadmill Run	5-minutes	2-3 minutes
Mountain Climbing	15 seconds	30 seconds
Burpees	10 reps	60 seconds
Plank	60 seconds	60 seconds
Side Plank	30 seconds	60 seconds
Bicycling	5 minutes	2 minutes

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
Back Squat	10 reps x 5	2-3 minutes
Bench Press	10 reps x 5	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 – Cardio and Strength Workout

Exercise	Time/Reps	Rest
Jumping Jacks	15 seconds	30 seconds
Mountain Climber	20 seconds	30 seconds
Bear Crawl	15 seconds	30 seconds
Lunge Front Kick	10 reps/side	45 seconds
Treadmill Run	15 minutes	3-5 minutes
Off Blocks DL	12 x 3	1-2 minutes
Overhead Press	12 x 3	1-2 minutes
Bent-over Row	12 x 3	1-2 minutes
Bicycling	5 minutes	–

Day 4: Friday- Cardio

Perform as many rounds as possible in one hour.

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	45 seconds	60 seconds
Side Plank	15-sec/side	30 seconds
Alternate Heel Tap	10 taps/side	60 seconds
Burpees	5 reps	1-2 minute
Shoulder Taps	10 taps/side	
Squat	15 reps	1-2 minute
Kneeling Pushups	10 reps	1-2 minute
Bench Dips	10 reps	1-2 minute
Plank Ankle Taps	10 taps/side	
Squat Pulses to Jump	3 pulses, 1 jump x 5	

Day 5: Saturday- Cardio, Strength Training, and Core Workout

Exercise	Time/Reps	Rest
Treadmill	15 minutes	2 minutes
One-arm DB Row	10 x 3	1-2 minutes
Face Pull	12 x 3	1-2 minutes
Step-up	10 x 3	1-2 minutes
Abs Workout	10-minute	–

Week 2 – HIIT and Strength Workout

When you do High-Intensity Interval Training, try to perform each exercise at 75 to 90 percent of your maximum heart rate for 15 to 30 seconds, followed by the same period of rest. For example, if you're doing an exercise for 15 seconds, take 15 seconds intervals.

You can calculate your maximum heart rate by subtracting your age from 220.

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

- Monday: Bodyweight HIIT
- Tuesday: Strength Workout
- Wednesday: Dumbbell HIIT
- Friday: Weight Training

- Saturday: HIIT Core Workout

Monday – Bodyweight HIIT

Beginners: 2 Rounds, Intermediate: 3 Rounds

Exercise	Time/Reps
Jumping Jacks	15 seconds
Jump Squat	10 reps
Treadmill Run	10 minutes
Mountain Climbing	20 seconds
High Knees	20 seconds
Shoulder Taps	10 taps/side
Flutter Kicks	15 seconds
Bicycling	3-5 minutes

Tuesday – Strength Workout

Exercise	Time/Reps	Rest
High Knees	15 seconds	15-sec
Jump Squat	10 reps	30-sec
Burpees	10 reps	60-sec
Treadmill Run	5 minutes	2-min
Partial Deadlift on SM	8 x 3	2-3 min
Smith Machine Bench Press	12 x 3	2-3 min
SM Overhead Press	10 x 3	2-3 min
Pec Deck Fly	12 x 3	2-min

Wednesday – Dumbbell HIIT

Perform as many rounds as possible in 30 minutes.

Exercise	Time/reps	Interval
Dumbbell Squat Swing	10 reps	45-sec
Dumbbell Push Press	10 reps	45-sec
Single-arm DB Swings	10/side	30-sec
Dumbbell Power Maker	10 reps	60-sec
Dumbbell Step-ups	10 reps	45-sec
DB Lunges to Hammer Curl	10 reps	45-sec
DB Squat to overhead press	10 reps	60-sec

Day 4 – Strength Workout

Exercise	Reps	Rest
Treadmill	5-min	3-min
Lat Pulldown	12 x 3	2-min
Seated Row	12 x 3	2-min
Bent-over Row	12 x 3	2-min
Rear Delt DB Raises	12 x 3	2-min
Triceps Pushdown	12 x 3	2-min
Bicycling	5-min	–

Day 5 – Bodyweight HIIT for Core

Beginners: 2 Rounds, Intermediate: 3 Rounds

Exercise	Time/Reps	Interval
Mountain Climbers	15 seconds	30-sec
Flutter Kicks	15 seconds	30-sec
Crunches	10 reps	30-sec
Alternate Heel Taps	10 taps/side	30-sec
High Knees	20 seconds	30-sec
Plank	45-sec	30-sec
Side Plank	15-sec	15-sec
Crossbody Mt. Climber	15-sec	30-sec
Reverse Crunches	10 reps	30-sec
Shoulder Taps	10 taps/side	30-sec
Leg Raises	10 reps	30-sec

Week 3

Add more [compound exercises](#) in the third week, such as [Dumbbell IYT Raises](#), Hack Squats, [Dumbbell Push-ups](#), Landmine Presses, [Sumo Deadlifts](#), and more.

You can also increase reps and sets and decrease interval time between sets to scale your fitness level.

Week 4

You can include more aerobic exercises, [resistance abs exercises](#), and [isolation workouts](#) in the fourth week of training.

The fourth week will be performed in the same way as the second week after adjusting some exercises.

You can replace exercises according to your fitness level.

Pro Tips to Get the Most Out of This Program

1. **Increase intensity and training level:** It's best to increase the intensity, the number of reps, and set gradually to challenge yourself and achieve the maximum results.
2. **Pre-Workout Meal:** It's best to have some pre-workout snacks and drinks for an effective training session. You can take a pre-workout meal 30 minutes to 2 hours prior to the training, depending on the kind of food you consume.
3. **Post-Workout Meal:** It's good to have [high-protein foods](#) and supplements after the workout to recover muscles. I suggest consuming 50-60 grams of protein after a workout for optimal results (it is only an example; a nutritionist can help you better in this case).
4. **Adjustment:** You can adjust the routine according to your fitness level and goal.
5. **Train when you feel energetic:** It is best to work out when you feel physically and mentally active to give your best.
6. **Keep enjoying the workout:** Repeating the same thing for a considerable period can be boring, but you must be disciplined to accomplish the best result.
7. **Drink enough water to keep yourself hydrated:** Keeping yourself hydrated throughout the day is crucial. Research shows that staying hydrated during the workout helps prevent uneasiness and injuries and boosts performance.

Recommended Supplements for Speeding up Weight Loss:

1. [Fat Burn Active](#)
2. [Keto Actives](#)
3. [NuviaLab Keto](#)
4. [Fast Burn Extreme](#)
5. [Nutrigo Lab Burner](#)
6. [Cappuccino MCT Coffee](#)

Helpful Resources:

- [20 Best Dumbbell Pull Exercises](#)
- [Dumbbell Push Exercises](#)
- [Top 10 Barbell Pull Exercises](#)
- [8 Best Barbell Push Exercises](#)
- [13 Barbell Squat Variations](#)
- [Dumbbell Weight Loss Exercises](#)
- [The Ultimate List of Isolation Exercises](#)
- [Full Body Dumbbell Workout For Weight Loss](#)
- [The Ultimate HIIT Exercises List](#)

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