

# PRE-WEDDING WORKOUT PROGRAM B (FAT TO FIT)

Article Link: <https://thefitnessphantom.com/3-month-pre-wedding-workout-plan-with-pdf>

This program includes strength, endurance, and functional exercises, which help build strength, burn calories, and enhance appearance.

It involves 4 dedicated sessions for strength and muscle training, one for abs training, and one for cardio.

If you stay in a calorie deficit (follow a high-protein diet) and follow this routine, you'll see the changes in your body over time.

Warm up ([dynamic stretching exercises](#)) for 5-10 minutes before lifting weights. You can follow this guide if you want a well-structured warm-up routine.

Upper Body	Lower Body
Banded Pull Apart (15 reps)	Leg Swings (2 sets x 10/leg)
Shoulder Pass Through (20 reps)	Hamstrings Stretch (4 sets x 5-sec/leg)
<a href="#">World's Greatest Stretch</a> on Knee (10/side)	<a href="#">Single-leg Deadlifts</a> (10 reps per leg)
Low Lunge Arch (10-sec/side)	Deep Squats (10-15 reps)
<a href="#">Cobra to Child Pose</a> (5 reps, no pause)	Reverse Lunges (10 reps per side)

## Week 1-4: Upper Lower Full Body

- **Monday:** Upper Body (Push)
- **Tuesday:** Lower Body

- **Wednesday:** Upper Body (Pull)
- **Thursday:** Functional and Core
- **Friday:** Full Body Strength
- **Saturday:** Full Body Cardio
- **Sunday:** Active Recovery

## Day 1 – Upper Body (Push)

Exercise	Sets	Reps	Rest	Muscle
Barbell Bench Press	4	6-8	90 sec	Chest
Incline Dumbbell Press	3	8-10	75 sec	Upper Chest
Seated Dumbbell Shoulder Press	3	8-10	75 sec	Shoulders
Dumbbell Lateral Raise	3	12-15	60 sec	Side Delts
Rope Triceps Pushdown	3	12-15	60 sec	Triceps
Incline Walk	1	15 min	—	Cardio

## Day 2 – Lower Body

Exercise	Sets	Reps	Rest Time	Muscle
Barbell Squat	4	6-8	120 sec	Quads, Glutes
Romanian Deadlift	3	8-10	90 sec	Hamstrings
Walking Lunges	3	12/leg	60 sec	Legs
Leg Press	3	10-12	75 sec	Quads
Standing Calf Raise	4	15-20	45 sec	Calves
Stationary Bike	1	15 min	—	Cardio

## Day 3 – Upper Body (Pull)

Exercise	Sets	Reps	Rest Time	Muscle
Pull-Ups / Lat Pulldown	4	8-10	75 sec	Lats
Barbell Row	4	8-10	90 sec	Back
Seated Cable Row	3	10-12	75 sec	Mid Back
Face Pull	3	12-15	60 sec	Rear Delts
Hammer Curl	3	10-12	60 sec	Biceps
Rowing Machine	1	15 min	—	Cardio

## Day 4 – Functional and Core

Exercise	Sets	Reps	Rest Time	Muscle
Kettlebell Swings	4	15	60 sec	Full Body
Dumbbell Thrusters	4	12	60 sec	Full Body
Mountain Climbers	3	30 sec	30 sec	Core
Hanging Leg Raises	3	15	45 sec	Abs
Cable Crunch	3	15	45 sec	Abs
Incline Walk	1	20 min	—	Cardio

## Day 5 – Full Body Strength

Exercise	Sets	Reps	Rest Time	Muscle
Deadlift	4	5	120 sec	Posterior Chain
Front Squat	3	8	90 sec	Quads
Dumbbell Bench Press	3	10	75 sec	Chest
Pull-Ups	3	8-10	75 sec	Back
Farmer's Carry	3	40 sec	60 sec	Full Body
Stair Climber	1	15 min	—	Cardio

## Day 6 – Full Body Cardio

Exercise	Sets	Activity	Rest
Incline Walk	1	30 minutes	2-3 minutes
Battle Ropes	5	30 seconds	1-2 minutes
Assault Bike	10	30 sec fast, 30 sec slow	—
Jumping Rope	5	50-100 jumps	30-45 seconds

