

14 DAY WORKOUT PLAN TO SHAPE YOUR BODY

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14 Day Weight Loss Workout Plan

Day 1 – Push Workout and Cardio

Exercise	Activity	Rest
Smith Machine Overhead Press	3 sets x 12 reps	2-min
Flat Dumbbell Bench Press	3 sets x 12 reps	2-min
Single-arm Landmine Press	3 sets x 10/arm	1-min
Lateral Delt Raises	3 sets x 10/arm	2-min
Treadmill Jog/Run	10-minute	2-min
Stationary Bike	5-minute	2-min
Jumping/ Battle Rope	5-minute	–

Day 2 – Leg and Core Workout

Exercise	Sets	Reps	Rest
Goblet Squat	3	12-15	2-min
Forward Lunges	3	12-15	2-min
Romanian Deadlift	3	12-15	2-min
Leg Curl	3	12-15	2-min
Decline Crunches	3	10-15	45-sec
Hanging Knee Raises	3	10-15	45-sec
Cable Wood Chop	3	10/side	45-sec
Plank	2	1-min	45-sec

Day 3 – Pull Workout and Cardio

Exercise	Activity	Rest
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Rack Pull Deadlift	3 sets x 12 reps	2-min
Front Lat Pull Down	3 sets x 12 reps	2-min
Seated Cable Row	3 sets x 10/arm	1-min
One-arm DB Row	3 sets x 10/arm	2-min
Treadmill	10-minute	2-min
Stationary Bike	5-minute	2-min
Jumping/ Battle Rope	5-minute	–

Day 4 – Push Workout and Cardio

Exercise	Activity	Rest
Incline Bench Press	3 sets x 12 reps	2-min
Seated Pec Deck Fly	3 sets x 12 reps	2-min
Close Grip Bench Press	3 sets x 10 reps	1-min
Lateral Delt Raises	3 sets x 10/arm	2-min
High-Intensity Interval Training	20-minute	–

Day 5 – OFF

Day 6 – Leg and Core Workout

Exercise	Sets	Reps	Rest
Back Squat	3	12-15	2-min
Reverse Lunges	3	12-15	2-min
Leg Press	3	12-15	2-min
Leg Curl	3	12-15	2-min
Reverse Crunches	3	15-20	45-sec
Mountain Climbing	3	20-sec	45-sec
Cable Wood Chop	3	10/side	45-sec
Kneeling Cable Crunches	2	15-20	45-sec

Day 7 – Pull Workout and Cardio

Exercise	Activity	Rest
Close Grip Lat Pulldown	3 sets x 12 reps	2-min
T-Bar Row	3 sets x 12 reps	2-min
Seated Cable Row	3 sets x 10/arm	1-min
One-arm DB Row	3 sets x 10/arm	2-min
Treadmill	10-minute	2-min
Stationary Bike	5-minute	2-min
Elliptical Cross Trainer	5-minute	–

Day 8 – Push Workout and Cardio

Exercise	Activity	Rest
Flat DB Bench Press	3 sets x 12 reps	2-min
One-arm Landmine Press	3 sets x 12 reps	2-min
Lateral Delt Raises	3 sets x 10/arm	1-min
Rope Pushdown	3 sets x 10 reps	2-min
20-Minute HIIT	20-minute	–

Day 9 – Leg and Core Workout

Exercise	Sets	Reps	Rest
Goblet Squat	3	12-15	2-min
Hack Squat	3	12-15	2-min
Leg Extension	3	12-15	2-min
Cable Pull Through	3	12-15	2-min
Decline Crunches	3	10-15	45-sec
Landmine Oblique Twist	3	10/side	45-sec
Decline Reverse Crunches	3	10-15	45-sec
Plank	2	1-min	45-sec

Day 10 – OFF

Day 11 – Pull Workout and Cardio

Exercise	Activity	Rest
Rack Pull Deadlift	3 sets x 12 reps	2-min
Front Lat Pull Down	3 sets x 12 reps	2-min
Seated Cable Row	3 sets x 10/arm	1-min
One-arm DB Row	3 sets x 10/arm	2-min
Treadmill	10-minute	2-min
Stationary Bike	5-minute	2-min
Jumping Rope	5-minute	–

Day 12 – Push Workout and Cardio

Exercise	Activity	Rest
Incline Bench Press	3 sets x 12 reps	2-min
Arnold Press	3 sets x 12 reps	2-min
Lateral Delt Raises	3 sets x 10/arm	1-min
Bench Dips	3 sets x 10 reps	2-min
HIIT Cardio	20-minute	2-min

