

12 Week Weight Loss Workout Plan

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Check out [article](#) for more info

Weight Loss Workout Program Summary

| | |
|-----------------------------------|--|
| Program Duration | 3 Months/90 Days |
| Workout Frequency/Week | 4-5 Days/Week |
| Workout Type | Combination of Strength and Cardio Workout |
| Program Goal | Increase Fat Loss and Build Muscles |
| Target Gender | Male and Female |
| Workout Level | Beginner to Intermediate |
| Suitable Age Group | 16-45 Years |
| Daily Workout Duration | 60 minutes |
| Alternate Bodyweight Workout Plan | 4-Week Home Workout Plan for Weight Loss |

Type of Exercises You'll Do

This workout program includes both aerobic and strength training so you can lose weight and build muscles at the same time.

How Much Weight Should You Lift During Strength Training

You can lift as heavy as you like. It's best to start with lighter weights and then increase the load as you move to the second and third sets.

Recommended Nutrition Diet Program

Nutrition is crucial for weight loss. You cannot lose weight until you follow a low-calorie diet.

There are multiple diet programs that people follow to lose weight, such as [Conventional Hypocaloric Diets](#), [Low-fat and Low-carbs Diets](#), Keto diets, and [Mediterranean diets](#). However, the universal principle is to consume lower calories than your body needs to increase weight loss. Research suggests that an obese person should consume 1000 to 1500 calories per day to increase weight loss. But it also depends on various factors. Since this article is not about diet, so the primary focus will be on a workout program.³

Suggested nutrients for weight loss:

- Carbs: Less than < 45% of daily calories
- Protein intake: 30% of total daily calories or 1–1.2 g/kg of ideal body weight
- Consumption of fat as less than 15%–20% of daily calories, especially saturated fatty acids as < 7%–10%.

Nutritional Tips for Increasing Fat Loss:

- Consume a higher-calorie breakfast and comply with overnight fasting to prevent obesity.⁴
- You can adopt [intermittent fasting](#) methods to speed up weight loss, such as 5:2 and [16/8](#).⁵
- You can also replace one or two meals a day to keep your calorie consumption low.

Also Read: [The Best Lowest Calorie Foods For Weight Loss](#)

Note: You can check out the FAQs section to know more about this program.

10 Workouts to Integrate into The Fat Loss Workout Plan

1. Treadmill

Here are examples of 10 and 15 minutes [treadmill runs](#). Depending on your fitness level, you can perform one.

| 10-minute | 15-minute |
|------------------------------|------------------------------|
| 1-min jog at 40% of your MHR | 2-min jog at 40% of your MHR |
| 2-min run at 60% of your MHR | 4-min run at 50% of your MHR |

| 10-minute | 15-minute |
|---------------------------------|------------------------------|
| 1-min walk at your own pace | 2-min walk at your own pace |
| 2-min run at 70% of your MHR | 4-min run at 60% of your MHR |
| 2-min Jog at your desired speed | 1-min walk at your own pace |
| 2-min run at 60% of your MHR | 2-min run at 60% of your MHR |

If you want to run more, you can increase the duration.

Note: To calculate your heart rate, subtract your age from 220. For example, if you're 30, then your maximum heart rate would be $220 - 30 = 190$ beats per minute (bpm). And it means that 40% of your MHR would be 76 bpm, and 70% would be 133 bpm.

2. Bicycling

Example of 10-minute cycling on a stationary bike.

| Duration | Intensity |
|----------|-----------------|
| 2-min | 50% of your MHR |
| 3-min | 60% of your MHR |
| 2-min | 40% of your MHR |
| 3-min | 70% of your MHR |

Note: You can increase and decrease the exercise duration according to your need.

3. Elliptical Cross Trainer

Elliptical Cross Trainer is a type of low-impact exercise that targets the [legs](#), buttocks, and core muscles and provides an intense [cardio workout](#) for all fitness levels. It works the lower body by using a series of pedals to move back and forth with resistance from the flywheel as it rotates.

