



Main goal : Lose Fat
Training level : Intermediate - Full Body
Program duration : 6 Weeks
Days per week : 6 Days
Time per workout : 45 - 60 Minutes
Equipments : Barbell, Bodyweight, Dumbbells, Other
Client : Male & Female



CORE, STRENGTH AND FAT BURN WOROUT

Main Goal

Potent, powerful and anything but boring. This hardcore fat burning, strength and core building workout will leave you looking and feeling great.

Workout Schedule

Day 1 - Saturday : Active
Day 2 - Sunday : Active
Day 3 - Monday : Active
Day 4 - Tuesday: Active
Day 5 - Wednesday : Active
Day 6 - Thursday: Active
Day 7 - Friday : Off

WEEK / DAY	Day 1 Saturday	Day 2 Sunday	Day 3 Monday	Day 4 Tuesday	Day 5 Wednesday	Day 6 Thursday
Week 1						
Week 2						
Week 3						
Week 4						
Week 5						
Week 6						

Note : Mark the day you went to training .

DAY 1 - FULL BODY & CORE

EXCERSICE	SETS	REPS
Deadlift	5 - 6	10 - 12
Squat	5 - 6	10 - 12
Bench Press	5 - 6	10 - 12
Push up		100 Reps Total*
Pull Up or Chin Up		100 Reps Total
Dip		100 Reps Total

*100 Reps Total: Get to 100 reps using any number of sets. Deadlift, Squats & Bench Press Sets: Please see the article for a breakdown of how to perform these sets (Light, Medium, Heavy).



DAY2 - LIGHT SESSIONS

EXCERSICE	SETS	REPS
Shoulder Exercises	3	10 - 15
Biceps Exercises	3	10 - 15
Triceps Exercises	3	10 - 15
Push Up		100 Reps Total
Pull Up or Chin Up		100 Reps Total
Dip		100 Reps Total
Rowing 500 m Intervals (Hard)*	4 - 6	2 - 3 km
Cable Crunch	3	15 - 25
Weighted Side Bend	3	10 - 15
Leg Raise	3	15 - 25

* You can alternate with Rowing 4 - 6 km (Long) every other training day. You may also substitute w/ any cardio including swimming, sprinting and running, etc.

DAY3 - FULL BODY & CORE

EXCERSICE	SETS	REPS
Deadlift	5 - 6	10 - 12
Squat	5 - 6	10 - 12
Bench Press	5 - 6	10 - 12
Push up		100 Reps Total*
Pull Up or Chin Up		100 Reps Total
Dip		100 Reps Total

*100 Reps Total: Get to 100 reps using any number of sets. Deadlift, Squats & Bench Press Sets: Please see the article for a breakdown of how to perform these sets (Light, Medium, Heavy).

DAY4 - LIGHT SESSIONS

EXCERSICE	SETS	REPS
Shoulder Exercises	3	10 - 15
Biceps Exercises	3	10 - 15
Triceps Exercises	3	10 - 15
Push Up		100 Reps Total
Pull Up or Chin Up		100 Reps Total
Dip		100 Reps Total
Rowing 500 m Intervals (Hard)*	4 - 6	2 - 3 km
Cable Crunch	3	15 - 25
Weighted Side Bend	3	10 - 15
Leg Raise	3	15 - 25

* You can alternate with Rowing 4 - 6 km (Long) every other training day. You may also substitute w/ any cardio including swimming, sprinting and running, etc.



DAY5 - FULL BODY & CORE

EXCERSICE	SETS	REPS
Deadlift	5 - 6	10 - 12
Squat	5 - 6	10 - 12
Bench Press	5 - 6	10 - 12
Push up		100 Reps Total*
Pull Up or Chin Up		100 Reps Total
Dip		100 Reps Total

*100 Reps Total: Get to 100 reps using any number of sets. Deadlift, Squats & Bench Press Sets: Please see the article for a breakdown of how to perform these sets (Light, Medium, Heavy).

DAY6 - LIGHT SESSIONS

EXCERSICE	SETS	REPS
Shoulder Exercises	3	10 - 15
Biceps Exercises	3	10 - 15
Triceps Exercises	3	10 - 15
Push Up		100 Reps Total
Pull Up or Chin Up		100 Reps Total
Dip		100 Reps Total
Rowing 500 m Intervals (Hard)*	4 - 6	2 - 3 km
Cable Crunch	3	15 - 25
Weighted Side Bend	3	10 - 15
Leg Raise	3	15 - 25

*You can alternate with Rowing 4 - 6 km (Long) every other training day. You may also substitute w/ any cardio including swimming, sprinting and running, etc.

Article link : <https://waleedalmadawy.com/the-complete-guide-to-lose-weight-with-nutrition-and-exercises/>