7 Day Weight Loss Workout Plan

Day 1: Full Body Strength Circuit

- Warm-up: 5-10 minutes of light cardio (jump rope, jogging, dynamic stretches)
- Circuit (3 rounds of 12-15 reps): Squats, Push-ups, Bent-over rows, Plank to push-up, Lunges, Russian twists
- Cool down: 5-10 minutes of stretching
- Why This Works: Full-body workouts maximize calorie burn and build lean muscle mass.

Day 2: HIIT Cardio Blast

- Warm-up: 5 minutes light cardio
- HIIT Circuit (30s on, 15s rest): Burpees, Mountain Climbers, Jump squats, High knees, Plank jacks, Skater hops
- Cool down: 5-10 minutes of stretching
- Why This Works: HIIT burns fat efficiently and creates an afterburn effect.

Day 3: Lower Body Sculpt

- Warm-up: 5-10 minutes cardio (leg swings, lunges)
- Circuit (3 rounds): Squats, Glute bridges, Bulgarian split squats, Step-ups, Calf raises, Plank
- Cool down: 5-10 minutes stretching
- Why This Works: Builds lower body muscle, boosts metabolism, and shapes physique.

Day 4: Core Crusher & Light Cardio

- Warm-up: 5 mins cardio (brisk walk or cycling)
- Core Circuit (3 rounds): Bicycle crunches, Leg raises, Plank with shoulder taps, Side plank, Flutter kicks, Mountain climbers
- Light Cardio: 20-30 minutes walking, cycling, or swimming
- Cool down: 5-10 minutes of stretching
- Why This Works: Strengthens core and maintains fat-burning momentum.

Day 5: Upper Body Shred

- Warm-up: 5-10 minutes cardio (arm circles, shrugs)
- Circuit (3 rounds): Push-ups, Dumbbell rows, Shoulder press, Tricep dips, Bicep curls, Chest press

- Cool down: 5-10 minutes stretching
- Why This Works: Builds upper body strength and supports daily functionality.

Day 6: Fat Burning HIIT + Yoga Stretch

- Warm-up: 5 minutes light cardio
- HIIT (30s on, 15s rest): Jump squats, Mountain climbers, Burpees, Jumping lunges, Plank jacks
- Yoga Stretch: Downward dog, Warrior poses, Childs pose, Pigeon pose, Cat-cow, Seated forward fold
- Cool down: 5-10 minutes of deep breathing
- Why This Works: Combines fat burning with recovery for optimal results.

Day 7: Active Recovery (Walk or Light Jog)

- Workout: 30-45 minutes of brisk walking or jogging
- Optional: Light stretching or foam rolling
- Why This Works: Promotes circulation and recovery without straining muscles.