

# **FREE** **GYM WORKOUT** **PLAN** **FOR WEIGHT LOSS**

## **Monday- Legs**

10-minute treadmill warm-up  
Romanian deadlift 12x4  
Barbell back squat 12x4  
Dumbbell lunges 12x3  
Leg press 12x3  
Goblet Squat 12x3  
Barbell hip thrust 12x4  
Standing calf raises 12x3  
Cool down and stretch

## **Wednesday- Upper body**

15-minute elliptical warm-up  
Bench press 12x4  
Triceps kickback 12x4  
Cable bicep curl 12x3  
Shoulder press 12x3  
Bent over row 12x3  
Triceps overhead extension  
12x3  
Standing dumbbell bicep curl  
12x4  
Cool down and stretch

## **Tuesday- Cardio**

30-45 minutes of cardio at a moderate pace, keeping the heart rate between 65% -70% of maximum heart rate.  
Good cardio options- cycling, elliptical, rowing, treadmill running/brisk walking, spinning.

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## **Thursday cardio +abs**

30 mins rowing machine – alternate 1-minute hard rowing with 2 mins of easy to moderate rowing.

### **AB WORKOUT**

Plank knee crosses 15x4  
Captain's chair hanging leg raises 15x4  
V- Ups 15x4  
Crunches on exercise ball 15x4  
Lying leg raises 15x4  
Windshield wipers 15x4

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**Mark Steyvers**



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