

Workout Program for Weight Loss

by MusclesMagician



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My name is Cliff and I am a personal coach, sports lover, fitness enthusiast and author of MusclesMagician. I have 15+ years of experience in fitness and bodybuilding and I want to share it with you. I am here to help you build muscles and lose fat faster.

Introduction

Exercising is the most important step when it comes to weight loss for men.

Period.

Physical activity is crucial when it comes to losing weight and getting rid of the beer stomach.

You need to work out at least 3 times a week if you want good results.

Ideally, 4-5 times.

Increasing physical activities is very important for the weight loss process since it boosts burning calories and building muscles.

The more muscles you have the more calories you burn.

Workout Plans for Weight Loss

Below are three workout examples - one is a beginner workout performed 3 days a week, the second is a 4-day plan for intermediates and the last is a 6-day plan for more advanced people.

Beginner Workout

When first starting out, you are much better suited for a program that won't make you vomit or cause you so much physical pain that you have to limp out of the gym when you are done.

A basic plan that targets all of your major muscle groups is a good idea at this point.

Here is a schematic to follow:

- Aim for six to eight exercises that target all of your major muscle groups, such as chest presses, military presses, back rows, triceps pushdowns, biceps curls, squats and bicycle crunches. `
- Do a moderate amount of reps for each exercise.
- 8 to 12 reps is a good starting point. `
- Perform three or four sets.
- If you reel off three sets and feel you still have gas in the tank, do one more. `
- Rest for 60 seconds between your sets.
- If you feel you can recover faster, then shorten your breaks.
- Choose between horizontal or vertical loading. Horizontal loading is doing an entire series of sets for one exercise, moving to the next exercise, and then following this pattern all the way to the end of your workout.
- Vertical loading would be performing one exercise for one body part, then doing a different exercise for another body part and moving to the next and the next and the next until you've completed them all.
- Then start from the top and go back down the list again until you've achieved your desired amount of sets per exercise. It would be as if you were following them vertically written on a page.
- Work out three days a week on nonconsecutive days.

Intermediate Workout

If you have a bit of experience and want to turn your efforts up a notch, here is a 4-day plan that should satisfy your itch.

You will be working the same three muscle groups on Monday and Thursday and the same three muscle groups on Tuesday and Friday.

This gives you two full rest days between working the same groups.

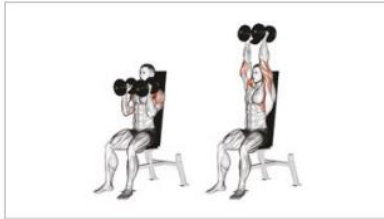
And feel free to change the days you do this program if it better fits your schedule.

Start out light and increase weight with each subsequent set.

Wherever you see two sets of 10 reps in a series, perform breakdown sets.

This is where you lift a lighter load immediately following a set and take a very short rest break or do not rest at all. It's up to you how you go about it.

Mon and Thur - Shoulders/Triceps/Biceps/Abs.

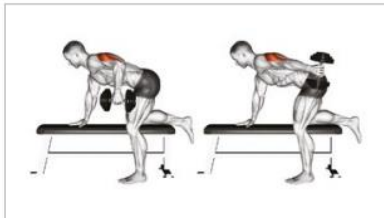


Shoulders:

Dumbbell Military Press: 15, 12, 10, 8, 6, 10, 10 reps

Barbell Shrugs: 12, 10, 8, 6, 10, 10 reps

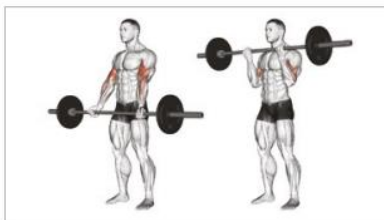
Dumbbell Lateral Raises: 10-12, 10-12, 10-12 reps



Triceps:

Weighted Dips: 12, 10, 8, 6, 10, 10 reps

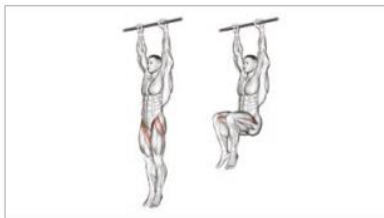
Dumbbell Triceps Kickbacks: 10, 8, 6, 10, 10 reps



Biceps:

Barbell EZ-bar Curls: 12, 10, 8, 6, 10, 10 reps

Dumbbell Incline Hammer Curls: 10, 8, 6, 10, 10 reps



Abs:

Hanging Knee Raises: 15 to 20 reps.