## Week 5-8: Hybrid Split

- **Monday:** Upper Body (Push)
- **Tuesday:** Lower Body
- **Wednesday:** Upper Body (Pull)

- **Thursday:** Functional and Core
- **Friday:** Full Body Strength
- **Saturday:** Full Body Cardio
- **Sunday:** Active Recovery

## Day 1 – Upper Body Push

Exercise	Sets	Reps	Rest	Target Muscle
Barbell Bench Press	5	5-8	2-3 minutes	Chest
Incline Dumbbell Press	4	8-10	1.5-2 minutes	Upper Chest
Seated DB Shoulder Press	4	8-10	1.5-2 minutes	Front Delts
Dumbbell Lateral Raise	4	12-15	1-1.5 minutes	Side Delts
Cable Chest Fly	3	12-15	1.5-2 minutes	Chest
Rope Pushdown	4	12-15	1-1.5 minutes	Triceps
Incline Walk	1	20 minutes	–	Full Body

## Day 2 – Lower Body

Exercise	Sets	Reps	Rest	Target Muscle
Smith Machine Back Squat	5	5-8	2-3 minutes	Quads, Glutes
Romanian Deadlift	4	8-10	2-3 minutes	Hamstrings
Walking Lunges	4	12/leg	1-1.5 minutes	Quads, Glutes
Leg Press	4	12-15	1.5-2 minutes	Quads
Leg Curl	3	12-15	1.5-2 minutes	Hamstrings
Standing Calf Raise	5	15-20	1-1.5 minutes	Calves
Stair Climber	1	15 min	–	Cardio

## Day 3 – Upper Body Pull

Exercise	Sets	Reps	Rest	Target Muscle
Lat Pulldown	5	6-8	1.5-2 minutes	Lats
Barbell Row	5	6-8	1.5-2 minutes	Mid Back
Seated Cable Row	4	10-12	1.5-2 minutes	Back
Face Pull	4	12-15	1.5-2 minutes	Rear Delts
Dumbbell Shrugs	4	12-15	1.5-2 minutes	Traps
Hammer Curl	4	10-12	1-1.5 minutes	Biceps
Rowing Machine	1	15-minutes	–	Cardio

## Day 4 – Functional & Core Workout

Exercise	Sets	Reps	Rest	Target Muscle
Kettlebell Swings	5	20	45-60 seconds	Posterior Chain
Dumbbell Thrusters	5	12	45-60 seconds	Full Body
Burpees	4	15	45-60 seconds	Full Body
Mountain Climbers	4	40 sec	30-45 seconds	Core
Hanging Leg Raise	4	15	30-45 seconds	Lower Abs
Cable Crunch	4	15	30-45 seconds	Upper Abs
Incline Walk	1	20 min	–	Cardio

## Day 5 – Full Body Strength

Exercise	Sets	Reps	Rest	Target Muscle
Rack Pull or Deadlift	5	4-6	2-3 minutes	Posterior Chain
Hack Squat	4	6-8	2-3 minutes	Quads
Incline Bench Press	4	6-8	1.5-2 minutes	Chest
Single-arm Row	4	8/side	30-45 seconds	Lats
Farmer's Carry	4	45 sec	45-60 seconds	Core, Grip
Row Machine	1	5-8 minutes	–	Cardio

## Day 6 – Full Body Cardio

Exercise	Sets	Activity	Rest
Incline Walk	1	30 minutes	2-3 minutes
Battle Ropes	5	30 seconds	1-2 minutes
Assault Bike	10	30 sec fast, 30 sec slow	–
Jumping Rope	5	50-100 jumps	30-45 seconds

## Week 9-12: Bro Split with Cardio

You'll focus on one muscle at a time in the final phase of this fat-to-lean pre-wedding training plan.

Besides weight training, it also includes cardio on each day at the end of the session, so you can burn fat and stay in deficit.