You can either perform elliptical cross trainer for 10 minutes at your desired pace, or you can do it for **thirty seconds at your maximum effort, followed by 30 seconds of rest until ten minutes.**

4. Core Training

When it comes to weight loss, you must include [core strengthening exercises](#) to bolster your abdominal strength. Having a sturdy core provides stability to your [lower back](#) and helps lift more during [compound](#) and [isolation](#) lifts.

Here are samples of different core workout plans:

- [10-minute Bodyweight Abs Workout](#)
- [15-minutes Tri Set Abs Workout](#)
- [20-minute HIIT Core Workout Routine](#)
- [30-minute Tri-set Core Workout at the Gym](#)

5. Bodyweight Low-Intensity Cardio

Low-intensity cardio is any form of exercise that does not elevate your heart rate to a level where you are sweating, breathing heavily, or feeling like you are about to burn out. It helps burn calories without putting stress on your heart and improves your cardiovascular health.

Here is an example of a 20-minute low-impact cardio workout:

Perform two to three rounds.

| Exercise | Activity/Reps | Rest |
|-------------------|---------------|--------|
| High Knees | 20-sec | 45-sec |
| Mountain Climbers | 20-sec | 45-sec |
| Jumping Jacks | 20-sec | 45-sec |
| Pushups | 10-20 reps | 45-sec |
| Jump Squat | 10 reps | 45-sec |
| Crunches | 10-20 reps | 45-sec |
| Burpees | 8-12 reps | 60-sec |
| Flutter Kicks | 20-sec | 45-sec |

| Exercise | Activity/Reps | Rest |
|---------------------|---------------|--------|
| Alternate Heel Taps | 10 reps/side | 45-sec |
| Lateral Lunges | 10 reps/side | 45-sec |

You can also incorporate various movements from this list of [all-time best cardio exercises](#).

6. Cardio With Dumbbells

If you want to torch significant calories while improving your endurance and agility, you can perform cardio with dumbbells.

Here is an example of a 15-minute [dumbbell cardio](#) workout that you can include in your 12 week fat burning workout program.

| Exercise | Activity Time |
|-------------------------|---------------|
| Squat to Overhead Press | 30 Seconds |
| Single-Arm DB Swing | 30 Seconds |
| Dumbbell Burpee | 30 Seconds |
| Deadlift To Upright Row | 30 Seconds |
| DB Shadow Boxing | 30 Seconds |
| Dumbbell Crunches | 30 Seconds |
| DB Superman | 30 Seconds |
| Dumbbell Push Press | 30 Seconds |

You can also perform the following workouts.

- [20-minute Dumbbell HIIT Workout](#)
- [30-Minute Dumbbell HIIT Workout](#)
- [Advanced 45-Minute Dumbbell HIIT Workout](#)

7. Jumping Rope

[Jumping rope](#) is a simple and effective cardio exercise that you can do almost anywhere. It's a great way to burn fat, increase energy levels and boost your metabolism while improving your cardiovascular health. You can also integrate this into your workout program. There's no protocol for this exercise, you can do it at your desired pace for 5 to 15 minutes.

8. High-Intensity Interval Training

[High-intensity interval training \(HIIT\)](#) is a form of exercise that alternates between a short burst of intense activity and a period of rest or recovery. Studies say HIIT promotes weight loss and improves cardiovascular health. This training program is suitable mostly for weight watchers who seriously want to shed some pounds.

Below is an example of a HIIT workout you can include in this fat-loss workout routine.

- [15-minute HIIT Workout](#)
- [20-minute Interval Training](#)
- [30-minute full-body HIIT workout](#)

9. Plyometric

Plyometrics is a type of training that involves the use of explosive movements to increase power, speed, and agility. It comprises various [jumping exercises](#) that are great for annihilating numerous calories in a quick time. Depending on your fitness level, you can perform some of them in your weight loss workout regime.

