5 Day Gym Workout Schedule for Weight Loss

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A calorie deficit is the primary method of weight loss, but to stay within limits, you need to focus on everything possible, particularly exercise and diet.

Exercises do not directly reduce weight, but they allow your body to release more calories, boost metabolism, control blood sugar levels and help you follow a restricted diet plan.

Several studies have shown 225-400 minutes of high-intensity exercises significantly reduce weight in obese adults, and resistance training helps build muscles and ensures you only lose excess fats, not muscle.

You can try this below workout routine to increase your fat loss.

Type of exercises you'll do in this program: Cardio and resistance training.
Duration of one session: 75-90 minutes

The Interval Time Between Sets: You can do each exercise as fast as you can with little to no rest between sets during the cardio exercises.

5 Day Gym Workout Routine for Weight Loss and Toning:

- Day 1: Low-Intense Cardio and Weight Training
- Day 2: HIIT and Compound Exercises
- Day 3: LIIS and Compound Lifts
- Day 4: Cardio and Strength Workout
- Day 5: Compound Lifts and Core Workout

Day 1 – Cardio and Weight Training

Workout	Time	Interval
Jump Squat	20 seconds	40 seconds
Burpees	10 reps x 2 sets	60 seconds
Mountain Climbing	20 seconds	40 seconds

High knees	20 seconds	40 seconds
15-min Treadmill	–	–
Back Squats	10-12 x 4	2-3 min
Incline Bench Press	10-12 x 4	2-3 min
One-arm Dumbbell Row	8-10 x 3	2-3 min
5-min Bicycling	–	–

Day 2 – HIIT and Compound Exercises

Workout	**Time**	**Interval**
High Knees	30 seconds	30 seconds
Jumping Jack	30 seconds	30 seconds
Squat Jump	30 seconds	30 seconds
10-min Treadmill Run	–	2 min walk
Deadlift	4-8 x 3	2-3 min
Overhead Press	10-12 x 3	2-3 min
Leg Press	10-12 x 3	2-3 min
10-min Core Workout	–	–

Day 3 – LIIS and Compound Lifts

Workout	**Time**	**Interval**
Burpees	10 reps x 2 sets	60 seconds
Mountain Climbing	20 seconds x 2 sets	30 seconds
Reverse Crunches	20 seconds x 2 sets	30 seconds
Lying Leg Raises	20 seconds x 2 sets	30 seconds
Alternate Heel Taps	20 seconds x 2 sets	30 seconds
Side Plank	20 seconds x 2 sets	30 seconds
Farmer's Walk	Walk as far as possible x 3	30 seconds
Dumbbell IYT Raise	6-8 x 3	1-3 minute
Bent-over Barbell Row	8-12 x 3	1-3 minute
Treadmill	10-minute	–
Bicycling	5-minute	–

Day 4 – Cardio and Strength Workout

Workout	Time	Interval
Step-up	10 reps x 2	40 seconds
Battle Rope	15-sec x 2	30 seconds
Burpees	5 reps x 3	60 seconds
Dumbbell Lateral Raise	10 reps x 3	2-minute
Cable Facepull	10 reps x 3	2-minute
Bicep Curls	10 reps x 3	2-minute
10-min Treadmill	–	2 minutes
5-min Bicycling	–	2 minutes
5- min Elliptical Cross Trainer	–	–

Day 5 – Compound Lifts and Core Workout

Workout	Time	Interval
Squat Thrust	20 seconds	40 seconds
Lunges	10 reps x 2 sets	30 seconds
Treadmill	5-minutes	2-minutes
Bench Press	12, 10, and 8 reps	2-minutes
Overhead Press	12, 10, and 8 reps	2-minutes
Bent-Over Row	12, 10, and 8 reps	2-minutes
Lat Pulldown	12, 10, and 8 reps	90 seconds
20-minutes Triset Abs Workout	–	–

5-day gym workout schedule

Additional Tips for Weight Loss:

- You can include low-calorie foods and weight-loss supplements to speed up weight loss.
- Along with diet and exercise, you can also incorporate intermittent fasting into your lifestyle to speed up weight loss.
- Consume a higher-calorie breakfast and comply with overnight fasting to prevent obesity.[5]
- You can also replace one or two meals a day to keep your calorie consumption low.

Recommended Supplements:

Apple Cider Vinegar Gummies - 1000mg	Body Fortress Whey Protein Powder
Burn-XT Thermogenic Fat Burner	Levels Grass Fed 100% Whey Protein, No Hormones
ZonePerfect Protein Bars	Orgain Organic Vegan Protein Powder

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