

4-WEEK WEIGHT LOSS GYM WORKOUT PLAN FOR MALES & FEMALES

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PROGRAM OVERVIEW

Suggested Program Duration	16-24 weeks
Purpose	Weight Loss and Muscle Building
Sessions/week	Five
Duration/session	30-45 minutes (Home), 90 minutes (Gym)
Suitable for	Men and Women
Workout Level	Beginner to Intermediate

This program involves performing various exercises, from steady-state cardio and isolation to powerlifting and HIIT, to keep you motivated and help you achieve decent results over time.

Here's a summary of the 4-week gym workout plan for weight loss:

- **Week 1:** Low-impact Cardio and Compound Lifting
- **Week 2:** HIIT and Full-Body Strength Workout
- **Week 3:** Cardio and Upper Lower Split Training
- **Week 4:** HIIT and Weight Training

This training plan will help both males and females to shape their physique.

Week 1 – Cardio and Compound Lifting

Monday – Low-Impact Cardio

Exercise	Time/Reps	Rest
Treadmill	15 minutes	1-minute
Elliptical Trainer	5 minutes	1-minute
Ankle Hop	15 seconds	15 seconds
Jumping Jacks	15 seconds	30 seconds
Jump Squat	15 seconds	30 seconds
Forward Lunges	10 Reps/side	60 seconds
Mountain Climbing	15 seconds	30 seconds
Burpees	10 reps	60 seconds
Front Plank	60 seconds	60 seconds
Side Plank	30 seconds	60 seconds
Bicycling	5 minutes	2 minutes

Besides Treadmill, Elliptical machine, and Bicycle, perform all other exercise two to three rounds.

Tuesday – Compound Lifts

Exercise	Time/Reps	Rest
Squat Jump	15 seconds	30-second
Burpees	6 Reps x 2	1-minute
Inchworm	1-minute	30-second
Back Squat	4 sets x 10 reps	2-3 minutes
Incline Bench Press	4 sets x 10 reps	2-3 minutes
Seated Cable Rowing	4 sets x 10 reps	2-3 minutes
Overhead Press	4 sets x 10 reps	2-3 minutes

Wednesday – Cardio and Isolation Exercise

Exercise	Time/Reps	Rest
Jumping Jacks	15-second	No Rest
Mountain Climber	20-second	No Rest
Bear Crawl	1-minute	No Rest

Lunge Front Kick	10 reps/side	45-second
Treadmill	10 minutes	2-minute
Off Blocks DL	3 sets x 10 reps	1-2 minutes
Lateral Delt Raise	3 sets x 15 reps	1-2 minutes
One-arm DB Row	2 sets x 10 reps/side	1-2 minutes
Pec Deck Fly	3 sets x 15 reps	1-2 minutes
Treadmill	5-minute	No Rest
Bicycling	5-minute	-

Friday – Free Weight Cardio

Exercise	Sets	Reps
Kettlebell Swings	3-4	15-20
Barbell Push Press	3-4	12-15
Dumbbell Pop Squat	3-4	10-12
Plank Dumbbell Drag	3-4	10/side
Kettlebell Chop and Lift	3-4	10/side

Saturday – Strength Training, Treadmill, and Core Workout

Exercise	Time/Reps	Rest
Walking Dumbbell Lunges	2 sets x 10 reps/leg	1-minute
Machine Row	3 sets x 15 reps	1-minute
Reverse Pec Deck Fly	3 sets x 15 reps	1-minute
Close Grip Bench Press	2 sets x 15 reps	1-minute
Barbell Curl	2 sets x 15 reps	1-minute
Treadmill	10-minute	2-minute
Abs Workout	10-minute	-

Week 2 – HIIT and Full-Body Strength Workout

Alongside resistance exercises, you'll challenge your endurance level and improve cardiovascular fitness through **High-Intensity Interval Training** (HIIT).

HIIT involves performing exercises at more than 75 percent of your maximum heart rate for 10 to 30 seconds, followed by a little rest time (interval).

You can calculate your maximum heart rate by subtracting your age from 220.