10. Weight Training

Weight training is suitable for anyone, regardless of age or fitness level. It's a great way to stay in shape while also improving your health and quality of life. The research recommended lifting weights is at least as effective as aerobic training in reducing some major cardiovascular disease risk factors such as obesity.⁶ So your weight loss workout program cannot be completed without incorporating resistance training exercises.

| Exercise | Reps/Duration | Rest |
|-----------|---------------|-------|
| Treadmill | 10 minutes | 3-min |

| Exercise | Reps/Duration | Rest |
|--|----------------------|-------|
| Bicycling | 5 minutes | 2-min |
| Flat Bench Press | 12 x 3 | 2-min |
| Incline Dumbbell Press | 12 x 3 | 2-min |
| Pec Deck Fly | 12 x 3 | 2-min |
| Treadmill | 5 minutes (Cooldown) | – |

12 Week Fat Burning Workout Program To Lose Weight And Build Muscles

Week 1

Monday

| Exercise | Reps/Duration | Rest |
|--|----------------------|-------|
| Treadmill | 10 minutes | 3-min |
| Bicycling | 5 minutes | 2-min |
| Flat Bench Press | 12 x 3 | 2-min |
| Incline Dumbbell Press | 12 x 3 | 2-min |
| Pec Deck Fly | 12 x 3 | 2-min |
| Treadmill | 5 minutes (Cooldown) | – |

Tuesday

| Exercise | Reps/Duration | Rest |
|---------------------------------------|---------------|-------|
| Treadmill | 10 minutes | 3-min |
| Elliptical Trainer | 5 minutes | 2-min |
| Front Lat Pulldown | 12 x 3 | 2-min |
| Seated Cable Rowing | 12 x 3 | 2-min |
| Bent-over Barbell Row | 12 x 3 | 2-min |
| Bicycling | 5 minutes | – |

Thursday

| Exercise | Reps/Duration | Rest |
|----------|---------------|------|
|----------|---------------|------|

| | | |
|-----------------------------------|------------|-------|
| Treadmill | 10 minutes | 3-min |
| Back Squat | 15 x 3 | 2-min |
| Machine Leg Press | 12 x 3 | 2-min |
| Leg Curl | 12 x 3 | 2-min |
| Core Training | 15 minutes | – |

Friday

| Exercise | Reps/Duration | Rest |
|--|---------------|-------|
| Treadmill | 10 minutes | 3-min |
| Barbell Overhead Press | 12 x 3 | 2-min |
| Dumbbell Lateral Raise | 12 x 3 | 2-min |
| Machine Rear Delt Fly | 12 x 3 | 2-min |
| HIIT | 20 minutes | – |

Week 2

Monday

| Exercise | Reps/Duration | Rest |
|--------------------------|---------------|-------|
| Treadmill | 10 minutes | 3-min |
| Elliptical Cross Trainer | 10 minutes | 3-min |
| Dumbbell HIIT | 20 minutes | 3-min |
| Bicycling | 5 minutes | – |

Tuesday

| Exercise | Reps/Duration | Rest |
|---|---------------|-------|
| Treadmill | 5 minutes | 2-min |
| Incline Barbell Bench Press | 12 x 3 | 2-min |
| Dumbbell Pullover | 12 x 3 | 2-min |
| Bench Dips | 10 x 3 | 2-min |
| Low-intensity Cardio | 30 minutes | 3-min |

Thursday

| Exercise | Reps/Duration | Rest |
|---|---------------|-------|
| Treadmill | 10 minutes | 3-min |
| Off-block Deadlift | 8 x 3 | 2-min |
| Front Lat Pulldown | 12 x 3 | 2-min |
| Single-arm Dumbbell Row | 10 x 3 | 2-min |
| Core Workout | 15 minutes | – |

Friday

| Exercise | Reps/Duration | Rest |
|--------------------------|---------------|-------|
| Treadmill | 10 minutes | 3-min |
| Bicycling | 5 minutes | 2-min |
| Back Squat | 8 x 3 | 2-min |
| Overhead Press | 12 x 3 | 2-min |
| Dumbbell Lateral Raises | 10 x 3 | 2-min |
| Elliptical Cross Trainer | 5 minutes | – |

Week 3

Monday

| Exercise | Reps/Duration | Rest |
|------------------------------|---------------|-------|
| Low Intense Cardio | 25 minutes | 5-min |
| Pec Deck Fly | 12 x 3 | 2-min |
| Incline Dumbbell Bench Press | 12 x 3 | 2-min |
| Bench Dips | 12 x 3 | 2-min |
| Bicycling | 5 minutes | – |

