

# 3-MONTH WEIGHT-LOSS WORKOUT PLAN

## WEEKS 1-3

### MONDAY: LOWER BODY

#### CIRCUIT 1:

Plank: hold for 30 seconds  
Glute bridge  
Kettlebell deadlift

REST FOR 60 TO 90 SECONDS AND REPEAT THE CIRCUIT TWO TO THREE TIMES.

#### CIRCUIT 2:

Squats  
Lunges

REST FOR 60 TO 90 SECONDS AND REPEAT THE CIRCUIT TWO TO THREE TIMES.

### TUESDAY: HIIT CARDIO

Aim for 45 minutes to an hour of high-intensity intervals or intense cardio. Warm up with a 10-minute jog and cool down with some static stretching.

### WEDNESDAY: FULL BODY

Hollow hold  
Push press  
Alternating reverse lunge  
Twisting wood chops  
Alternating lateral lunge

REST FOR 60 TO 90 SECONDS AND REPEAT THE CIRCUIT TWO TO THREE TIMES.

### THURSDAY: CARDIO OR YOGA

Aim for 60 minutes of a steady-pace cardio and/or yoga.

### FRIDAY: UPPER BODY

#### CIRCUIT 1:

TRX row  
Single-arm chest press

REST FOR 60 TO 90 SECONDS AND REPEAT THE CIRCUIT TWO TO THREE TIMES.

#### CIRCUIT 2:

Single-arm bent-over row  
Knee push-ups

REST FOR 60 TO 90 SECONDS AND REPEAT THE CIRCUIT TWO TO THREE TIMES.

#### CIRCUIT 3:

Dumbbell bicep curls  
Triceps pushdown

REST FOR 60 TO 90 SECONDS AND REPEAT THE CIRCUIT TWO TO THREE TIMES.

**CLICK TO SEE THE FULL PLAN!**

# Weight Loss Plan This Month Login

**JG Myers**



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