

8-Week Women's Workout Routine for Fat Loss and Muscle Toning

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Instructions:

- **Warm-up:** Start your workout with **5 minutes of dynamic warm-up**. Warm-up exercises elevate heart rate, increase body temperature, and prepare your muscles for intense training.
- **Rest between exercises:** keep the rest time between sets as short as possible.
- **How much should you lift?** **Calculate your one-rep max** and lift weight accordingly.

Week 1 to 4 – Alternating Strength and Cardio Training

- **Monday** – Chest and Shoulder
- **Tuesday** – Low-Impact Cardio
- **Wednesday** – Legs and Glutes
- **Thursday** – Moderate Cardio
- **Friday** – Back and Arms
- **Saturday** – HIIT Cardio
- **Sunday** – OFF

Monday – Chest and Shoulder

Exercise	Sets	Reps
Seated Pec Deck Fly	3-4	15-20
Incline Machine Bench Press	3-4	12-15
Flat DB Bench Press	3-4	10-12
Alternating Front Raises	3-4	10-12
Cable Lateral Delt Raises	3-4	10-12
Bent-over Rear Delt Raise	3-4	10-12

Tuesday – Low-Impact Cardio

Perform cardio exercises at 40-60 percent of your maximum heart rate (MHR). You can calculate your MHR by subtracting your age from 220.

Exercise	Activity	Interval
Treadmill	15-minute	2-minute
Bicycling	5-minute	2-minute
Elliptical	5-minute	2-minute
Core Training	15-minute	–

Wednesday – Legs and Glutes

Exercise	Sets	Reps
Leg Extension	3-4	15-20
DB Front Squat	3-4	10-15
Machine Leg Press	3-4	10-15
Lunges/Step-up	3-4	8-10
Leg Curl	3-4	15-20
Hip Thrust	3-4	10-12

Thursday – Moderate Cardio

Perform cardio exercises at 60-80 percent of your maximum heart rate.

Exercise	Activity	Interval
Treadmill	10-minute	2-minute
Bicycling	5-minute	2-minute
Elliptical	5-minute	1-minute

Tri-set Abs Workout	20-minute	–
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Friday – Back and Arms

Exercise	Sets	Reps
Front Lat Pull-down	3	12-15
Seated Cable Row	3	12-15
Landmine T-Bar Row	3	12-15
One-arm DB Row	3	8-10
Rope Press-down	2	15-20
Overhead Triceps Extension	2	15-20
Preacher Curl	2	15-20
Hammer Curl	2	15-20

Saturday – HIIT Cardio

Perform exercises at 80-95 percent of your maximum heart rate.

Exercise	Activity	Set
Treadmill	30-second run, 1-minute break	6-8
Battle Rope	20-second swing, 40-second break	4-6
Bicycling	20-second swing, 40-second break	4-6
HIIT Core Workout	15-minute	1

Week 5 to 8: Cardio and Strength Training AM/PM Workout

During the fifth to eighth weeks, you'll do cardio four times weekly in the morning and resistance training five days weekly in the evening. This will keep your metabolic rate high and help you burn calories throughout the day.

Pairing this workout with a calorie-restricted balanced diet will speed up your weight loss, build lean mass, and help you achieve your best shape.

- Monday: Cardio (AM) and Upper Body (PM)
- Tuesday: Cardio (AM) and Lower Body (PM)

- Wednesday: Morning OFF, Evening Upper Body
- Thursday: Morning Cardio, Evening OFF
- Friday: Morning Cardio and Evening Lower Body
- Saturday: Morning OFF and Evening Upper Body
- Sunday: Full Day OFF

Monday – Cardio (AM) and Upper Body (PM)

Morning	Evening
15-minute Treadmill	Overhead Press (4 sets of 15 reps)
10-minute Elliptical	Flat DB Bench Press (3 sets of 15 reps)
10-minute Bicycle	Seated Cable Row (3 sets of 15 reps)
5-minute Jumping Rope	Close-Grip Lat Pulldown (3 sets of 15 reps)

Tuesday – Cardio (AM) and Lower Body (PM)

Morning	Evening
10-minute Treadmill	Leg Press (4 sets of 15 reps)
5-minute Elliptical	Leg Extension (3 sets of 15 reps)
5-minute Bicycle	Leg Curl (3 sets of 15 reps)
20-minute Abs Workout	Step-up (3 sets of 10 reps)

Wednesday – Morning OFF, Evening Upper Body

Evening Exercise	Sets	Reps
Incline Bench Press	3-4	10-15
Seated Pec Deck Fly	3-4	10-15
Lateral Delt Raises	3-4	10-12
Machine Row	3-4	10-15
Bench Dips	3-4	10-15
Concentration Curl	3-4	10-12

Thursday – Morning Cardio, Evening OFF

Perform exercises at a low to moderate pace.

Exercise	Activity	Rest
Treadmill	10 minutes	2-minute
Stationary Bike	5 minutes	2-minute
Elliptical	5 minutes	2-minute
Battle Rope	5 minutes	2-minute
Burpees	3 sets x 10 reps	1-minute
Kettlebell Swings	2 sets x 20 reps	1-minute
Barbell Thruster	2 sets x 15 reps	1-minute

Friday – Morning Cardio and Evening Lower Body

Morning	Evening
5-minute Elliptical	Back Squats (4 sets of 10 reps)
5-minute Bicycle	Front Lunges (3 sets of 10 reps)
5-minute Jumping Rope	Lying Leg Curl (3 sets of 12 reps)
20-minute Abs Workout	DB Frog Pump (3 sets of 12 reps)

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Saturday – Morning OFF, Evening Upper Body

Evening Exercise	Sets	Reps
Push Press	3-4	10-12
Off Blocks Deadlifts	3-4	10-12
Kneeling DB Row	3-4	10-15
Reverse Pec Deck Fly	3-4	10-15
Rope Press-down	3-4	10-12
Biceps Curl	3-4	10-12

Tips and Instructions to Maximize Your Results

Here are a few tips you can follow to achieve suitable results:

- **Low-Calorie Meal Plan:** There is no substitute for a **low-caloric diet** when it comes to weight loss. Weight loss is only achievable through cutting calories. By avoiding processed foods and including **low-calorie filling foods** in your diet, you can limit your calorie intake and lower your body fats over time.
- **Train when you feel energetic:** it isn't about physical training only. It also requires mental toughness. So, it is crucial to exercise when you feel active and focused so that you can put your 100 percent during the workout.
- **Pre-workout meal:** Having some light snacks or drinks 30 minutes before the workout is best. For example, you can consume dried fruits, oatmeal, energy bars, whey protein, peanut butter toast, etc.
- **Post-workout meal:** Whether you **train for muscle gain** or weight loss, a high-protein meal after a workout is necessary to rebuild muscles and achieve better results. You can have a combination of protein and carbs, such as whey isolate protein and oatmeal, roasted chicken, boiled eggs, and banana, in your post-workout meal.
- **Increase the intensity and load over time:** The best way to maximize strength and endurance is to push yourself slightly harder every week. You can do that by raising the load on the bar, increasing the intensity, and reducing the interval time between sets each week.
- **Adding a variety of exercises:** You should perform a combination of resistance, cardio, and mobility exercises to stimulate your strength, speed, and endurance and shape your physique.

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