



8 WEEKS FAT LOSS WORKOUT PLAN

The Workout Schedule

If you are a beginner, then start working out one body part in a single day. This pattern will help you to do variety of exercises and hits your muscles from a variety of angles, and incorporates a variety of rep ranges. Additionally, you will do HIIT Cardio or Abs training on every day. Make sure you don't skip any particular body part workout.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Chest + HIIT Cardio	Full Back + Abs	Full Arm + Oblique	Shoulder + HIIT Cardio	Full Leg + Abs	Rest	Recovery

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SUNDAY: CHEST + HIIT CARDIO

EXERCISES	SET1	SET2	SET3
FLAT DB PRESS	15	12	10
INCLINE BB PRESS	15	12	10
PEC DECK	15	12	10
DIPS	15	12	10

HIIT CARDIO			
EXERCISES	INTERVAL	SPEED	REPS
SPRINT	20 SECONDS	15-20 KMPH	10
KETTLEBELL SWINGS	60 SECONDS	NORMAL	3
MOUNTAIN CLIMBERS	60 SECONDS	NORMAL	3

No: of Sets	SET 1	SET 2	SET 3
No: of Reps	15	12	10
Rest B/w Sets	30 - 60 Seconds		

MONDAY : FULL BACK + ABS

EXERCISES	SET1	SET2	SET3
PULL UPS	15	12	10
SINGLE AFM DB ROWS	15	12	10
CABLE ROWS	15	12	10
DEADLIFTS	15	12	10

ABS WORKOUT			
EXERCISES	SET 1	SET 2	SET 3
CABLE KNEELING CRUNCH	15	12	10
HANGING LEG RAISES	15	12	10
WHEEL ROLLOUT	15	12	10
	15	12	10

No: of Sets	SET 1	SET 2	SET 3
No: of Reps	15	12	10
Rest B/w Sets	30 - 60 Seconds		



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TUESDAY: FULL ARM+ OBLIQUES

BICEPS			
EXERCISES	SET 1	SET 2	SET 3
EZ BAR CURL	15	12	10
CABLE CURLS	15	12	10
INCLINE DB CURL	15	12	10
DB PREACHER CURL	15	12	10

TRICEPS			
EXERCISES	SET 1	SET 2	SET 3
OVERHEAD DUMBBELL EXTENSION	15	12	10
OVERHEAD ROPE EXTENSION	15	12	10
ROPE PUSH DOWNS	15	12	10
STRAIGHT PUSH DOWNS	15	12	10

OBLIQUES WORKOUT			
EXERCISES	SET 1	SET 2	SET 3
CABLE TWIST	15	12	10
DB SIDE BEND	15	12	10

No: of Sets	SET 1	SET 2	SET 3
No: of Reps	15	12	10
Rest B/w Sets	30 - 60 Seconds		

WEDNESDAY: SHOULDER WORKOUT+ HIIT CARDIO

EXERCISES	SET1	SET2	SET3
BB MILITARY PRESS	15	12	10
SEATED DB LATERAL RAISE	15	12	10
PLATE FRONT RAISE	15	12	10
CABLE ONE ARM LATERAL RAISE	15	12	10

No: of Sets	SET 1	SET 2	SET 3
No: of Reps	15	12	10
Rest B/w Sets	30 - 60 Seconds		

HIIT CARDIO			
EXERCISES	INTERVAL	SPEED	REPS
SPRINT	20 SECONDS	15-20 KMPH	10
KETTLEBELL SWINGS	60 SECONDS	NORMAL	3
MOUNTAIN CLIMBERS	60 SECONDS	NORMAL	3

THURSDAY :FULL LEG + ABS

EXERCISES	SET1	SET2	SET3
BARBELL SQUATS	15	12	10
DUMBBELL SPLIT SQUATS	15	12	10
LEG EXTENSIONS	15	12	10
LEG PRESS	15	12	10

No: of Sets	SET 1	SET 2	SET 3
No: of Reps	15	12	10
Rest B/w Sets	30 - 60 Seconds		

Good Luck!!!
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