

Weight Loss Program (8 Weeks)



This is a guideline on the overall concept of Weight Loss.

Tracking your food is also important to ensure you don't over eat daily

Training and Cardio are also essential in your Weight Loss Journey. Make sure you get in the gym at least a couple of times a week.

CONSISTENCY IS KEY...

Principles of Weight Loss

- Create a Caloric Deficit
- Eat More Whole Foods
- Control Portions
- Increase Fiber Intake
- Limit Processed Foods and Sugars
- Stay Hydrated

Macronutrients

1. Protein Choices

Lean Meats: Chicken breast, turkey, fish.

Plant-Based: Lentils, Beans, Tofu, Soy

2. Carbohydrate Choices

Focus on whole grains: White rice, oats, whole-grain bread

Include Plenty of **fruits and vegetables.**

3. Fat Choices

Healthy fats: Avocado, olive oil, nuts, seeds, fatty fish (in moderation).

Tips For Weight Loss

Aim for at least 30 minutes of cardio (walking, running, cycling) most days of the week.

Incorporate strength training 2-3 times a week to preserve muscle mass.

Increase daily steps by using a pedometer or fitness tracker; aim for 10,000 steps a day.

Weekly Schedule:

- Monday - Push
- Tuesday - Pull
- Wednesday - Legs / Calves
- Thursday - Rest
- Friday - Upper Body
- Saturday - Lower Body
- Sunday - Rest

Monday (Push)

- Incline Chest Press - 3 Sets x 10 -12 Reps
- Lateral Raises - 4 Sets x 10 -12 Rep
- Chest Flys - 4 Sets x 8 -12 Rep
- Tricep extensions - 4 Sets x 8 -12 Rep

Tuesday (Pull)

- Wide Pull Downs - 4 Sets x 8 -12 Reps
- Preacher Curls - 4 Sets x 10 -15 Rep
- Neutral Grip Rows - 3 Sets x 8 -12 Rep
- Inverse Flys - 4 Sets x 10 -12 Rep
- Dumbbell Hammer Curls - 4 Sets x 8 -12 Rep

Wednesday (Legs / Calves)

- Leg extensions - 4 Sets x 8 -12 Reps
- Hamstring Curls - 4 Sets x 10 -12 Rep
- Calf Raises - 4 Sets x 10 -12 Rep
- Lunges - 3 Sets x 10 - 12

Thursday (Rest)

- Relax
- Active Recovery
- Light Cardio

Friday (Upper Body)

- Incline Chest Press - 4 Sets x 10 -12 Reps
- Pull Downs - 3 Sets x 8 -12 Rep
- Hammer Curls - 3 Sets x 10 -12 Rep
- Skull Crushers - 2 Sets x 8 -12 Rep
- Lateral Raises - 2 Sets x 10 -12 Rep
- Inverse Flys - 2 Sets x 10 -12 Rep

Saturday (Lower Body)

- Barbell Squats - 4 Sets x 10 -12 Reps
- Calf Raises - 4 Sets x 10 -12 Rep
- Leg Press - 3 Sets x 8 -12 Rep
- Goblet Squats- 3 Sets x 8 -12 Rep
- Hip Abductors- 3 Sets x 10 -12 Rep

Sunday (Rest)

- Relax
- Active Recovery
- Light Cardio

Cardio Regime

- 10,000 Steps Daily
- Slow Steady Cardio 3 x 5 Times a Week.