Research has shown HIIT helps stimulate fat loss, improve aerobic and anaerobic fitness, and can help shape your body.^{3, 4, 5}

Here's your second week of the 4-week weight loss gym routine schedule:

- Monday: Strength Workout
- Tuesday: Bodyweight HIIT
- Wednesday: Resistance Circuit Training
- Thursday: OFF
- Friday: Isolation Strength Exercises
- Saturday: Bodyweight HIIT
- Sunday: OFF

Monday – Strength Workout

Exercise	Time/Reps	Rest
High Knees	15 seconds	No rest
Jump Squat	10 reps	No rest
Burpees	10 reps	1-minute
Back Squat	4 sets x 10 reps	2-minute
Incline Bench Press	4 sets x 10 reps	2-minute
Barbell Jammer	4 sets x 10 reps	2-minute
Machine Row	4 sets x 10 reps	2-minute
Treadmill Jog	5-minute	–

Tuesday – Bodyweight HIIT

Perform the following exercises as quickly as possible, and take a short break of less than 30 seconds between them. Once you complete one round, rest for 2-3 minutes, then repeat.

Perform as many rounds as possible in 30 minutes.

Exercise	Time/Reps
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Jumping Jacks	15-second
Squat Jumps	10 reps
Mountain Climbing	20-second
High Knees	20-second
Shoulder Taps	10 taps/side
Flutter Kicks	15-second
Burpees	10 reps
Lunge Front Kick	10 reps per side
Cross Body Mountain Climber	20-second

Wednesday – Free Weight HIIT

Perform as many rounds as possible in 30 minutes.

Exercise	Time/reps	Interval
Dumbbell Squat Swing	10 reps	45-sec
Barbell Thruster	10 reps	45-sec
Single-arm KB Swings	10/side	30-sec
Dumbbell Pop Squat	10 reps	60-sec
Plank Dumbbell Drag	5/side	45-sec
Kettlebell Chop and Lift	5/side	45-sec

Friday – Isolation Strength Exercises

Exercise	Activity	Rest
Treadmill	5-min	2-minute
Lat Pulldown	3 sets x 15 reps	2-minute
Seated Cable Row	3 sets x 15 reps	2-minute
Seated Pec Deck Fly	3 sets x 15 reps	2-minute
Bent-Over DB Lateral Raises	3 sets x 15 reps	2-minute
Overhead Triceps Extension	3 sets x 15 reps	90-second
Incline Dumbbell Curl	3 sets x 15 reps	90-second
Bicycling	5-min	–

Saturday – Bodyweight HIIT

Perform each round twice and take a little break between them.

Keep the rest time shorter between exercises.

Round 1	Round 2	Round 3
15-sec Jumping Jacks	5 Burpees	5 Squat Jumps
15-sec Mountain Climbers	15-sec Flutter Kicks	15-sec Cross Mt. Climber
15-sec High Knees	20 Alternate Heel Taps (10/side)	10 Crunches
20 Reverse Crunches	30-sec Bicycle Crunches	20 Shoulder Taps (10/side)
20 Plank Knee Taps (10/side)	10 Lunge Front Kick (5/side)	10 Leg Raises

Week 3 – Cardio and Upper Lower Split Training

- Monday: Low Impact Cardio
- Tuesday: Upper Body Workout
- Wednesday: Moderate Intensity Cardio
- Thursday: Lower Body Training
- Friday: HIIT Cardio
- Saturday: Upper Body Workout
- Sunday: OFF

Monday – Low-Impact Cardio

Exercise	Time/Reps	Rest
Treadmill	15 minutes	1-minute
Elliptical Trainer	5 minutes	1-minute
Ankle Hop	15 seconds	15 seconds
Jumping Jacks	15 seconds	30 seconds
Jump Squat	15 seconds	30 seconds
Forward Lunges	10 Reps/side	60 seconds
Mountain Climbing	15 seconds	30 seconds
Burpees	10 reps	60 seconds
Plank	60 seconds	60 seconds
Side Plank	30 seconds	60 seconds

Bicycling	5 minutes	2 minutes
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Besides Treadmill, Elliptical machine, and Bicycle, perform all other exercise two to three rounds.

Tuesday – Upper Body Workout

Exercise	Time/Reps	Rest
Squat Jump	2 sets x 10 reps	No rest
Burpees	2 sets x 5 reps	No rest
Mountain Climber	2 sets x 30-sec	1-min
Overhead Press	3 sets x 15 reps	2-minute
Incline Bench Press	3 sets x 15 reps	2-minute
Seated Cable Rowing	3 sets x 15 reps	2-minute
Triceps Press-down	3 sets x 15 reps	1-minute
Barbell Curl	3 sets x 15 reps	1-minute

