6 DAY GYM WORKOUT SCHEDULE FOR WEIGHT LOSS

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In this weight loss 6 day workout plan, I've included HIIT cardio and weight training both.

The combination of both helps improve cardiovascular fitness, increase weight loss, and improve body composition.

Exercise plays a key role in a healthy weight loss process; however, weight loss is only achievable through a calorie deficit diet program.

The calorie deficit means eating fewer calories than your body uses throughout the day.

Your body mostly torches calories when you exercise, walk, or do any physical activity.

Exercises do not directly reduce body fat percentage, but they help you burn more calories, maintain blood sugar levels, improve metabolism, strengthen bone, build lean mass, and improve cardiovascular fitness.

Several studies suggested adding exercises with your calorie-restricted diet increases weight loss.

Recommendations for Physical Activity:

- **Maintaining and improving health:** 150 min./week
- **Prevention of weight gain:** 150-250 min./week
- **Promote clinically significant weight loss:** 225-420 min/week
- **Prevention of weight gain after weight loss:** 200-300 min./week

Source: National Institute of Health Database (PMC3925973)

So, if you want to safely and effectively lose weight, you can exercise at least one hour a day and consume fewer calories than your body requires.

Here's the 6 day workout split that can speed up fat loss:

- **Monday**: Cardio + Weight Training
- **Tuesday**: Dumbbell Workout + HIIT Core
- **Wednesday**: Weight Training + Cardio
- **Thursday**: OFF
- **Friday**: Barbell Compound Workout
- **Saturday**: Weight Training and Core
- **Sunday**: Low Intense Gym Machine cardio

Day 1 – Cardio and Weight Training

Exercises	Activity	Rest
High Knees	30-sec	15-sec
Jumping Jacks	30-sec	15-sec
Mountain Climbing	30-sec	15-sec
Treadmill Run	15-min	3-min
Barbell Squat	12, 10, 8 reps	1-2 min
Bench Press	12, 10, 8 reps	1-2 min
Bent-over Row	12, 10, 8 reps	1-2 min
Bicycling	5-min	–

Day 2 – Dumbbell Workout and HIIT Core

Exercises	Activity	Rest
Dumbbell Lunges	12, 10, 8 reps	30-sec

Push Press	12, 10, 8 reps	30-sec
Dumbbell Squat Swing	12, 10, 8 reps	30-sec
Dumbbell Man Makers	12, 10, 8 reps	30-sec
HIIT Core Workout	15-min	–

Day 3 – Weight Training and Cardio

Exercises	Activity	Rest
Treadmill	5-minute	3-min
Military Press	15, 12, 10 reps	1-2 min
Leg Press	15, 12, 10 reps	1-2 min
Lat Pulldown	15, 12, 10 reps	1-2 min
Burpees	10 x 2 reps	30-sec
Squat Jump	10 x 2 reps	30-sec
Treadmill Run	10-minute	–

Day 4 – Barbell Compound Workout

Exercises	Reps	Rest
Barbell Jammers	12, 10, 8	1-3 min
Barbell Bench Press	12, 10, 8	1-3 min
Overhead Press	12, 10, 8	1-3 min
Barbell T Rowing	12, 10, 8	1-3 min
Barbell Hip Thrust	12, 10, 8	1-2 min
Bicycling	10-minute	–

Day 5 – Weight Training and Core

Exercises	Activity	Rest
High Knees	30-sec x 2	15-sec
Jumping Jacks	30-sec x 2	15-sec
Treadmill Run	5-minute	3-min
Deadlift	5 x 5	1-3 min
Seated Cable Row	12 x 3	1-2 min
Pullover	12 x 3	1-2 min
Triset Abs Workout	20-minute	–

Day 6 – Low Intense Gym Machine cardio

Exercises	Activity	Rest
Treadmill Run	15-min	3-min
Stationary Bicycling	10-min	3-min
Cross Traininer	5-min	2-min
Battle Rope	5-min	–

Pro Tips to Get the Most Out of This Program

1. **Increase intensity and training level:** It's best to increase the intensity, the number of reps, and sets gradually to challenge yourself and achieve the maximum results.
2. **Pre-Workout Meal:** It's best to have some pre-workout snacks and drinks for an effective training session. You can take a pre-workout meal 30 minutes to 2 hours prior to the training, depending on the kind of food you consume.
3. **Post-Workout Meal**: It's good to have high-protein foods and supplements after the workout to recover muscles. I suggest consuming 50-60 grams of protein after a workout for optimal results (it is only an example, a nutritionist can help you better in this case).
4. **Adjustment**: You can adjust the routine according to your fitness level and goal.
5. **Train when you feel energetic:** It is best to work out when you feel physically and mentally active to give your best.
6. **Keep enjoying the workout:** Repeating the same thing for a considerable period can be boring, but you must be disciplined to accomplish the best result.
7. **Drink enough water to keep yourself** hydrated: Keeping yourself hydrated throughout the day is crucial. Research shows that staying hydrated during the workout helps prevents uneasiness and injuries and boosts performance.

Recommended Supplements for Speeding up Weight Loss:

1. **Fat Burn Active**
2. **Keto Actives**

3. **NuviaLab Keto**
4. **Fast Burn Extreme**
5. **Nutrigo Lab Burner**
6. **Cappuccino MCT Coffee**

If the above workout plan helped you, kindly support my work buying through these affiliate links.

Helpful Resources:

- **20 Best Dumbbell Pull Exercises**
- **Dumbbell Push Exercises**
- **Top 10 Barbell Pull Exercises**
- **8 Best Barbell Push Exercises**
- **13 Barbell Squat Variations**
- **Dumbbell Weight Loss Exercises**
- **The Ultimate List of Isolation Exercises**
- **Full Body Dumbbell Workout For Weight Loss**
- **The Ultimate HIIT Exercises List**

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