Day 13 – Leg and Core Workout

Exercise	Sets	Reps	Rest
Back Squat	3	12-15	2-min
Reverse Lunges	3	12-15	2-min
Leg Press	3	12-15	2-min
Leg Curl	3	12-15	2-min
Reverse Crunches	3	15-20	45-sec
Mountain Climbing	3	20-sec	45-sec
Cable Wood Chop	3	10/side	45-sec
Kneeling Cable Crunches	2	15-20	45-sec

Day 14 – Pull Workout and Cardio

Exercise	Activity	Rest
Close Grip Lat Pulldown	3 sets x 12 reps	2-min
T-Bar Row	3 sets x 12 reps	2-min
Seated Cable Row	3 sets x 10/arm	1-min
One-arm DB Row	3 sets x 10/arm	2-min
Treadmill	10-minute	2-min
Stationary Bike	5-minute	2-min
Elliptical Cross Trainer	5-minute	–

14 Day Workout Routine to Build Muscle

Day 1 – Chest and Shoulder

Exercise	Sets	Reps	Rest
Dive Bomber Push-ups	3	10-12	1-min
Seated Pec Deck Fly	3	12-15	90-sec
Incline DB Press	4	10-15	2-min
Bar Dips	3	10-12	2-min
DB Lateral Raises	3	10-12	2-min
Reverse Machine Fly	3	10-12	2-min
Barbell Front Raises	3	10-12	2-min

Day 2 – Back and Core

Exercise	Sets	Reps	Rest
Pull-ups	3	6-12	2-min
Bent-Over Rows	3	12-15	2-min
Close Grip Pulldown	3	12-15	2-min
Seated Cable Row	3	12-15	2-min
One-arm DB Row	2	10-12	45-sec
Hanging Knee Raises	3	10-15	30-sec
Decline Crunches	3	10-15	45-sec
Ab Wheel Rollout	3	5-10	45-sec

Day 7 – Legs and Arms (Superset)

Exercise	Sets	Reps	Rest
Leg Press + Triangle Pushup	3	12-15	1-min
Hack Squat + OH Triceps Extension	3	12-15	1-min
DB RDL + Preacher Curl	3	12-15	1-min
Calf Raises + Incline DB Curl	3	12-15	1-min

Day 4 – Low-Impact Cardio

Exercise	Duration	Rest
Treadmill	10-minute	2-min
Stationary Bike	5-minute	2-min
Jumping Rope	5-minute	2-min
Battle Rope	5-minute	–

Day 5 – Chest and Shoulder

Exercise	Sets	Reps	Rest
Incline Bench Press	3	10-12	1-min
Decline Cable Flyes	3	12-15	90-sec
Archer Push-up	4	10-15	2-min
DB Pullover	3	10-12	2-min
Arnold Press	3	10-12	2-min
Bent-over Rear Delt Raise	3	10-12	2-min
Shrug	3	10-12	2-min

Day 6 – Back and Core

Exercise	Sets	Reps	Rest
Deadlifts	3	6-12	2-min
Medium Grip Pulldown	3	12-15	2-min
Lat Machine Row	3	12-15	2-min
Bent-over DB Row	3	12-15	2-min
Hanging Knee Raises	3	10-15	30-sec
Decline Crunches	3	10-15	45-sec
Ab Wheel Rollout	3	5-10	45-sec

Day 7 – Legs and Arms (Superset)

Exercise	Sets	Reps	Rest
DB Goblet Squat + Skull Crusher	3	12-15	1-min
Leg Extension + Press Down	3	12-15	1-min
Front Lunges + Barbell Curl	3	12-15	1-min
Leg Curl + Hammer Curl	3	12-15	1-min

Day 8 – Low-Impact Cardio

Exercise	Duration	Rest
Treadmill	10-minute	2-min
Stationary Bike	5-minute	2-min
Jumping Rope	5-minute	2-min
Battle Rope	5-minute	–

Day 9 – Chest and Shoulder

Exercise	Sets	Reps	Rest
Dive Bomber Push-ups	3	10-12	1-min
Flat Dumbbell Bench Press	3	12-15	2-min
Seated Peck Fly	3	10-15	2-min
Kneeling Landmine Press	3	10-12	2-min
DB Lateral Raises	3	10-12	2-min
Reverse Machine Fly	3	10-12	2-min
Behind-The-Back Shrug	3	10-12	2-min