Tuesday

| Exercise | Reps/Duration | Rest |
|-----------------------|---------------|-------|
| Treadmill | 10 minutes | 3-min |
| Elliptical Trainer | 5 minutes | 2-min |
| Front Lat Pulldown | 12 x 3 | 2-min |
| Seated Cable Rowing | 12 x 3 | 2-min |
| Bent-over Barbell Row | 12 x 3 | 2-min |
| Bicycling | 5 minutes | – |

Wednesday

| Exercise | Reps/Duration | Rest |
|-----------------------------------|---------------|-------|
| Treadmill | 10 minutes | 3-min |
| Dumbbell Step up | 10 x 3 | 2-min |
| Machine Leg Press | 12 x 3 | 2-min |
| Leg Curl | 12 x 3 | 2-min |
| Core Training | 15 minutes | – |

Friday

| Exercise | Reps/Duration | Rest |
|------------------------|---------------|-------|
| Bodyweight HIIT | 20 minutes | 5-min |
| Barbell Overhead Press | 12 x 3 | 2-min |

| | | |
|------------------------|--------|-------|
| Dumbbell Lateral Raise | 12 x 3 | 2-min |
| Machine Rear Delt Fly | 12 x 3 | 2-min |

Saturday

| Exercise | Reps/Duration | Rest |
|--------------------------|---------------|-------|
| Treadmill | 10 minutes | 3-min |
| Elliptical Cross Trainer | 10 minutes | 3-min |
| Dumbbell HIIT | 20 minutes | 3-min |
| Bicycling | 5 minutes | – |

Week 4

Monday

| Exercise | Reps/Duration | Rest |
|----------------------|-----------------------------|-------|
| Treadmill | 5 minutes | 2-min |
| Dead Hang | As long as you can hold x 3 | 2-min |
| Partial Bar Dips | As long as you can hold x 3 | 2-min |
| Kneeling Pushups | As many as you can do x 3 | 2-min |
| Low-intensity Cardio | 30 minutes | – |

Tuesday

| Exercise | Reps/Duration | Rest |
|-----------------------------|---------------|-------|
| Treadmill | 5 minutes | 2-min |
| Incline Barbell Bench Press | 12 x 3 | 2-min |
| Dumbbell Pullover | 12 x 3 | 2-min |
| Rope Pushdown | 10 x 3 | 2-min |
| Core Training | 15 minutes | – |

Wednesday

| Exercise | Reps/Duration | Rest |
|-----------------------|---------------|-------|
| Treadmill | 10 minutes | 3-min |
| Front Lat Pulldown | 12 x 3 | 2-min |
| Seated Cable Rowing | 12 x 3 | 2-min |
| Bent-over Barbell Row | 10 x 3 | 2-min |
| Dumbbell Curl | 10 x 3 | 2-min |
| Bicycling | 5 minutes | – |

Friday

| Exercise | Reps/Duration | Rest |
|----------|---------------|------|
|----------|---------------|------|

| | | |
|--------------------|------------|-------|
| Bicycling | 5 minutes | 2-min |
| Back Squat | 15 x 3 | 2-min |
| Dumbbell Step up | 8 x 3 | 2-min |
| Romanian Deadlift | 8 x 3 | 2-min |
| Low Intense Cardio | 20 minutes | – |

Saturday

| Exercise | Reps/Duration | Rest |
|------------------------|---------------|-------|
| Treadmill | 5 minutes | 2-min |
| Barbell Overhead Press | 12 x 3 | 2-min |
| Dumbbell Lateral Raise | 12 x 3 | 2-min |
| Cable Facepull | 12 x 3 | 2-min |
| Bodyweight HIIT | 20 minutes | – |

Week 5

Monday

| Exercise | Reps/Duration | Rest |
|--------------------------|---------------|-------|
| Treadmill | 10 minutes | 3-min |
| Elliptical Cross Trainer | 10 minutes | 3-min |
| Dumbbell HIIT | 20 minutes | 3-min |
| Bicycling | 5 minutes | – |

