

# Fat Loss Gym Workout Plan

Week 1

## Monday - Legs and biceps

20 minutes cardio

- Barbell squats - 3 sets/ 10 reps
- Bicep curls - 3 sets/ 10 reps
- Romanian deadlifts - 3 sets/10 reps
- Concentration curls - 3 sets/ 10 reps
- Leg extensions - 3 sets/10 reps
- Side bicep curls - 3 sets/10 reps
- Hip thrusts - 3 sets/10 reps
- Reverse curls - 3 sets/10 reps
- Leg curls - 3 sets/10 reps
- Standing hip abduction - 4 sets/10 reps (2 each side)



## Wednesday - Full rest

## Friday - Legs, chest and triceps

20 minutes cardio

- Sumo deadlifts - 3 sets/10 reps
- Tricep dips - 3 sets/10 reps
- Bench press - 3 sets/10 reps
- Lying leg curls - 3 sets/10 reps
- Cable crossover flys - 3 sets/10 reps
- Leg extensions - 3 sets/10 reps
- Triceps kickbacks - 3 sets/10 reps
- Side lunges - 3 sets/10 reps
- Dumbbell flys - 3 sets/10 reps
- Tricep pushdowns - 3 sets/10 reps
- Hip thrusts - 3 sets/10 reps
- Calf raises - 3 sets/10 reps

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## Sunday - Full rest



## Tuesday - Chest and triceps

20 minutes cardio

- Triceps kickbacks - 3 sets/10 reps
- Bench press - 3 sets/10 reps
- Overhead triceps extensions - 3 sets/10 reps
- Dumbbell chest flys - 3 sets/10 reps
- Tricep dips - 3 sets/10 reps
- Cable crossover flys - 3 sets/10 reps
- Wide push-ups - 3 sets/10 reps

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## Thursday - Back and shoulders

20 minutes cardio

- Barbell deadlifts - 3 sets/10 reps
- Front raises - 3 sets/10 reps
- Wide grip lat pull downs - 3 sets/10 reps
- Dumbbell lateral raises - 3 sets/10 reps
- Bent-over dumbbell rows - 3 sets/10 reps
- Shoulder press - 3 sets/10 reps
- Back extensions - 3 sets/10 reps
- Arnold press - 3 sets/10 reps

## Saturday - Back, biceps and abs

30 minutes cardio

- Lat pull downs - 3 sets/10 reps
- Hammer curls - 3 sets/10 reps
- Captain's chair leg raises - 3 sets/10 reps
- Assisted pull-ups - 3 sets/10 reps
- Preacher curls - 3 sets/10 reps
- Planks - 3 sets/ 30 seconds
- Bent over rows - 3 sets/10 reps
- Bicep curls - 3 sets/10 reps
- Side planks - 2 sets/ 30 seconds
- Kettlebell swings - 3 sets/10 reps

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# Weight Loss Plan Sat Practice Top

**Ian Pickup**



**Weight Loss Plan Sat Practice Top:**

## Decoding **Weight Loss Plan Sat Practice Top**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Weight Loss Plan Sat Practice Top**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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