

# 1 HOUR GYM WORKOUT TO LOSE WEIGHT

Created by: [Murshid Akram](#)

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Achieving a toned, muscular, and defined physique is the ultimate goal of many fitness enthusiasts. However, it requires a nutritious diet, a little discipline, knowledge about how exercise and nutrition work, and a well-designed workout plan to achieve that holy grail.

In this article, I'll talk about the exercise part and share a well-designed 1 Hour gym workout routine to lose weight.

This routine combines strength and cardio exercises and will help you promote weight loss, increase strength, and build lean mass.

Whether you're male or female, if you're looking to enhance your fat loss and improve your body composition, you can explore this easy-to-follow and effective workout program.

## Program Summary and Description

Sessions/week	6 days/week
Duration/session	One Hour
Program Duration	3-4 Months
Exercise Types	Aerobic and Weight Training
Workout Level	Beginner to Intermediate
Target Gender	Male and Female
Program Goal	Increase Weight Loss and Build Lean Mass

### Additional Instructions:

- If you're a beginner, you can train four times a week instead of six.
- Perform warm-up for five minutes before lifting weight. You can do low-impact exercises or perform lightweight sets.
- You can customize this routine according to your fitness level.
- Keep yourself hydrated throughout the workout.

# Plan A (Cardio and Weight Training Alternate Day)

- **Monday** – Low-Intense Cardio
- **Tuesday** – Strength Training
- **Wednesday** – Low-Impact Aerobic Workout
- **Thursday** – Strength Workout
- **Friday** – Low-Intensity Aerobic Workout
- **Saturday** – Weight Training

## Monday – Low-Intense Cardio

- Run on the Treadmill for 20 minutes
- Stationary Bicycling for 10 minutes (at your own pace).
- Elliptical Cross Trainer for 5 minutes
- 10-minute Bodyweight Core Workout
- Take 2-5 minutes of break between exercises.

Here’s how you can break down a 20-minute Treadmill Run/Jog:

Duration	Speed
2 minutes	4-6 Km/h
3 minutes	6-8 Km/h
5 minutes	8-10 Km/h
2 minutes	4-6 Km/h
3 minutes	8-10 Km/h
2 minutes	6-8 Km/h
3 minutes	8-10 Km/h

**Note:** You can adjust the speed according to your fitness level.

## 10-minute Bodyweight Core Workout

Exercise	Reps/Time	Rest
Mountain Climber	20-sec	40-sec
Crunches	10 reps	30-sec
Alternate Heel Tap	10 taps/side	20-sec
Flutter Kicks	15-sec	30-sec
Side Plank Hip Dip	10 reps/side	20-sec
Plank	45-sec	30-sec

Repeat twice for 15 minutes.



## Tuesday – Strength Training

Exercise	Reps	Rest
Back Squat	15 x 3	1-3 min
Flat Bench Press	15 x 3	1-3 min
Military Press	12 x 3	1-3 min
Lat Pulldown	15 x 3	1-3 min
Single-arm DB Rowing	10 x 2	1-3 min

## Wednesday – Low-Impact Aerobic Workout

- Treadmill – 10 minutes at your selected pace
- Stationary Bicycling – 10 minutes
- Elliptical Cross Trainer – 10 minutes
- Core Workout – 15 minutes
- Overall rest during the workout: 15 minutes

Here's an example of a 15-minute abdominal exercise:

Exercise	Reps/Time	Rest
Squat Jump	10 reps x 2	30-sec
Crunches	10 reps	30-sec
Mountain Climbing	20-sec	40-sec
Flutter Kicks	20-sec	40-sec
Burpees	5 reps x 2	1-min
Alternate Heel Tap	10 taps/side	40-sec
Leg Raises	10 reps	30-sec
Scissor Kicks	30-sec	30-sec
Crossbody Mt. Climber	20-sec	40-sec
Plank	45-sec x 2	30-sec
Side Plank	20-sec/side	15-sec

## Thursday – Strength Workout

Exercise	Reps	Rest
Block Pull Deadlift	8 x 3	1-3 min
Seated Cable Row	15 x 3	1-3 min
Pec Deck Fly	15 x 3	1-2 min
Rope Pushdown	15 x 2	1-2 min
<a href="#">Hip Thrust</a>	12 x 3	1-2 min

## Friday – Low-Intensity Aerobic Workout

- Treadmill – 10 minutes at your selected pace
- Stationary Bicycling – 10 minutes
- Elliptical Cross Trainer – 10 minutes
- Core Workout – 15 minutes
- Rest during the workout: 15 minutes