Wednesday – Moderate Intensity Cardio

Exercise	Time/Reps	Rest
Jumping Jacks	15-second	No Rest
Mountain Climber	20-second	No Rest
Bear Crawl	30-second	No Rest
Inchworm	30-second	No Rest
Lunge Front Kick	10 reps/side	1-minute
Treadmill	10-minute	2-minute
Bicycling	10-minute	2-minute
Elliptical	10-minute	2-minute
Triset Abs Workout	10-minute	–

Thursday – Lower Body Training

Exercise	Activity	Rest
Burpees	2 sets x 5 reps	No rest
High Knees	2 sets x 30-sec	1-min
Leg Extension	3 sets x 15 reps	2-minute
Leg Press	3 sets x 15 reps	2-minute
Front Lunges	3 sets x 10 reps	2-minute
Leg Curl	3 sets x 15 reps	1-minute

Calf Raises	3 sets x 15 reps	1-minute
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Friday – HIIT Cardio

Perform each round twice and take a little break between them.

Keep the rest time shorter between exercises.

Round 1	Round 2	Round 3
15-sec Jumping Jacks	5 Burpees	5 Squat Jumps
15-sec Mountain Climbers	15-sec Flutter Kicks	15-sec Cross Mt. Climber
15-sec High Knees	20 Alternate Heel Taps (10/side)	10 Crunches
20 Reverse Crunches	30-sec Bicycle Crunches	20 Shoulder Taps (10/side)
20 Plank Knee Taps (10/side)	10 Lunge Front Kick (5/side)	10 Leg Raises

Saturday – Upper Body Workout

Exercise	Time/Reps	Rest
Squat Jump	2 sets x 10 reps	No rest
Mountain Climber	2 sets x 30-sec	No rest
Front Lat Pulldown	3 sets x 15 reps	2-minute
Seated Cable Rowing	3 sets x 15 reps	2-minute
Seated Pec Deck Fly	3 sets x 15 reps	2-minute
DB Lateral Raises	3 sets x 12 reps	2-minute
Bent-over Reverse Fly	3 sets x 12 reps	1-minute
Overhead Triceps Extension	3 sets x 12 reps	1-minute
Barbell Curl	3 sets x 10 reps	1-minute

Week 4 – Cardio and Split Training

- Monday: Low Impact Cardio
- Tuesday: Upper Body Workout
- Wednesday: Moderate Intensity Cardio

- Thursday: Lower Body Training
- Friday: HIIT Cardio
- Saturday: Upper Body Workout
- Sunday: OFF

Monday – Low-Impact Cardio

Exercise	Activity	Rest
Treadmill	15 minutes	1-minute
Elliptical Trainer	5 minutes	1-minute
Ankle Hop	15-second	No rest
Jumping Jacks	15-second	No rest
Jump Squats	10 reps	30-second
Jumping Lunges	10 reps/side	30-second
Mountain Climbing	15-second	No rest
Burpees	10 reps	30-second
Front Plank	1-minute	No rest
Side Plank	30-second	30-second
Bicycling	5 minutes	2 minutes

Besides Treadmill, Elliptical machine, and Bicycle, perform all other exercise two to three rounds.

Tuesday – Upper Body Workout

Exercise	Time/Reps	Rest
Jumping Jacks	2 sets x 15-sec	No rest
Burpees	2 sets x 5 reps	No rest
Mountain Climber	2 sets x 30-sec	1-min
Seated IYT DB Raises	3 sets x 8 reps	2-minute
Incline Bench Press	3 sets x 15 reps	2-minute
Seated Pec Deck Fly	3 sets x 15 reps	2-minute
Close Grip Pull-down	3 sets x 15 reps	2-minute
Seated Machine Row	3 sets x 15 reps	2-minute

Wednesday – Moderate Intensity Cardio

Exercise	Time/Reps	Rest
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Jumping Jacks	15-second	No Rest
Mountain Climber	20-second	No Rest
Bear Crawl	30-second	No Rest
Inchworm	30-second	No Rest
Lunge Front Kick	10 reps/side	1-minute
Treadmill	10-minute	2-minute
Bicycling	10-minute	2-minute
Elliptical	10-minute	2-minute
Triset Abs Workout	10-minute	-

Thursday – Lower Body Training

Exercise	Activity	Rest
Burpees	2 sets x 5 reps	No rest
High Knees	2 sets x 30-sec	1-min
Leg Extension	3 sets x 15 reps	2-minute
Back Squats	3 sets x 15 reps	2-minute
Step-up	3 sets x 10 reps	2-minute
Leg Curl	3 sets x 15 reps	1-minute
Hip Thrust	3 sets x 12 reps	1-minute

Friday – HIIT Cardio

Perform each round twice and take a little break between them.

