

3 Day Workout Routine For Weight Loss With PDF

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Summary

Goal	Lose weight and build muscle
Duration	12 weeks
Frequency	3 days a week
Duration of one session	60-90 minutes
Estimated Daily Calories Burned	750-1000
Suitable for	Men and Women
Difficulty	Beginner to Intermediate
PDF	At the bottom
Alternate Plan	4-Week Routine for Weight Loss

The weight loss diet plan is not included in this post. However, you can check out [low-calories foods](#) so that you can incorporate them into your calorie deficit diet.

Moreover, you can try out some genuine and organic weight loss supplements from [life extension](#) and [Orgain](#) that will help you accelerate weight loss.

It would be best to take care of your diet because it plays a crucial role in weight loss.²

But exercises also speed up weight loss. Other than that, they increase strength and power, improve cardiovascular health, boost metabolism, and build muscles.

So including both in your schedule will positively impact your health and lifestyle.



Week 1

- Day 1 – Full Body HIIT + Weight Training
- Day 2 – Strength Training + LIIS
- Day 3 – Core Workout + Weight Training

Monday

Workout	Reps	Rest
20-minutes Full Body HIIT (Workout #1)	–	5-minutes
Barbell Bench Press	15, 12, 10	2-3 min
Tricep Rope Pushdown	12, 10, 10	1-2 min
Barbell Bent-over Rowing	12, 10, 10	2-3 min
Barbell Romanian Deadlift	8, 6, 6	2-3 min

Wednesday

Workout	Reps	Rest
Deadlift	6, 4, 3, 2	2-3 min
Lat Pulldown	15, 12, 10	2-3 min
Military Press	12, 10, 8	2-3 min
Face Pull	12, 10, 8	2-3 min
DB Lunges	10, 8, 8	1-2 min
20-minute LISS (Workout #6)	–	–

3-day weight loss workout plan

Friday

Workout	Reps	Rest
15 HIIT Core Workout #5	–	3-5 min
Barbell Back Squat	15, 12, 10	2-3 min
Single-arm DB Rowing	12, 10, 8	2-3 min
Dumbbell Pullover	10, 8, 8	2-3 min
Incline DB Bench Press	12, 10, 8	2-3 min

Week 2

- Day 1: HIIT Treadmill + Weight Training
- Day 2: Weight Training + Core Workout
- Day 3: HIIT Cross Trainer + Bicycling + Strength Training

Monday

Workout	Reps	Rest
15-min Treadmill (Workout #2)	–	5 min
Dumbbell IYT Raises	8, 6, 6	2-3 min
Barbell Upright Row	12, 10, 8	2-3 min
Clean and Press	10, 8, 6	2-3 min
Barbell Hip Thrust	12, 10, 8	1-2 min

Wednesday

Workout	Reps	Rest
Front Squat to Overhead Press	10, 8, 6	2-3 min
Dumbbell Man maker	8 x 2	2-3 min
Barbell Bent-over Row	12, 10, 8	2-3 min
Machine Leg Press	12, 10, 8	2-3 min
Calf Raises	12, 10, 8	1-2 min
15-min HIIT Abs (Workout #5)	–	–

Friday

Workout	Reps	Rest
HIIT Cross Trainer (Workout #4)	10-min	2-3 min
Bicycling (workout #3)	10-min	2-3 min
Barbell Bench Press	12, 10, 8	2-3 min
DB Reverse Lunges	10, 8, 8	2-3 min
Barbell T Bar Row	12, 10, 8	2-3 min
Face Pull	12, 10, 8	2-3 min

Week 3

- Day 1: HIIT Treadmill + Bicycling + Weight Training
- Day 2: Cross Trainer + Full Body HIIT + Weight Training
- Day 3: Strength Training + HIIT Core workout

Monday

Workout	Reps	Rest
Treadmill (workout #2)	15-min	2 min
Bicycling (workout #3)	10-min	2-3 min
Standard Deadlift	6, 4, 2	2-3 min
Barbell High Pull	10 x 2	2-3 min
Bench Dips	10 x 2	1-2 min
Hack Squat	10 x 2	2-3 min

Wednesday

HIIT Cross Trainer (Workout #4)	10-min	2-3 min
HIIT Full Body (workout #1)	20-min	3-5 min
Barbell Overhead Press	10 x 2	2-3 min
Narrow Grip Bench Press	10 x 2	2-3 min

One-arm Dumbbell Row	10 x 2	2-3 min
Dumbbell Pullover	10 x 2	2-3 min

Friday

Workout	Reps	Rest
Barbell Back Squat	15, 12, 10	2-3 min
Dead Hang	Two times	2-3 min
Dumbbell IYT Raises	8 x 2	2-3 min
Barbell Hip Thrust	10 x 2	2-3 min
Leg Curl	12, 10, 8	2-3 min
HIIT Core (Workout #5)	15-min	–

Week 4

- Day 1: Treadmill + HIIT Full Body + Weight Training
- Day 2: Strength Training + LIIS
- Day 3: Cross Trainer + HIIT Core Workout + Weight Training

Monday

Workout	Reps	Rest
Treadmill Workout #2	15-min	3-5 min
HIIT Core Workout #5	15-min	3-5 min
Incline Bench Press	12, 10, 8	2-3 min
Machine Leg Press	12, 10, 8	2-3 min
Lat Pulldown	12, 10, 8	2-3 min

Wednesday

Deadlift	6, 4, 3, 2	2-3 min
Arnold Press	10 x 2	2-3 min
Cable Seated Rowing	12, 10, 8	2-3 min

Face Pull	10 x 2	2-3 min
Triceps Rope Pushdown	12, 10, 8	1-2 min
LISS Workout #6	20-min	–

Friday

Workout	Reps	Rest
Cross Trainer Workout #2	10-min	2-3 min
HIIT Core Workout #5	15-min	3-5 min
Barbell Bench Press	12, 10, 8	2-3 min
Barbell Squat	12, 10, 8	2-3 min
Kettlebell Swings	10 x 2	2-3 min
Biceps Curl	10 x 2	1-2 min

Workouts for the 3 Day Fat Loss Workout Plan

Workout #1 – Full Body HIIT

20-minutes full-body high-intensity interval training

There will be ten exercises and will be done in a couple of rounds to complete twenty minutes of the total body HIIT workout.

