

# Gym Workout Plan For Men and Women to Lose Weight and Tone with PDF

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You can do this women's weekly gym workout plan to lose weight and tone muscles even if you're a beginner.

However, to see positive results, you should follow for at least a couple of months.

I've shared a full-body workout routine, which means you will do at least one exercise for each major muscle, such as the chest, back, leg, shoulder, and core, every workout day.

You'll do five days of workout with two days rest in the below workout routine. And the rest days will be depending on you. You can take the rest days whenever you like during the week.

If you don't want to do a full-body workout routine, you can try one of the two workout routines – [7 Day Gym Workout Plan With PDF](#) and [5 Day Compound Workout Routine To Build Muscle](#).

Okay, so let's uncover the gym workout plan for women.

- **Monday:** Treadmill Run + Weight Training + Core Workout
- **Tuesday:** Cross Trainer/Jumping Rope + Bicycling + Weight Training
- **Wednesday:** Treadmill Run + Weight Training + Core Workout
- **Thursday:** Rest
- **Friday:** HIIT Cardio + Bicycling + Weight Training
- **Saturday:** Treadmill Run + Bicycling + HIIT Core Workout
- **Sunday:** Rest

You can check out this article for cycling and jumping rope – [Best HIIT exercises and workout plan](#).

In this article, you'll see how to effectively do 10, 15, or 20 minutes of cycling and jumping rope.

For running on the treadmill, you can use routines from this article – [HIIT treadmill workout plan for fat loss](#).

And for abs and oblique exercises, check out a [15-min HIIT core workout](#) that can help you tone muscles and burn calories.

So whenever you see running, jumping rope, and core workout in the below workout plan, please go through the above articles.

### Monday: Treadmill Run + Weight Training + Core Workout

Exercises	Activity Duration	Rest	Sets
Treadmill Run	15-minute	See <a href="#">How-to</a>	1
Barbell Lunges	8-10 reps	1-2 Minute	3
Romanian Deadlift	6-8 reps	1-2 Minute	3
Barbell T Rowing	8-10 reps	1-2 Minute	3
Barbell Hip Thrust	8-10 reps	1-2 Minute	3
HIIT Core Workout	15-minute	–	1

### Tuesday: Cross Trainer/Jumping Rope + Bicycling + Weight Training

Exercises	Activity/Reps	Rest	Sets
Burpees	10 Reps	60 seconds	2
Cross Trainer or Jumping Rope	10-minute	–	1
Bicycling	10-minute	–	1
Bench Press	8-10	1-2 minute	3
Seated Machine Fly	8-10	1-2 minute	3
Seated Dumbbell Rowing	8-10	1-2 minute	3
Barbell Bent Over	8-10	1-2 minute	3
Glute Bridge	8-10	1-2 minute	3

### Wednesday: Treadmill Run + Weight Training + Core Workout

Exercises	Activity/Reps	Rest	Sets
Treadmill Run	15-minute	–	1
<a href="#">Barbell Jammers</a>	8-10	1-2 Minute	3
<a href="#">Lat Pulldown</a>	6-8	1-2 Minute	3
Seated Rowing	8-10	1-2 Minute	3
Dumbbell Pullover	8-10	1-2 Minute	3
HIIT Core Workout	15-minute	–	1

### Friday: HIIT Cardio + Bicycling + Weight Training

Exercises	High Intense Activity	Rest	Sets
High Knees	30 seconds	30 Seconds	2
Jumping Jacks	30 seconds	30 Seconds	2
Mountain Climbing	30 seconds	30 seconds	2
Burpees	Ten reps	60 seconds	2
Crunches	Ten reps	30 seconds	2
Leg Raises	Ten reps	30 seconds	2
Reverse Crunches	10	30 seconds	2
Bicycling	15 minutes	<a href="#">How to</a>	1
Barbell Squat	10	60 seconds	3
Bench Press	10	60 seconds	3
Overhead Press	10	60 seconds	3
Barbell Bent Over Row	10	60 seconds	3

### Saturday: Treadmill Run + Bicycling + HIIT Core Workout

Exercises	Activity	Sets
Treadmill Run	15-minute	1

Exercises	Activity	Sets
Bicycling	10-minute	1
HIIT Core Workout	15-minute	1

You can use some exercises from this post as well – [Full Body Dumbbell Workout For Weight Loss](#).

I hope you liked the routines.

You can change or replace any workout you don't do with the exercise you prefer.

You can incorporate some of the below exercises in the following weeks of training.

1. [List Of Compound Exercises](#)
2. [Dumbbell Pullover](#)
3. [DB Rear Delt Exercises](#)
4. [Dumbbell Squat Swing](#)
5. [Clean And Press](#)
6. [Glute And Hamstring Workout](#)
7. [Kettlebell Pushups](#)
8. [Dumbbell Lower Chest Exercises](#)
9. [Knee Push-Ups](#)
10. [Weighted Pushup](#)
11. [Dumbbell Leg Extension](#)

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