

F.I.T.G.U.R.E
WEIGHT LOSS WORK-OUT
PROGRAM

DAYS	Outline
Monday (M)	Core with Upper Body Concentration
Tuesday(Tu)	Cardio and Resistance training
Wednesday(W)	Full body with Lower body concentration
Thursday (Th)	Lower Body Concentration
Friday(F)	HIIT Cardio with Endurance Concentration

Week 1 & 2

“Focus on your goals,be determined with what you set your mind to achieve,laser on to it okurrr.....”

@FitbyGardis

M-

	Exercises	Reps/Time	Sets	Rest between sets(time)
Warmup	<ul style="list-style-type: none"> • Elliptical 	10 mins	-	-
Body	<p>CORE</p> <ul style="list-style-type: none"> • Reverse Crunches • Sitting Twists • Arm Leg raises • Windshield wipers • Side plank • Russian twists • Squat to a knee touch • Elevated planks Elbow plank <p>UPPER BODY</p> <ul style="list-style-type: none"> • Back rows • Arm Rows • Shoulder raise db • Single Leg Raised Downward dog • Elevated pushups 	10reps	3	30secs
Cooldown/Stretch	<ul style="list-style-type: none"> • Upper neck stretch • Over head biceps and sh oulder stretch • Crossbody shoulder stretch • Bicep stretch • Reclined spinal twists • Chest stretch • Child's pose • Cobra 	Hold each stretch for 1-2mins	Repeat on each body part	30secs

TU-

	Exercises	Reps/Time	Sets	Rest between sets(time)
Warmup	<ul style="list-style-type: none">● Stairmaster	10mins	-	- -
Body	<p>FULLBODY</p> <ul style="list-style-type: none">● Barbell DL● Barbell Squat● Step up circuits● Bench Glute Bridge● Negative push up● Super mans● Downward dog● Bird dog● Overhead Press <ul style="list-style-type: none">● Cardio	 10reps 20mins	 3 -	 30secs -
Cooldown/Stretch	<ul style="list-style-type: none">● Runners lunge● Knee to chest● Downward dog stretch● Pigeon pose● Cobbler pose	Hold each stretch for 1-2mins	Repeat on each body part	30secs

W-

	Exercises	Reps/Time	Sets	Rest between sets(time)
Warmup	<ul style="list-style-type: none"> ● Treadmill walking ● High knees 	10mins 5mins	1 1	- -
Body	<p>LOWER BODY</p> <ul style="list-style-type: none"> ● Assisted body weight squats ● Assisted Body weight lunges ● Assisted deadlifts with dumbbells ● Sumo squats with kettlebell ● Step ups ● Standing hip hinge ● Kettlebell swings ● Banded Lateral walk ● Glute Bridges ● Hip openers ● SL deadlift ● Glute Bridge ● Donkey Kick <p>FULLBODY</p> <ul style="list-style-type: none"> ● Barbell DL ● Barbell Squats ● Goblet squats ● Plank to toe touch 	10reps	3	30secs
Cooldown/Stretch	<ul style="list-style-type: none"> ● Runners lunge ● Downward dog ● Pigeon pose ● Upper neck stretch ● Over head biceps and shoulder stretch ● Crossbody shoulder stretch ● Bicep stretch ● Reclined spinal twists 	Hold each stretch for 1-2mins	Repeat on each body part	30secs

TH-

	Exercises	Reps/Time	Sets	Rest between sets(time)
Warmup	<ul style="list-style-type: none"> ● Stairmaster ● Body weight squats 	10mins 5mins	1 1	- -
Body	<p>LOWER BODY</p> <ul style="list-style-type: none"> ● Barbell back squats ● Romanian DL ● Bulgarian Split squats ● Jump Squats ● Pulse Lunges ● Dumbbell Goblet Squat ● Hydrants ● Step ups ● Seated Calf Raises 	10 reps	3	30secs
Cooldown/Stretch	<ul style="list-style-type: none"> ● Runners lunge ● Downward dog ● Pigeon pose ● Calf Stretch ● Quadriцеп stretch ● Reclined spinal twists 	Hold each stretch for 1-2mins	Repeat on each body part	30secs

