

Weight Loss 6 Day Gym Workout Schedule

- Day 1: Cardio + Weight Training
- Day 2: Dumbbell Weight Training
- Day 3: Cardio + Weight Training
- Day 4: Barbell Weight Training
- Day 5: Cardio + Weight Training
- Day 6: Machine Weight Training

Routine Created by Murshid Akram (Administrator of the Thefitnessphantom.com)
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Day 1

Exercises	High Intense Activity	Rest/ Less Intense Activity
High Knees	30 seconds	15 Seconds
Jumping Jacks	30 seconds	15 Seconds
Treadmill Run	400m at Moderate Pace, 200m at Moderate to Fast, 100m As Fast As You Can	1 minute, 2 minutes, 3 Minutes
Mountain Climbing	30 seconds	30 seconds
Forearm Plank	60 seconds	60 seconds
Barbell Squat	12, 10, 8 (Reps)	60 seconds
Bench Press	12, 10, 8 (Reps)	60 seconds
Overhead Press	12, 10, 8 (Reps)	60 seconds

Day 2

Exercises	High Intense Activity	Rest/ Less Intense Activity
Dumbbell Squat	12, 10, 8 (Reps)	15 Seconds

Exercises	High Intense Activity	Rest/ Less Intense Activity
Push Press	30 seconds	15 Seconds
Box step-ups	400m at Moderate Pace, 200m at Moderat to Fast, 100m As Fast As You Can	1 minute, 2 minute, 3 Minute
Forward Lunges to Hammer Curl	30 seconds	30 seconds
Incline Dumbbell I-Y-T Raises	60 seconds	60 seconds
Dumbbell Squat Swing	12, 10, 8 (Reps)	60 seconds
Dumbbell Man Makers	12, 10, 8 (Reps)	60 seconds
Deadlift To Upright Row	12, 10, 8 (Reps)	60 seconds

Source: [Full Body Dumbbell Workout For Weight Loss](#)

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Day 3

Exercises	High Intense Activity	Rest/ Less Intense Activity
Burpees	10 Reps x 2 Sets	60 seconds
Squat Jump	30 seconds	30 seconds
Treadmill Run	400m at Moderate Pace, 300m at Moderat to Fast 200m at Fast Pace 100m As Fast As You Can	1 minute, 2 minutes, 2 Minutes, 3 Minutes
Crunches	30 seconds	30 seconds
Side Plank	30 seconds/Side	No Rest
Lying Leg Raise	10 reps x 2 sets	30 seconds
Dumbbell Rowing	12, 10, 8 (Reps)	60 seconds

Exercises	High Intense Activity	Rest/ Less Intense Activity
Barbell Bent Over	12, 10, 8 (Reps)	60 seconds
Lat Pulldown	12, 10, 8 (Reps)	60 seconds

Day 4

Exercises	Reps	Rest
Barbell Lunges	12, 10, 8	1-3 Minutes
Barbell Jammers	12, 10, 8	1-3 Minutes
Barbell Bench Press	12, 10, 8	1-3 Minutes
Overhead Press	12, 10, 8	1-3 Minutes
Barbell Front Raise	12, 10, 8	1-3 Minutes
Barbell T Rowing	12, 10, 8	1-3 Minutes
Barbell Hip Thrust	12, 10, 8	1-3 Minutes

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Day 5

Exercises	High Intense Activity	Rest/ Less Intense Activity
High Knees	30 seconds	15 Seconds
Jumping Ropes	30 seconds x 4	30 Seconds
Jump Squat	30 seconds	30 seconds
Treadmill Run	400m at Moderate Pace, 200m at Moderat to Fast, 100m As Fast As You Can	1 minute, 2 minute, 3 Minute
Mountain Climbing	30 seconds	30 seconds
Forearm Plank	60 seconds	60 seconds
Lying Leg Raises	30 seconds	30 seconds

Exercises	High Intense Activity	Rest/ Less Intense Activity
Bench Press	12, 10, 8 (Reps)	60 seconds
Barbell Upright Row	12, 10, 8 (Reps)	60 seconds

Day 6

Exercises	High Intense Activity	Rest/ Less Intense Activity
Treadmill Run	500m at Moderate Pace, 300m at Moderat to Fast, 200m As Fast As You Can	1 minute, 2 minute, 3 Minute
Stationary Bicycling	60 seconds x 2 Rounds	60 seconds
Front Lat Pulldown	12, 10, 8 (Reps)	1-2 Minutes
Seated Cable Rowing	12, 10, 8 (Reps)	1-2 Minutes
Face pull	12, 10, 8 (Reps)	1-2 Minutes
Leaning Cable Lateral Raise	12, 10, 8 (Reps)	1-2 Minutes
Cable Fly	12, 10, 8 (Reps)	1-2 Minutes
Rope Pushdown	12, 10, 8 (Reps)	1-2 Minutes

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