

BEST EVENING GYM ROUTINE FOR WEIGHT LOSS

FULL URL: [HTTPS://THEFITNESSPHANTOM.COM/EVENING-GYM-ROUTINE-WITH-PDF](https://thefitnessphantom.com/evening-gym-routine-with-pdf)

It involves both cardio and weight-training exercises. Cardio exercises include treadmill run/walk, bicycling, and elliptical cross training, and are good for burning calories and improving endurance. On the other hand, resistance exercises strengthen bones and joints, increase strength, and build [fat-free mass](#).

Pairing this workout with a [low-calorie meal](#) plan will help you increase fat loss and shape your body.

Day 1 – Resistance Training

Exercises	Sets	Reps	Target Muscle
One-arm Kettlebell Swing	3	15/arm	Full Body
Dumbbell Squat	3	15-20	Legs
Barbell Push Press	3	10-12	Shoulder
Smith Machine Lunges	3	6-8/leg	Legs
Single-arm DB Row	3	10/side	Back
Cable Crunches	3	15-20	Abs

Day 2 – Steady State Cardio

Exercise at your own pace.

Exercise	Duration
Treadmill Run	20-minute
Stationary Bike	10-minute
Elliptical Trainer	10-minute
Rowing Machine	5-minute

Day 3 – Weight Training

Exercises	Sets	Reps	Target Muscle
Incline Machine Bench Press	3	15/arm	Chest
Single-arm Kettlebell Clean	3	10/side	Upper Body
Machine Leg Press	3	15-20	Quads
Single-arm Lateral Raises	3	10/side	Shoulder
Seated Leg Curl	3	15-20	Hamstrings
Reverse Pec Deck Fly	3	15-20	Rear Delt

Day 4 – Medium Intensity Cardio

Train at moderate intensity (60–75% of your MHR).

Exercise	Activity
Burpees	5 burpees x 6-8 sets, 30-45 seconds between sets
Mountain Climber	20 seconds work, 30 seconds rest x 6-8 sets
Jumping Rope	5-minutes at your own pace
Battle Rope	15 seconds, 1-minute break x 6-8 sets
Treadmill	15 minutes at an incline positioned

Day 5 – Strength Training

Exercises	Sets	Reps	Target Muscle
Lat Pulldown (Prone Grip)	3	15/arm	Chest
One-arm Landmine Press	3	10/side	Upper Body
Seated Pec Fly	3	15-20	Chest
Barbell Curl + Pressdown	3	12-15	Arms
Hack Squat	3	10/side	Quads
Calf Raises	3	15-20	Calves
Cable Crunches	3	15-20	Abdominals

Day 6 – High Intensity Cardio

Aim to perform each exercise at 75–90% of your maximum heart rate.

Exercise	Activity
Jumping Jacks	15 seconds work, 30 seconds rest x 6-8 sets
Mountain Climber	15 seconds work, 30 seconds rest x 6-8 sets
Battle Rope	15 seconds, 1-minute break x 6-8 sets
Treadmill	30 seconds run, 90-seconds rest x 6-8 sets
Bicycling	15 seconds work, 30 seconds rest x 6-8 sets
Rowing Machine	15 seconds work, 30 seconds rest x 6-8 sets

Who Can Train in the Evening?

Anybody who wants to get stronger, sculpted, or bigger can train in the evening. Working out in the evening is more enjoyable as you're free from your work (assuming you have a daytime job), your body is active, and the gym environment is vibrant.

Does Evening Exercise Disrupt Sleep?

It depends on when you exercise. If you exercise closer to your bedtime (less than 2 hours), you'll have a little trouble sleeping. But if you train 2-4 hours before bedtime, lifting weights doesn't affect your sleep. (Source: [Sports Medicine](#) & [Nature and Science of Sleep](#))

Is Exercising in The Evening Better Than Morning?

Weight training is more suitable in the evening, while the morning is a good time for cardio. (Source: [Integrative Medicine Research](#)) However, consistent training is more important than the timing of the exercise. So, don't let the timing be a reason to delay your workout; train when you get the time.

What to Eat Before and After an Evening Workout?

Eat a light meal before working out. Aim for a smaller, balanced snack or meal that includes carbohydrates and protein, such as whole-grain bread with peanut butter and banana.

Consume whole-grain slices of bread and cereals to restore energy, consume lean meats, eggs, nuts, legumes, tofu, and reduced-fat dairy to repair muscles, and drink enough water to replace lost fluids after completing your workout.