Keep the rest time shorter between exercises.

Round 1	Round 2	Round 3
15-sec Jumping Jacks	5 Burpees	5 Squat Jumps
15-sec Mountain Climbers	15-sec Flutter Kicks	15-sec Cross Mt. Climber
15-sec High Knees	20 Alternate Heel Taps (10/side)	10 Crunches
20 Reverse Crunches	30-sec Bicycle Crunches	20 Shoulder Taps (10/side)
20 Plank Knee Taps (10/side)	10 Lunge Front Kick (5/side)	10 Leg Raises

Saturday – Upper Body Workout

Exercise	Time/Reps	Rest
Squat Jump	2 sets x 10 reps	No rest
Mountain Climber	2 sets x 30-sec	No rest
Bent-Over Dumbbell Row	3 sets x 15 reps	2-minute
T-Bar Row	3 sets x 15 reps	2-minute
Seated Pec Deck Fly	3 sets x 15 reps	2-minute
Reverse Pec Deck Fly	3 sets x 12 reps	2-minute
Barbell/DB Shrug	3 sets x 12 reps	1-minute
Triceps Press Down	3 sets x 12 reps	1-minute
Biceps Hammer Curl	3 sets x 10 reps	1-minute

Pro Tips to Get the Most Out of This Program

- 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.
- 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.
- 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).
- Adjustment:** You can adjust the routine according to your fitness level and goal.
- Train when you feel energetic:** It is best to work out when you feel physically and mentally active to give your best.
- 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.
- 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.

Additional Tips for Maximizing Your Workout Plan and Achieving Optimal Results

1. Pre-Workout Meal

A good pre-workout meal sets the foundation for an effective workout session. The pre-workout meal helps you perform better during the workout and supports muscle-building.

You should have your meal 30 minutes to 2 hours before the training, depending on what kind of food you consume.

Examples of pre-workout foods include:

1. [Protein Shake](#)
2. Chicken Salad
3. [Dried Fruits](#)
4. Oatmeal
5. [Energy Bars](#)
6. Peanut Butter and Toast
7. Yogurt with Fruit/Granola
8. Fruit Smoothies
9. Eggs

2. Workout When You Feel Energetic

Working out when you feel active lets you put your 100 percent into the workout. It could be morning, afternoon, or evening.

3. Keep yourself hydrated during the workout

Several studies have shown keeping yourself hydrated during the workout is essential to prevent injuries and uneasiness and enhance performance. So, it is best to drink water when you feel hypo-hydration.

4. Post-Workout Stretching and Cool Down

Most people often miss post-workout stretching, but many athletes and coaches recommend doing this. It may have a positive impact on your training because it helps reduce muscle soreness.

5. Post-workout Meal

The post-workout meal plays a crucial role in building muscles. You can have a great workout session, but if you don't consume protein and carbs after the workout, your muscles might not grow.

That's why you should have a great meal after the resistance training to maximize your results. There's no scientific evidence that taking a post-workout meal just after the workout elicits better results. Still, it is good to take your meal as soon as you finish the workout.

I suggest consuming at least 40-50 grams of protein and one gram of carbs per kg of your body weight for optimal results (it is only an example; a nutritionist can help you better in this case).

Examples of Post-Workout Meals:

- Protein shakes and banana.
- Oatmeal with yogurt, almonds, and berries.
- Chicken burrito with salad and cheese.
- Grilled chicken with roasted vegetables and rice.
- Egg omelet with avocado on whole grain toast.
- Salmon with sweet potato.
- Whole grain crackers with cheese and fruit.

6. Make Progress

Increase the load, the number of reps and sets, and the session duration as you progress further. Pushing your limit to a certain extent may help you build muscle faster.

7. Make Adjustment

You can make any changes you want in this program. For example, you can increase and decrease repetitions, sets, interval time, and the daily workout duration. You can also replace any exercise you don't like.

Recommended Brands:

1. [Performix \(Supplement\)](#)
2. [Amazon \(Supplement\)](#)
3. [Calisthenics Equipment](#)

Recommended Supplements for Speeding up Weight Loss:

1. [Best Fat Loss Products](#) (Amazon)
2. [Fat Burn Active](#)
3. [Keto Actives](#)
4. [Nutrigo Lab Burner](#)
5. [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](#)

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