Tuesday

| Exercise | Reps/Duration | Rest |
|------------------------------|---------------|-------|
| Treadmill | 5 minutes | 2-min |
| Jumping Rope | 5 minutes | 2-min |
| Flat Bench Press | 12 x 3 | 2-min |
| Incline Dumbbell Bench Press | 12 x 3 | 2-min |
| Pec Deck Fly | 12 x 3 | 2-min |
| Core Training | 15-20 minutes | – |

Wednesday

| Exercise | Reps/Duration | Rest |
|-------------------------------|---------------|-------|
| Bodyweight Low Intense Cardio | 20 minutes | 3-min |
| Off-block Deadlift | 8 x 3 | 2-min |
| Front Lat Pulldown | 12 x 3 | 2-min |
| Cable Seated Rowing | 12 x 3 | 2-min |
| Single-arm Dumbbell Row | 10 x 3 | 2-min |

Friday

| Exercise | Reps/Duration | Rest |
|--------------------------|---------------|-------|
| Treadmill | 10 minutes | 3-min |
| Back Squat | 15 x 3 | 2-min |
| Overhead Press | 12 x 3 | 2-min |
| Dumbbell Lateral Raises | 10 x 3 | 2-min |
| Elliptical Cross Trainer | 5 minutes | – |

Saturday

| Exercise | Reps/Duration | Rest |
|--------------------------|---------------------------|-------|
| Treadmill | 5 minutes | 2-min |
| Bicycling | 5 minutes | 2-min |
| Elliptical Cross Trainer | 5 minutes | 2-min |
| Jumping Rope | 5 minutes | 2-min |
| Chinups | As many as you can do x 3 | 2-min |
| Bench Dips | 12 x 3 | 2-min |
| Kneeling Pushups | As many as you can do x 3 | 2-min |

Week 6

Monday

| Exercise | Reps/Duration | Rest |
|------------------------------|---------------|-------|
| Treadmill | 5 minutes | 2-min |
| Flat Bench Press | 12 x 3 | 2-min |
| Incline Dumbbell Bench Press | 12 x 3 | 2-min |
| Dumbbell Pullover | 12 x 3 | 2-min |
| Bodyweight HIIT | 20 minutes | – |

Tuesday

| Exercise | Reps/Duration | Rest |
|-------------------------------|---------------|-------|
| Bodyweight Low Intense Cardio | 20 minutes | 5-min |
| Front Lat Pulldown | 12 x 3 | 2-min |
| Seated Cable Rowing | 12 x 3 | 2-min |
| Bent-over Barbell Row | 12 x 3 | 2-min |
| Abdominal Workout | 15 minutes | – |

Wednesday

| Exercise | Reps/Duration | Rest |
|------------------------|---------------|-------|
| Treadmill | 10 minutes | 3-min |
| Back Squat | 12 x 3 | 2-min |
| Barbell Overhead Press | 12 x 3 | 2-min |
| Weighted Glute Bridge | 10 x 3 | 2-min |
| Low Back Extension | 10 x 2 | 2-min |
| Core Training | 15 minutes | – |

Friday

| Exercise | Reps/Duration | Rest |
|------------------------|---------------|-------|
| Bodyweight HIIT | 20 minutes | 5-min |
| Deadlift | 6-8 x 3 | 2-min |
| Barbell Curl | 12 x 3 | 2-min |
| Dumbbell Lateral Raise | 12 x 3 | 2-min |
| Machine Rear Delt Fly | 12 x 3 | 2-min |

Saturday

| Exercise | Reps/Duration | Rest |
|--------------------------|---------------|-------|
| Treadmill | 10 minutes | 3-min |
| Elliptical Cross Trainer | 10 minutes | 3-min |
| Dumbbell HIIT | 20 minutes | 3-min |
| Bicycling | 5 minutes | – |

Week 7

Monday

| Exercise | Reps/Duration | Rest |
|---|---------------|-------|
| Treadmill | 10 minutes | 2-min |
| Incline Machine Chest Press | 12 x 3 | 2-min |
| Flat Barbell Bnch Press | 12 x 3 | 2-min |
| Pec Deck Fly | 12 x 3 | 2-min |
| Core Workout | 15 minutes | – |

