

Weight Loss Exercise Routines

Weekly Workout

Monday

Full-Body Beginner (30 mins)

Squats, push-ups, jumping jacks

Plank, bicycle crunches, stretch

Thursday

HIIT (30 mins)

Jump squats, push-ups, burpees, plank jacks

Russian twists

Tuesday

Cardio & Strength (45 mins)

Burpees, jump squats, mountain climbers

Deadlifts, shoulder press, lunges

Friday

Repeat Monday

Saturday

Repeat Tuesday

Wednesday

Active Recovery (20 mins)

Yoga or light stretching

Sunday

Rest or Gentle Walk (30 mins)

Tips: Stay consistent, hydrate, and track progress!