Day 10 – Back and Core

Exercise	Sets	Reps	Rest
Pull-ups	3	6-12	2-min
T-Bar Row	3	12-15	2-min
Straight-arm Cable Pulldown	3	12-15	2-min
Front Lat Pulldown	3	12-15	2-min
Seated Cable Row	3	10-15	2-min
Hanging Knee Raises	3	10-15	30-sec
Decline Crunches	3	10-15	45-sec
Ab Wheel Rollout	3	5-10	45-sec

Day 7 – Legs and Arms (Superset)

Exercise	Sets	Reps	Rest
Goblet Squat + Press Down	3	12-15	1-min
Leg Press + OH Triceps Extension	3	12-15	1-min
Leg Curl + Preacher Curl	3	12-15	1-min
Reverse Lunges + Incline DB Curl	3	12-15	1-min

Day 12 – Low-Impact Cardio

Exercise	Duration	Rest
Treadmill	10-minute	2-min
Stationary Bike	5-minute	2-min
Jumping Rope	5-minute	2-min
Battle Rope	5-minute	–

Day 13 – Chest and Shoulder

Exercise	Sets	Reps	Rest
Incline Bench Press	3	10-12	1-min
Decline Cable Flyes	3	12-15	90-sec
Archer Push-up	4	10-15	2-min
DB Pullover	3	10-12	2-min
Arnold Press	3	10-12	2-min
Seated IYT raises	3	10-12	2-min
Cable Face Pull	3	10-12	2-min

Day 14 – Back and Core

Exercise	Sets	Reps	Rest
Deadlifts	3	6-12	2-min
Close Grip Lat Pulldown	3	12-15	2-min
Lat Machine Row	3	12-15	2-min
Kroc Row	3	12-15	2-min
Hanging Knee Raises	3	10-15	30-sec
Decline Crunches	3	10-15	45-sec
Ab Wheel Rollout	3	5-10	45-sec

Additional Tips for Maximizing Your Workout Plan and Achieving Optimal Results

1. Pre-Workout Meal

A good pre-workout meal sets the foundation for an effective workout session. The pre-workout meal helps you perform better during the workout and supports muscle-building.

You should have your meal 30 minutes to 2 hours before the training, depending on what kind of food you consume.

Examples of pre-workout foods include:

1. [Protein Shake](#)
2. Chicken Salad
3. [Dried Fruits](#)
4. Oatmeal
5. [Energy Bars](#)
6. Peanut Butter and Toast
7. Yogurt with Fruit/Granola
8. Fruit Smoothies
9. Eggs

2. Workout When You Feel Energetic

Working out when you feel active lets you put your 100 percent into the workout. It could be morning, afternoon, or evening.

3. Keep yourself hydrated during the workout

Several studies have shown keeping yourself hydrated during the workout is essential to prevent injuries and uneasiness and enhance performance. So, it is best to drink water when you feel hypohydration.

4. Post-Workout Stretching and Cool Down

Most people often miss post-workout stretching, but many athletes and coaches recommend doing this. It may have a positive impact on your training because it helps reduce muscle soreness.

5. Post-workout Meal

The post-workout meal plays a crucial role in building muscles. You can have a great workout session, but if you don't consume protein and carbs after the workout, your muscles might not grow.

That's why you should have a great meal after the resistance training to maximize your results. There's no scientific evidence that taking a post-workout meal just after the workout elicits better results. Still, it is good to take your meal as soon as you finish the workout.

I suggest consuming at least 40-50 grams of protein and one gram of carbs per kg of your body weight for optimal results (it is only an example; a nutritionist can help you better in this case).

Examples of Post-Workout Meals:

- Protein shakes and banana.
- Oatmeal with yogurt, almonds, and berries.
- Chicken burrito with salad and cheese.
- Grilled chicken with roasted vegetables and rice.
- Egg omelet with avocado on whole grain toast.
- Salmon with sweet potato.
- Whole grain crackers with cheese and fruit.

6. Make Progress

Increase the load, the number of reps and sets, and the session duration as you progress further. Pushing your limit to a certain extent may help you build muscle faster.

7. Make Adjustment

You can make any changes you want in this program. For example, you can increase and decrease repetitions, sets, interval time, and the daily workout duration. You can also replace any exercise you don't like.

Recommended Brands:

1. [Performix](#) (Supplement)
2. [Amazon](#) (Supplement)
3. [Bulk Extreme](#) (Supplement)
4. [Mass Extreme](#) (Supplement)

Helpful Resouces:

- [20 Best Dumbbell Pull Exercises](#)
- [Dumbbell Push Exercises](#)
- [Top 10 Barbell Pull Exercises](#)
- [8 Best Barbell Push Exercises](#)
- [Compound Exercises List](#)
- [Isolation Exercises List](#)
- [30 Best Gym Exercises for Abs](#)

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