Tuesday

| Exercise | Reps/Duration | Rest |
|--------------------|---------------|-------|
| Treadmill | 10 minutes | 3-min |
| Elliptical Trainer | 5 minutes | 2-min |

| | | |
|-----------------------|-----------|-------|
| Front Lat Pulldown | 12 x 3 | 2-min |
| Seated Cable Rowing | 12 x 3 | 2-min |
| Bent-over Barbell Row | 12 x 3 | 2-min |
| Bicycling | 5 minutes | – |

Wednesday

| Exercise | Reps/Duration | Rest |
|------------------------|----------------------------|-------|
| Plyometri Jump | 15 minutes | 3-min |
| Barbell Overhead Press | 12 x 3 | 2-min |
| Dumbbell Lateral Raise | 10 x 3 | 2-min |
| Rear Delt Fly | 10 x 3 | 2-min |
| Treadmill | 5-10 minutes | – |

Friday

| Exercise | Reps/Duration | Rest |
|-------------------------------|---------------|-------|
| Bodyweight Low intense cardio | 20 minutes | 5-min |
| Deadlift | 6-8 x 3 | 2-min |
| Barbell Curl | 12 x 3 | 2-min |
| Leg Curl | 12 x 3 | 2-min |
| Step up | 12 x 3 | 2-min |

Saturday

| Exercise | Reps/Duration | Rest |
|--------------------------|---------------|-------|
| Treadmill | 10 minutes | 3-min |
| Elliptical Cross Trainer | 10 minutes | 3-min |
| Dumbbell HIIT | 20 minutes | 3-min |
| Bicycling | 5 minutes | – |

Week 8

Monday

| Exercise | Reps/Duration | Rest |
|--------------------|---------------|-------|
| Treadmill | 10 minutes | 3-min |
| Back Squat | 12 x 4 | 2-min |
| Machine Leg Press | 12 x 3 | 2-min |
| Low Back Extension | 10 x 2 | 2-min |
| Core Training | 20 minutes | – |

Tuesday

| Exercise | Reps/Duration | Rest |
|-------------------------|---------------|-------|
| Treadmill | 10 minutes | 2-min |
| Flat Barbell Bnch Press | 12 x 3 | 2-min |
| Incline Bench Press | 12 x 3 | 2-min |
| Dumbbell Pullover | 12 x 3 | 2-min |
| Bodyweight HIIT | 15 minutes | – |

Wednesday

| Exercise | Reps/Duration | Rest |
|---------------------|---------------|-------|
| Treadmill | 5 minutes | 3-min |
| Elliptical Trainer | 5 minutes | 2-min |
| Battle Rope | 5 minutes | 2-min |
| Front Lat Pulldown | 12 x 3 | 2-min |
| Seated Cable Rowing | 12 x 3 | 2-min |
| T Bar Rowing | 12 x 3 | 2-min |

Friday

| Exercise | Reps/Duration | Rest |
|-------------------|---------------|-------|
| Back Squat | 12 x 3 | 2-min |
| Machine Leg Press | 12 x 3 | 2-min |
| Dumbbell Lunges | 8 x 3 | 2-min |
| Leg Curl | 12 x 3 | 2-min |
| Step up | 8 x 3 | 2-min |

Saturday

| Exercise | Reps/Duration | Rest |
|----------------------------------|----------------------------|-------|
| Plyometri Jump | 15 minutes | 3-min |
| Dumbbell Arnold Press | 12 x 3 | 2-min |
| Leaning Away Cable Lateral Raise | 12 x 3 | 2-min |
| Pec Deck Reverse Fly | 12 x 3 | 2-min |
| Core Training | 15 minutes | – |

Week 9

Monday

| Exercise | Reps/Duration | Rest |
|--------------------------|---------------|-------|
| Treadmill | 10 minutes | 3-min |
| Elliptical Cross Trainer | 10 minutes | 3-min |
| Dumbbell HIIT | 20 minutes | 3-min |

| | | |
|-----------|-----------|---|
| Bicycling | 5 minutes | – |
|-----------|-----------|---|

