TWICE A DAY WORKOUT PLAN FOR WEIGHT LOSS

Created by: Murshid Akram
Check out article for more info

Monday – Cardio and Upper Body Strength Workout

Morning (Cardio)	Evening (Upper Body)
15-minute Treadmill	Incline DB Bench Press (3 x 12 reps)
5-minute Bicycle	Overhead Press (3 x 12 reps)
5-minute Elliptical	Narrow Lat Pulldown (3 x 12 reps)
5-min Battle Rope	Rack-Pull/Off Blocks DL (3 x 10 reps)

Tuesday – Core Workout and Lower Body Strength Training

Instructions: Perform abs exercises into circuit and resistance training with a standard rep-set scheme.

Morning (Cardio)	Evening (Lower Body)
15 Kneeling Cable Crunches	DB/Bar Front Squat
20 Cable Woodchop (10/side)	Leg Press
10 Bosu Ball Crunches	Leg Curl
10 Hanging Knee Raises	Calf Raises
Three Rounds	3 sets x 10-15 reps

Wednesday – Cardio and Upper Body Strength Workout

Morning (Cardio)	Evening (Upper Body)
15-minute Treadmill	Seated Cable Rowing (3 x 12 reps)
5-minute Bicycle	Pec Deck Fly (3 x 12 reps)

5-minute Elliptical	Lateral Delt Raises (3 x 12 reps)
5-min Battle Rope	Weighted Farmers Walk (3 x 20 steps)

Friday – Core Workout and Lower Body Weight Training

Instructions: Perform abs exercises into circuit and resistance training with a standard rep-set scheme.

Morning (Cardio)	**Evening (Lower Body)**
15 Kneeling Cable Crunches	Front Lunges
20 Cable Woodchop (10/side)	Hack Squat
10 Bosu Ball Crunches	DB Romanian DL
10 Hanging Knee Raises	Hip Thrust/Glute Bridge
Three Rounds	3 sets x 10-15 reps

Wednesday – Cardio and Upper Body Resistance Training

Morning (Cardio)	**Evening (Upper Body)**
15-minute Treadmill	Landmine Press (3 x 12 reps)
5-minute Bicycle	T-Bar/Machine Row (3 x 12 reps)
5-minute Elliptical	Rear Delt Raise/Row (3 x 12 reps)
5-min Battle Rope	Rope Pushdown (3 x 15 steps)

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 set 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. **Enjoy the workout:** Repeating the same thing for a considerable period can be boring, but you must be disciplined to accomplish the best result.
6. **Drink enough water to keep yourself** hydrated: Keeping yourself hydrated throughout the day is crucial. Research shows that staying hydrated during the workout helps prevent 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**

Help us grow online so we can reach to large audience:

Reddit | Facebook | Instagram | Twitter | Pinterest |Flipboard

Disclaimer

This program is created by Murshid Akram, founder of Thefitnessphantom.com. These guidelines are not formulated to suit any nutrient deficiencies, allergies or any other food related health problems. If you are an individual with such problems, you should consult an Accredited Practicing Dietitian or qualified health professional. The information provided here “as is” and for general health improvement recommendations only to promote healthy eating and lifestyle habits. It is not intended as medical advice, and should not be used to diagnose, treat, cure or prevent any medical conditions. You should not use this Book as a substitute for qualified professional health advice, diagnosis or treatment. Thefitnessphantom.com and Murshid Akram makes no warranties or representations, express or implied, as to the currency, accuracy, completeness, reliability or suitability of the information contained or referenced on this site.
The information is subject to professional differences of opinion, human error in preparing this information and unique differences in individuals’ situations. We are not liable for any loss resulting

from any action taken or reliance made by you on any of the information or material contained in this file.

If you use, or otherwise rely on, any of the information you are responsible for ensuring, by independent verification, its currency, accuracy, completeness, reliability and relevance to your own personal and individual circumstances.

You should always obtain any appropriate professional health advice relevant to your particular circumstances. Copyright and all other intellectual property rights in materials contained in the Book are owned by, or licensed to, Thefitnessphantom.com No intellectual property rights or other rights in, and to, the information and materials on this site are transferred to any person who acquires or may use. Except as permitted under the applicable law in your location.

You may not adapt, reproduce, publish or distribute copies of any materials contained on our website or from our file (including, but not limited to text, logos, graphics, photographs, video clips, trademarks, garment graphics, sounds or images) in any form (including by e-mail or other electronic means).