

# 4 DAY WORKOUT ROUTINE FOR WEIGHT LOSS AND STURDY MUSCLES

Created by: [Murshid Akram](#)

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Losing weight isn't easy, especially when you are trying for the first time. It requires a good diet program, consistent physical training, a natural sleeping pattern, and a little knowledge of how the body works.

About the diet part, I've already published a [meal plan](#) on my site. And in this article, I'll share a well-designed 4 day workout routine for weight loss that combines both [strength and cardio exercises](#).

Pairing weight lifting and cardio with a low-calorie meal plan will help you build quality lean mass, enhance strength, shed excess kilos, and improve your body composition.

This program is for everyone who is looking for an easy-to-follow and effective workout routine that can accelerate fat loss and enhance their overall fitness. You can try for a few months; I believe it will make a difference.

## About Program

Here's a brief description of the program:

### Duration/Session

For weight loss, you'll have to work slightly more than normal people. The optimal time is 90 minutes per session and 360 minutes per week.

A [study published on the National Institute of Health website](#) also suggests working out 225-420 minutes a week to promote significant weight loss.

Here's how I've divided the 90 minutes workout into three parts.

- 10 minutes warm-up
- 45 minutes of strength training, 5 minutes rest.
- 30 minutes cardio
- You can also perform some post-workout [stretching exercises](#) for 5-10 minutes to ease your muscle soreness. It is supplemental.

## Types of exercises

This program includes a variety of exercises, from the dumbbell and barbell to machine and body weight.

The primary focus will be on compound movements, followed by [single-joint exercises](#).

The [compound exercises](#) are excellent help when it comes to building strong muscles.

## Sessions/week

There will be four sessions a week. You can train any four days of the week you like or follow the below pattern:

- Monday – Workout
- Tuesday – Workout
- Wednesday – OFF
- Thursday – Workout
- Friday – Workout
- Saturday – OFF
- Sunday – OFF

## Target Gender

From males to females, anyone who wants to improve fitness and shape can try this 4 day weight loss program.

## Workout Level

This program will be a little challenging, so I won't recommend it to beginners.

If you're a newbie, you can start your training with this [one-hour program](#).

# SCHEDULE

- Day 1 – Chest, Shoulder, and Quads + Low-impact Cardio
- Day 2 – Back, Arms, and Hamstrings + MIIT
- Day 3 – Quad, Chest, and Shoulder + Low-impact Cardio
- Day 4 – Back, Arms, Glute, and Ham + MIIT

Here MIIT means Moderate Intensity Interval Training. It is slightly less challenging than [High-intensity Interval Training \(HIIT\)](#).

## Day 1 – Monday

### 10-minute Warm-up

- Front Leg Swings
- Ankle Hop
- Jumping Jacks
- Mountain Climber
- High Knees
- 15-second work, 30 seconds rest, and repeat until 10 minutes.

### 45-minute Strength Training (Chest, Shoulder, and Quads)

Exercise	Sets	Reps	Rest
Flat Dumbbell Bench Press	3	10-15	1-2 min
Incline Hammer Strength Press	4	10-12	2-3 min
Machine Leg Press	4	10-12	2-3 min
Lateral Delt Raises	3	10-15	1-2 min

### 30-minute Low-Impact Cardio

- 10-minutes Treadmill
- 5-minutes Stationary Bike
- 15-minutes Core Workout

- 10 Hanging Knee Raises
- 10 Machine Ab Crunches
- 10 High-to-Low Cable Chops (10/side)
- 10 Reverse Crunches
- 10 Alternate Heel Taps
- 45-sec Plank
- 15-sec Side Plank (15-sec/side)
- Do it at your own pace and repeat twice.

## **Day 2 – Tuesday**

### **10-minute Warm-up**

- Ankle Hops
- Leg Swings
- Mountain Climbers
- High Knees
- Bear Crawls
- Squat Thrust
- Shoulder Taps
- 15-second work, 30 seconds rest, and repeat until 10 minutes.