Tuesday

| Exercise | Reps/Duration | Rest |
|---------------------|---------------|-------|
| Bodyweight Cardio | 20 minutes | 5-min |
| Flat Bench Press | 12 x 3 | 2-min |
| Incline Bench Press | 12 x 3 | 2-min |
| Decline Bench Press | 12 x 3 | 2-min |
| Treadmill | 5 minutes | – |

Wednesday

| Exercise | Reps/Duration | Rest |
|--------------------------|---------------------------|-------|
| Treadmill | 5 minutes | 2-min |
| Bicycling | 5 minutes | 2-min |
| Elliptical Cross Trainer | 5 minutes | 2-min |
| Jumping Rope | 5 minutes | 2-min |
| Chinups | As many as you can do x 3 | 2-min |
| Bench Dips | 12 x 3 | 2-min |
| Kneeling Pushups | As many as you can do x 3 | 2-min |

Friday

| Exercise | Reps/Duration | Rest |
|-------------------------|---------------|-------|
| Light Cardio | 5 minutes | 2-min |
| Back Squat | 12 x 3 | 2-min |
| Barbell Overhead Press | 12 x 3 | 2-min |
| Dumbbell Lateral Raises | 10 x 3 | 2-min |
| Romanian Deadlift | 8 x 3 | 2-min |
| Bodyweight HIIT | 20 minutes | – |

Saturday

| Exercise | Reps/Duration | Rest |
|-------------------------|---------------|-------|
| Treadmill | 5 minutes | 2-min |
| Jumping Rope | 5 minutes | 2-min |
| Battle Rope | 5 minutes | 2-min |
| Front Lat Pulldown | 12 x 3 | 2-min |
| Seated Cable Rowing | 12 x 3 | 2-min |
| Bent-over Barbell Row | 12 x 3 | 2-min |
| Single-arm Dumbbell Row | 10 x 3 | 2-min |

Week 10

Monday

| Exercise | Reps/Duration | Rest |
|-----------------------------|---------------|-------|
| Treadmill | 5 minutes | 2-min |
| Elliptical Cross Trainer | 5 minutes | 2-min |
| Incline Machine Chest Press | 12 x 3 | 2-min |
| Flat Bench Press | 12 x 3 | 2-min |
| Pec Deck Fly | 12 x 3 | 2-min |
| Core Workout | 15 minutes | – |

Tuesday

| Exercise | Reps/Duration | Rest |
|--------------------------|---------------|-------|
| Treadmill | 10 minutes | 3-min |
| Elliptical Cross Trainer | 10 minutes | 3-min |
| Dumbbell HIIT | 20 minutes | 3-min |
| Bicycling | 5 minutes | – |

Wednesday

| Exercise | Reps/Duration | Rest |
|-------------------|---------------|-------|
| Back Squat | 12 x 3 | 2-min |
| Machine Leg Press | 12 x 3 | 2-min |
| Dumbbell Lunges | 8 x 3 | 2-min |
| Leg Curl | 12 x 3 | 2-min |
| Step up | 8 x 3 | 2-min |

Friday

| Exercise | Reps/Duration | Rest |
|-------------------------|---------------|-------|
| Bodyweight Cardio | 20 minutes | 5-min |
| Dumbbell Arnold Press | 12 x 3 | 2-min |
| Dumbbell Lateral Raises | 12 x 3 | 2-min |
| Rear Delt Fly | 12 x 3 | 2-min |
| Core Workout | 10 minutes | – |

Saturday

| Exercise | Reps/Duration | Rest |
|-------------|---------------|-------|
| Treadmill | 10 minutes | 3-min |
| Battle Rope | 5 minutes | 2-min |

| | | |
|-----------------------|--------|-------|
| Front Lat Pulldown | 12 x 3 | 2-min |
| Seated Cable Rowing | 12 x 3 | 2-min |
| Bent-Over Barbell Row | 12 x 3 | 2-min |
| Cable Facepull | 12 x 3 | |

Week 11

Monday

| Exercise | Reps/Duration | Rest |
|---------------------|---------------|-------|
| Treadmill | 5 minutes | 2-min |
| Flat Bench Press | 12 x 3 | 2-min |
| Incline Bench Press | 12 x 3 | 2-min |
| Dumbbell Pullover | 12 x 3 | 2-min |
| Bodyweight HIIT | 20 minutes | – |