F-

	Exercises	Reps/Time	Sets	Rest between sets(time)
Warmup	<ul style="list-style-type: none">● Stairmaster● Body weight squats	10mins 5mins	1 1	- -
Body	HIIT CARDIO <ul style="list-style-type: none">● Supermans with Lateral Raises● Modified Burpees● Step ups circuit● Lateral Line hops● Squat jacks● Modified jump squats ENDURANCE <ul style="list-style-type: none">● Walking Lunges● Elevated push ups● Modified Planks	45secs 45secs	 3	 30secs
Cooldown/Stretch	<ul style="list-style-type: none">● Cobra● Downward dog● Child's pose● Calf Stretch● Quadriцеп stretch● Reclined spinal twists	Hold each stretch for 1-2mins	Repeat on each body part	30secs

WEEK 3 & 4

“ You are on your way ... Just keep pushing”

@FitbyGardis

M-

	Exercises	Reps/Time	Sets	Rest between sets(time)
Warmup	<ul style="list-style-type: none"> • Elliptical 	15 mins	-	-
Body	<p>CORE</p> <ul style="list-style-type: none"> • Reverse Crunches • Arm Leg raises • Resisted windshield wipers • Side plank • Russian twists with weight • Squat to a toe touch • Elbow plank <p>UPPER BODY</p> <ul style="list-style-type: none"> • Back rows with weights • Arm Rows with weights • DB shoulder raise • Single Leg Raised Downward dog • Pushups from knee 	45secs	3	30secs
Cooldown/Stretch	<ul style="list-style-type: none"> • Upper neck stretch • Over head biceps and shoulder stretch • Crossbody shoulder stretch • Bicep stretch • Reclined spinal twists • Chest stretch • Child's pose • Cobra 	Hold each stretch for 1-2mins	Repeat on each body part	30secs

Body	<p>UPPER BODY</p> <ul style="list-style-type: none"> ● Dumbbell chest press with resistance bands ● Tricep kickbacks with 5lb weight ● Overhead shoulder press with 10lbs ● Spider-mans ● Lat-pulldown with comfortable weight ● Seated Cable Rows with comfortable weight ● Bent over row with 45lb bar ● Assisted pushup <p>FULLBODY</p> <ul style="list-style-type: none"> ● Barbell DL with weight (25lb) ● Barbell Squats with weight 20lb ● Goblet squats 25lb with resistance ● Plank to toe touch 	10reps	3	30secs
Cooldown/Stretch	<ul style="list-style-type: none"> ● Runners lunge ● Downward dog ● Pigeon pose ● Upper neck stretch ● Over head biceps and shoulder stretch ● Crossbody shoulder stretch ● Bicep stretch ● Reclined spinal twists 	Hold each stretch for 1-2mins	Repeat on each body part	30secs

TH-

	Exercises	Reps/Time	Sets	Rest between sets(time)
Warmup	<ul style="list-style-type: none"> ● Stairmaster ● Body weight squats 	15mins 5mins	1 1	- -

Body	<p>LOWER BODY</p> <ul style="list-style-type: none"> ● Barbell back squats with 10lbs on each side ● Romamnian DL barbell with 25lbs on each side ● Bulgarian Split squats 10lbs each hand ● Jump Squats 10lb weight ● Pulse Lunges with ankle weights ● Dumbbell Goblet Squat with resistance ● Lateral Lunge with 5lb each hand ● Clamshell with resistance bands ● Side leg lift with band ● Step ups with 5lb weights on each arm ● Seated Calf Raises with 10lb weights 	10reps	3	30secs
Cooldown/Stretch	<ul style="list-style-type: none"> ● Runners lunge ● Downward dog ● Pigeon pose ● Calf Stretch ● Quadricep stretch ● Reclined spinal twists 	Hold each stretch for 1-2mins	Repeat on each body part	30secs

F-

	Exercises	Reps/Time	Sets	Rest between sets(time)
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Warmup	<ul style="list-style-type: none"> • Jumping Jacks x high knees x Burpees • Body weight squats 	5mins each 5mins	1 1	- -
Body	<p>LOWER BODY</p> <ul style="list-style-type: none"> • Clamshell with ankle weights • Side leg lift with band • Step ups with a resistance band <p>CORE</p> <ul style="list-style-type: none"> • Side plank from ankle • Russian twists with weights • Squat to a toe touch • Bicycle Crunch • V-ups • Leg raises • Elbow plank 	45secs 10reps 45secs	3	30secs
Cooldown/Stretch	<ul style="list-style-type: none"> • Cobra • Downward dog • Child's pose • Calf Stretch • Quadriцеп stretch • Reclined spinal twists 	Hold each stretch for 1-2mins	Repeat on each body part	30secs