### 15-minute Abs Workout Sample

Exercise	Activity
Mountain Climber	30-sec
<a href="#">Kneeling Cable Crunches</a>	15 reps
Alternate Heel Taps	10 taps/side
<a href="#">High to Low Cable Wood Chop</a>	10 reps/side
Hanging Knee Raise	10-15 reps
<a href="#">Plank Dumbbell Drag</a>	5 reps/side
Crossbody Mountain Climbers	30-sec
<a href="#">Landmine Oblique Twist</a>	10 reps/side
Flutter Kicks	15-sec
Plank	45-60 sec

## Saturday – Weight Training

Exercise	Reps x Sets	Rest
Dumbbell Lunges	15 x 3	2-min
Incline Dumbbell Bench Press	12 x 3	2-min
Dumbbell Side Delt Raise	12 x 3	2-min
Bent-over Row	12 x 3	2-min
<a href="#">Barbell Curl</a>	15 x 2	2-min

# Plan B (Strength and Cardio on the Same Day)

In this workout plan, you'll train strength and cardio together on the same day.

This routine consists of four training sessions in one week with three full rest days.

It will be challenging, and I recommend only intermediates follow this one-hour strength and cardio workout to lose weight.

## Schedule

- **Monday** – Cardio and Weight Training
- **Tuesday** – Strength and Cardio Training
- **Wednesday** – OFF
- **Thursday** – Cardio and Weight Training
- **Friday** – Strength and Cardio Training
- **Saturday** – OFF
- **Sunday** – OFF

## Monday – Cardio and Weight Training

Exercise	Reps/Duration	Rest
Treadmill	10 minutes	3-min
Bench Press	12 x 3	2-min
Cable Lateral Raise	12 x 3	2-min
Single-arm DB Row	12 x 3	2-min
<a href="#">Core Training</a>	15 minutes	–

## Tuesday – Strength and Cardio Training

Exercise	Reps/Duration	Rest
Treadmill	5 minutes	1-min
Lat Pulldown	12 x 3	2-min
Seated Cable Row	12 x 3	2-min
Overhead Press	12 x 3	2-min
Bodyweight Cardio	10 minutes	2-min
Bicycling	5 minutes	–



## Thursday – Cardio and Weight Training

Exercise	Reps/Duration	Rest
Bicycling	5 minutes	2-min
Dumbbell Front Squat	12 x 3	2-min
Dumbbell Front Lunges	12 x 3	2-min
Rope Pushdown	8 x 3	2-min
Treadmill	15 minutes	—

## Thursday – Cardio and Weight Training

Exercise	Reps/Duration	Rest
Treadmill	10 minutes	2-min
Incline DB Bench Press	12 x 3	2-min
Bent-Over Row	12 x 3	2-min
Face Pull	12 x 3	2-min
Core Workout	15 minutes	—

### Helpful Resources:

1. [70 Best Bodyweight Cardio Exercises](#)
2. [Kettlebell HIIT Workouts](#)
3. [Barbell HIIT Workouts](#)
4. [Dumbbell HIIT Workout](#)
5. [HIIT CrossFit Workouts](#)
6. [Ultimate HIIT Exercises List](#)

7. [HIIT Core Workout Routine](#)
8. [20 Best No-Equipment Exercises](#)

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The image displays three promotional banners for PerfectBody products. The first banner on the left features a woman in a dark sports bra and blue jeans, with a blue background and the text "PERFECT BODY™ Reach your weight loss goals with the easiest to follow PerfectBody meal and training plan. Start now". The middle banner shows a woman in a pink tank top and black leggings running, with a red apple and a bottle of "OAPHC APPLE CIDER VINEGAR GUMMIES". The text reads "TO SUPPORT DETOX & CLEANSING\*" and "Just take 2 Apple Cider Vinegar gummies a day to support natural detoxification processes from the body and help you feel refreshed.\*". The right banner is for "WEIGHT-LOSS COMPLEX with L-Arginine & L-Carnitine" and features a bottle of "WEIGHT LOSS + DETOX" surrounded by various fruits and vegetables. The ingredients listed are: Garcinia Cambogia, Green Coffee, Green Tea, Panax Ginseng, Ginger Extract, and African Mango. Other ingredients include Dandelion Extract, Gymnema Sylvestre Extract, Forskolin Extract, and Stevia Extract.