Tuesday

| Exercise | Reps/Duration | Rest |
|-------------------------|---------------|-------|
| Light Cardio | 5 minutes | 2-min |
| Back Squat | 12 x 3 | 2-min |
| Barbell Overhead Press | 12 x 3 | 2-min |
| Dumbbell Lateral Raises | 10 x 3 | 2-min |
| Romanian Deadlift | 8 x 3 | 2-min |
| Core Workout | 15 minutes | – |

Wednesday

| Exercise | Reps/Duration | Rest |
|--------------------------|---------------------------|-------|
| Treadmill | 5 minutes | 2-min |
| Elliptical Cross Trainer | 5 minutes | 2-min |
| Jumping Rope | 5 minutes | 2-min |
| Battle Rope | 5 minutes | 2-min |
| Chinups | As many as you can do x 3 | 2-min |
| Bench Dips | 12 x 3 | 2-min |
| Kneeling Pushups | As many as you can do x 3 | 2-min |
| Bicycling | 5 minutes | 2-min |

Friday

| Exercise | Reps/Duration | Rest |
|-------------------|---------------|-------|
| Bodyweight Cardio | 20 minutes | 5-min |
| Partial Deadlift | 6-8 x 3 | 2-min |

| | | |
|-------------------------|--------|-------|
| Front Lat Pulldown | 12 x 3 | 2-min |
| Seated Cable Rowing | 12 x 3 | 2-min |
| Single-arm Dumbbell Row | 10 x 3 | 2-min |

Saturday

| Exercise | Reps/Duration | Rest |
|--------------------------|---------------|-------|
| Treadmill | 10 minutes | 3-min |
| Elliptical Cross Trainer | 10 minutes | 3-min |
| Dumbbell HIIT | 20 minutes | 3-min |
| Bicycling | 5 minutes | – |

Week 12

Monday

| Exercise | Reps/Duration | Rest |
|---------------------|---------------|-------|
| Treadmill | 10 minutes | 2-min |
| Flat Bench Press | 12 x 3 | 2-min |
| Incline Bench Press | 12 x 3 | 2-min |
| Pec Deck Fly | 12 x 3 | 2-min |
| Tricep Pushdown | 12 x 3 | 2-min |
| Core Workout | 20 minutes | – |

Tuesday

| Exercise | Reps/Duration | Rest |
|-------------------------|---------------|-------|
| Light Cardio | 5 minutes | 2-min |
| Back Squat | 12 x 3 | 2-min |
| Barbell Overhead Press | 12 x 3 | 2-min |
| Dumbbell Lateral Raises | 10 x 3 | 2-min |
| Romanian Deadlift | 8 x 3 | 2-min |
| Treadmill | 10 minutes | – |

Wednesday

| Exercise | Reps/Duration | Rest |
|-----------------------|---------------|-------|
| Bodyweight Cardio | 20 minutes | 5-min |
| Deadlift | 6-8 x 3 | 2-min |
| Front Lat Pulldown | 12 x 3 | 2-min |
| Seated Cable Rowing | 12 x 3 | 2-min |
| Bent-over Barbell Row | 10 x 3 | 2-min |
| Treadmill | 5 minutes | 2-min |

Friday

| Exercise | Reps/Duration | Rest |
|------------------------------------|---------------|-------|
| Treadmill | 5 minutes | 2-min |
| Barbell Push Press | 12 x 3 | 2-min |
| Barbell Jammer | 12 x 3 | 2-min |
| Barbell Bench Press | 12 x 3 | 2-min |
| Bodyweight HIIT | 20 minutes | – |

Saturday

| Exercise | Reps/Duration | Rest |
|--------------------------|---------------|-------|
| Treadmill | 5 minutes | 2-min |
| Elliptical Cross Trainer | 5 minutes | 2-min |
| Jumping Rope | 5 minutes | 2-min |
| Battle Rope | 5 minutes | 2-min |
| Core Workout | 15 minutes | – |

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