

THE 5 DAY WORKOUT ROUTINE FOR WEIGHT LOSS AND MUSCLE TONING

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Check out [article](#) for more info

Routine Overview

Suggested Program Duration	16-24 weeks
Workout Type	Cardio and Resistance Training
Purpose	Reduce weight and tone muscles
Sessions/week	Five
Duration/session	60-75 minutes
Suitable for	Men and Women
Workout Level	Beginner to Intermediate
Succeeding Workout Plan	6-day weight loss workout plan

Schedule

- Monday: LISS Cardio
- Tuesday: Hypertrophy Strength Workout
- Wednesday: High-Intensity Interval Training
- Thursday: OFF
- Friday: Endurance Weight Training
- Saturday: LISS Cardio
- Sunday: OFF

Day 1 – LISS Cardio

LISS is the initial for Low-intensity Steady State. It is a form of cardio workout performed at a low to moderate pace, typically at 40-65 percent of your maximum heart rate.

The [LISS cardio](#) helps improve endurance and cardiovascular health and increases your fitness to [perform HIIT](#).

Exercise	Activity Time	Interval Time
Treadmill	15 minutes	2-3 min
Bicycling	10 minutes	2-3 min
Elliptical Cross Trainer	5 minutes	2-3 min
Abs Workout	10 minutes	–

Day 2 – Hypertrophy Strength Workout

Exercise	Reps x Sets	Interval Time
Smith Machine Back Squat	15 x 3	2-3 min
Smith Machine Bench Press	12 x 3	2-3 min
Barbell Overhead Press	12 x 3	2-3 min
Bent-over Barbell Row	12 x 3	2-3 min
One-arm Dumbbell Row	12 x 3	1-2 min
Treadmill (Cool-down)	5-minute	–

Day 3 – High-Intensity Interval Training

[HIIT is a time-efficient cardio program](#) to promote weight loss and improve cardiovascular fitness.

It requires you to perform exercises at a higher intensity for a certain duration, followed by a little interval.

Here's a workout you can do on your third day of a five-day routine.

- Perform each exercise for 15 to 20 seconds at maximum effort, followed by 30 seconds of rest.
- You can take two to three minutes of break between each round.
- It will take around 30 minutes to complete this session.

Round 1

Round 2

Round 3

Jumping Jack	Ankle Hops	Squat Jump
Mountain Climber	Shoulder Taps	Pushups
Squats	Crunches	Flutter Kicks
Heel Taps	Burpee	Bear Crawl
Jumping Lunge	Plank Ankle Taps	Crossbody Mt. Climber
Plank Jack	Curtsy Lunge	Inchworm
Sprint in Place	Frog Squat Jump	Pulses with Squat Jump

Day 4 – Endurance Weight Training

Perform as many rounds as possible (AMRAP) in forty-five minutes.

Keep the rest between exercises as short as you can.

Exercises	Reps
Kettlebell Swings	15/arm
Dumbbell Thrusters	15
Bench Press	15
Dumbbell Squat	15
Seated Row	15
Lateral Raises	15/arm
Pulldown	15
Pec Deck Fly	15

You can perform the exercises at your selected pace, but make sure to push your limits to challenge yourself.

Day 5 – LISS Cardio

Exercise	Activity Time	Interval Time
Treadmill	15 minutes	2-3 min
Bicycling	10 minutes	2-3 min
Elliptical Cross Trainer	5 minutes	2-3 min
Abs Workout	10 minutes	–

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](#)

Related program:

- [The 8 Week Shred Workout Plan](#)
- [The Best Weight Loss Diet Program](#)
- [6 Month Workout Plan to Get Ripped and Build Muscle](#)

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