### **45-minute Weight Training (Back, Arms, and Hamstrings)**

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Rest</b>
Front Lat Pulldown	3	10-15	2-3 min
Seated Cable Rowing	3	10-15	2-3 min
1-arm Dumbbell Row	2	10/side	1-min
Rope Pushdown	2	15-20	1-min
Preacher Curl	2	15-20	1-min
Machine Leg Curl	2	15-20	2-min

### **30-Minute MIIT (Moderate Intensity Cardio)**

- 15-minute Treadmill Run
- 10-minute Stationary Bike

- 5-minute Elliptical Cross Trainer

## Day 3 – Thursday

### 10-Minute Dynamic Warm-up

- Straight leg marches
- [Thoracic Rotations](#)
- Ankle Hops
- Mountain Climbers
- Inchworm
- Squat Jumps
- Do it at your own pace and repeat until 10 minutes.

### 45-Minute Resistance Training (Quad, Chest, and Shoulder)

Exercise	Sets	Reps	Rest
<a href="#">Smith Machine Back Squat</a>	3	10-12	2-3 min
Military Press	3	10-12	2-min
SM Flat Bench Press	3	10-12	2-3 min
Pec Deck Fly	2	15-20	1-2 min
Rear Delt Raises	2	10-12	1-2 min

### 30-Minute Low Impact Cardio

- 10-minute Treadmill Jog/Run
- 20-Minute Bodyweight Cardio
  - 15-sec Mountain Climbers
  - 5 Burpees
  - 10 Sit-ups
  - 10 Squats
  - 15-sec Shoulder Taps
  - 15-sec Jumping Jacks
  - 20-sec Alternate Heel Taps

- 45-sec Plank
- 15-sec Side Plank/side
- 15-sec [Bear Crawl](#)
- Take 15-45 seconds of rest between exercises.
- Repeat twice.

## Day 4 – Friday

### 10-Minute Dynamic Warm-up

- Front Leg Swings (5 reps/leg)
- 15-sec Ankle Hop
- Lateral Leg Swings (5 reps/leg)
- 15-sec Jumping Jacks
- 15-sec Mountain Climbers
- 15-sec Straight leg marches
- Repeat twice.

### 45-Minute Weight Training (Back, Arms, Glute, and Ham)

Exercise	Sets	Reps	Rest
Rack Pull Deadlift	3	6-8	2-3 min
V-grip Lat Pulldown	3	10-12	2-3 min
Seated Cable Row	3	12-15	2-3 min
OH Triceps Extension	2	15-20	1-2 min
<a href="#">Dumbbell Hip Thrust</a>	2	15-20	1-2 min

### 30-Minute Moderate Intensity Cardio

- 15-minute Treadmill
- 5-minute Battle Rope
- 5-minutes Jumping Rope
- 5-minute Stationary Bike

# Is Working Out 4 Days a Week Enough to Lose Weight?

There isn't one answer to this question. Working out four times a week is enough for people who do a lot physical activity other than exercises throughout the week and can be less if someone works at home or office and barely does any activity.

Whether you work out two, four, or six days a week, it's crucial to count your calories each day, check your progress, and adjust the training frequency to reach your fitness goal.

Other than the workout and diet, you can also try [intermittent fasting](#) and natural fat loss supplements to speed up your weight loss process.

You can try these supplements but do not expect that they will do some magic. Some work and some don't.

- [Keto Actives](#)
- [Moringa Actives](#)
- [Fat Burn Active](#)
- [Green Barley Plus](#)
- [Fast Burn Extreme](#)
- [Piperinox](#)

Once you feel you should be doing more workout, you can follow this [5 day workout schedule to increase weight loss](#) and tone muscles.

## Helpful resources for weight loss:

- [List of 53 low-calorie Foods that fill up for a longer time.](#)
- [10 Full-body Barbell Exercises to Burn Maximum Calories](#)

- [12-Week Low-Calorie Meal Plan to Shed Excess Pounds](#)
- [List of 70 Best Bodyweight Cardio Exercises](#)

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## Disclaimer

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