- Monday: Chest
- Tuesday: Back
- Wednesday: Shoulders
- Thursday: Legs
- Friday: Arms
- Saturday: Abs & Calves

## Day 1 – Chest + Cardio

Exercise	Sets	Reps	Rest	Muscle
Barbell Bench Press	4	6-8	2-3 minutes	Chest
Incline Dumbbell Press	4	8-10	1.5-2 minutes	Upper Chest
High to Low Cable Fly	3	12-15	1.5-2 minutes	Chest
Seated Pec Deck Fly	3	12-15	1.5-2 minutes	Inner Chest
Push-Ups	2	AMRAP	45-second	Chest
Incline Walk	1	20 minutes	–	Cardio

## Day 2 – Back + Cardio

Exercise	Sets	Reps	Rest	Target Muscle
Front Lat Pulldown	4	8-10	1.5-2 minutes	Lats
Seated Machine Row	4	8-10	1.5-2 minutes	Mid Back
Single-arm DB Row	3	10/side	30-second	Lats & Traps
Straight-Arm Pulldown	3	12-15	1-1.5 minutes	Lats
Hanging Knee Raises	5	10-15	30-45 seconds	Abdominals
Rowing Machine	1	20 min	–	Cardio

## Day 3 – Shoulders + Cardio

Exercise	Sets	Reps	Rest	Muscle
Seated Dumbbell Press	4	8-10	1.5-2 minutes	Front Delts
Dumbbell Lateral Raise	3	12-15	1-1.5 minutes	Side Delts

Cable Lateral Raise	3	13-15	1-1.5 minutes	Side Delts
Rear Delt Fly	3	12-15	1-1.5 minutes	Rear Delts
Dumbbell Shrugs	3	12-15	1-1.5 minutes	Traps
Seated Knee Tucks	4	25-30	45-60 seconds	Abdominals
Stair Climber	1	20 min	–	Cardio

## Day 4 – Legs + Cardio

Exercise	Sets	Reps	Rest	Target Muscle
Back or Hack Squats	4	6-8	2-3 minutes	Quads & Glutes
Leg Press	4	12-15	1.5-2 minutes	Quads
Walking Lunges	3	12/leg	1-1.5 minutes	Quads, Glutes
Leg Curl	3	12-15	1-1.5 minutes	Hamstrings
Oblique Chop	3	15/side	30-second	Obliques
Incline Walk	1	20 min	—	Cardio

## Day 5 – Arms + Cardio

Exercise	Sets	Reps	Rest	Muscle
Barbell Curl	4	8-10	1.5-2 minutes	Biceps
Incline Dumbbell Curl	3	10-12	1-1.5 minutes	Biceps
Hammer Curl	3	12-15	1-1.5 minutes	Brachialis
Close-Grip Bench Press	4	6-8	1-1.5 minutes	Triceps
Rope Pushdown	3	12-15	1-1.5 minutes	Triceps
Overhead Rope Extension	3	12-15	1-1.5 minutes	Triceps
Cycling	1	20 min	–	Cardio

## Day 6 – Abs + Calves + Cardio

Exercise	Sets	Reps	Rest	Muscle
Hanging Leg Raise	4	15	30-second	Lower Abs
Cable Crunch	4	15	30-second	Upper Abs
Russian Twist	3	20	30-second	Obliques
Plank	3	60 sec	30-second	Core
Seated Calf Raise	5	15-20	45-second	Soleus
Standing Calf Raise	5	15-20	45-second	Gastrocnemius
Easy run on the Treadmill	1	15-20 minutes	–	Cardio

# Frequently Asked Questions (FAQs)

Is working out six times weekly safe?

Yes, it's fine for a limited period, such as 3 months, ensuring you give your body proper nutrition and rest sufficiently to help your muscles recover.

Will my body get in shape in 3 months?

You won't see a drastic change in your body appearance in three months. But if you eat and rest according to the plan (high-protein [calorie surplus diet](#) for muscle gain and high-protein [caloric deficit diet](#) for weight loss), you'll see satisfactory changes.

What should I eat to achieve better results?

Whether you want to gain muscle or lose weight, your diet mostly includes protein (supplementation + food), followed by carbs and fats.

Aim for at least 2g protein per kg of your bodyweight (from eggs, chicken, Greek yoghurt, and whey protein).

Keep your calorie intake lower than your body needs to lose weight and higher for weight or muscle gain.

I've made meal plans for each fitness goal, and you can explore here: [weight loss](#) & [muscle gain](#).

I'm a beginner. What if I want to try it?

The programs include exercises that can be challenging for you, such as the back squat, bench press, deadlifts, and pull-ups. If you're a newbie and will be lifting for the first time, save this [beginner program](#).