1. Jump Squat – 30 seconds work, 30 seconds rest
2. Mountain Climbers – 20 seconds work, 40 seconds rest
3. Burpees – 30 seconds work, 30 seconds rest
4. Reverse Crunches – 20 seconds work, 40 seconds rest
5. Squat – 30 seconds work, 30 seconds rest
6. Leg raises – 20 seconds work, 40 seconds rest
7. Jumping Jacks – 20 seconds work, 40 seconds rest
8. Flutter Kicks – 20 seconds work, 40 seconds rest
9. [Inchworm](#) – 30 seconds work, 30 seconds rest
10. Heel Touch Crunches – 20 seconds work, 40 seconds rest

Related: [30-minutes full-body HIIT](#)

Workout #2 – Treadmill

15-Minute HIIT Treadmill

- 2-min warm-up at a slow speed
- 4-minute run at a moderate pace (60% of your MHR).
- 2-minute recovery walk at a slower pace (4-6 KMPH)
- 3-minute run at a moderate pace (70% of your MHR)
- 2-minute recovery walk at a slower pace (4-6 KMPH)
- 15-second sprint (run as fast as you can)
- 90-sec Slow down

Estimated Calories Burned: 180-220

Related: [HIIT Treadmill Workout For Fat Loss](#)

Workout #3 – Bicycling

10-minute Interval Stationary Bike Training

- 2 minutes warm up at 40 to 50 percent maximum heart rate
- 3 minutes High-Intensity at 65-70 percent of your MHR
- 1 minute Low-Intensity Cycling at 40 to 50 percent of your MHR
- 2 minutes High-Intensity Cycling at 70 to 90 percent of your MHR
- 1-minute slow down at 30-40 percent of your MHR
- 1-minute cycling as fast as you can

Estimated Calories Burned: 100-120

Workout #4 – Cross Trainer or Jumping Rope

Do jumping rope or cross-trainer for 10 minutes at your own pace and intensity.

The faster you do, the more calories you burn and vice versa.

Approximately 100 to 120 calories you'll burn in 10 minutes.

Workout #5 – Core Workouts

I'll share three separate 15 minutes of high-intensity core training that you can do on different days if you like.

Each part includes seven to eight exercises and will be done in two rounds to complete fifteen minutes of training.

Part 1

1. Dumbbell Side Bend – 10 reps each side
2. Mountain Climbers– 30 seconds work, 30 seconds rest
3. Heel Touch Crunches– 20 seconds work, 40 seconds rest
4. Bicycle Crunches – 20 seconds work, 40 seconds rest
5. Plank knee to elbow – 20 seconds work, 40 seconds rest
6. Lying Leg Raise – 20 seconds work, 40 seconds rest
7. Russian Twist– 20 seconds work, 40 seconds rest

Part 2

1. Reverse crunch – 30 seconds work, 30 seconds Rest
2. Plank – 45 seconds hold, 15 seconds rest
3. Side Plank– Hold 20 seconds each side, 30 seconds rest once you complete on both sides.
4. V-ups Crunches– 20 seconds work, 40 seconds rest
5. Knee To Outside Elbow Plank – 20 seconds work, 40 seconds rest
6. Flutter Kicks – 20 seconds work, 40 seconds rest
7. Cable Crunches – Two sets of 10 reps each

Part 3

1. Bird Dog – 20 seconds hold each side, then 20 seconds rest.
2. Flutter Kicks – 20 seconds work, 40 seconds rest
3. V Sit Hold – 20 seconds work, 40 seconds rest
4. Tabletop Crunch – 20 seconds work, 40 seconds rest
5. Hanging Knee Raise – Do as many reps as possible in two sets
6. Side Hip Raise – 20 seconds work, 40 seconds rest
7. Crouch Hover Plank – 45 seconds hold, 15 seconds rest
8. Extended Plank – 30 seconds hold, 15 seconds rest

Workout #6 Low-intensity steady state (LISS) or Slow Cardio

20-minute low-intense cardio

Do the below exercises at your self-pace.

1. High Knees
2. Jump Squat
3. Mountain Climbers
4. Jumping Jacks
5. Pushups
6. Reverse Crunches
7. Burpees
8. Squat
9. Leg raises
10. Flutter Kicks

Related Articles:

- [Full Body Dumbbell Workout For Weight Loss](#)
- [1 Hour Gym Workout To Lose Weight \(An Ultimate Plan\)](#)
- [Circuit Workout At Home With No Equipment \(PDF\)](#)
- [Gym Workout Plan For Women And Men With PDF](#)
- [A Complete List Of HIIT Workout](#)

Highest Rated Natural Weight Loss Supplements and Program on Amazon

- [Inno Supps Night Shred - Night Time Fat Burner and Natural Sleep Support - Appetite Suppressant and Weight Loss Support \(60 Vegetarian Capsules\)](#)
- [The Plant Paradox Quick and Easy: The 30-Day Plan to Lose Weight, Feel Great, and Live Lectin-Free](#) - by Harper Wave
- [Night Time Fat Burner - Metabolism Support, Appetite Suppressant and Weight Loss Diet Pills for Men and Women - 60 Capsules.](#) - by Envy Nutrition

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