Side Plank Dips: 15 to 20 reps

Bicycle Crunches: 15 to 20 reps

Perform each ab exercise after completing each set of weight training exercises. Follow this sequence all the way through.

For example, do hanging knee raises after you've completed your military presses.

Then do side plank dips after your shrugs and perform bicycle crunches after your lateral raises.

Continue this pattern through the rest of your workout.

When you finish the last set of the last routine, you will have done two sets of ab exercises for each region of your midsection.

At this point, perform an ab circuit by doing all three of the ab exercises back to back to back with no rest.

Tues and Fri - Chest/Back/Legs.

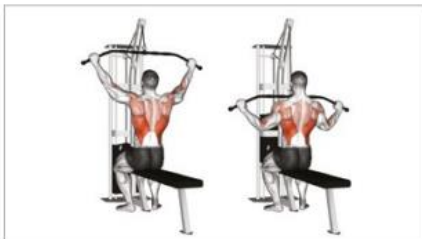


Chest:

Barbell Incline Press: 15, 12, 10, 8, 6, 10, 10 reps

Dumbbell Bench Press: 12, 10, 8, 6, 10, 10 reps

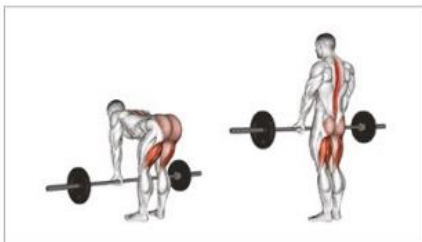
Dumbbell Flys: 10-12, 10-12, 10-12 reps



Back:

Wide-grip Lat Pulldowns: 12, 10, 8, 6, 10, 10 reps

Dumbbell One-arm Rows: 10, 8, 6, 10, 10 reps



Legs:

Barbell Deadlifts: 12, 10, 8, 6, 10, 10 reps

Dumbbell Walking Lunges: 10, 8, 6, 10, 10 reps

Advanced Workout

This program consists of six days of weight training.

The focus is on two different muscle groups a day.

For most of the workout, these will be opposing muscles, such as chest/back and triceps/biceps.

Working opposing muscles is an old-school strategy deployed by bodybuilders and strongmen that helps create symmetry and ensures that you have a balanced physique.

Do chest/back on Monday, triceps/biceps on Tuesday, and shoulders/legs on Wednesday.

Then, repeat the three-day scheme in that same order on Thursday, Friday and Saturday.

Take Sunday off to go golfing.

Once you have gone through the week, start the cycle off again on Monday, this time with tris and bis.

Continue to follow the same pattern... tris/bis, shoulders/legs, and chest/back, on consecutive days.

Your muscle groups will get two full days of rest, three times in a row, then six days of rest.

Here is a 4-week schematic so it's easier to see:

Week 1

Monday: Chest/Back
Tuesday: Tris/Bis
Wednesday: Shoulders/Legs
Thursday: Chest/Back
Friday: Tris/Bis
Saturday: Shoulders/Legs

Week 2

Monday: Tris/Bis
Tuesday: Shoulders/Legs
Wednesday: Chest/Back
Thursday: Tris/Bis
Friday: Shoulders/Legs
Saturday: Chest/Back

Week 3

Monday: Shoulders/Legs
Tuesday: Chest/Back
Wednesday: Tris/Bis
Thursday: Shoulders/Legs
Friday: Chest/Back
Saturday: Tris/Bis

Week 4

Monday: Chest/Back
Tuesday: Tris/Bis
Wednesday: Shoulders/Legs
Thursday: Chest/Back
Friday: Tris/Bis
Saturday: Shoulders/Legs

Now that you've established what muscles to do and on what days, you need to know how to set up your reps, sets and exercises. Here is a pattern to follow...

Perform three exercises per muscle group

1st exercise: 15, 12, 10, 8, 6, 10, 10.reps
2nd exercise: 12, 10, 8, 6, 10, 10 reps
3rd exercise: 10, 8, 6, 10, 10 reps

Before moving on, you need to know which exercises to do.

Your objective with this, and any workout, is to maximize muscle recruitment.

The best way to obtain that is by doing compound exercises.

Compound exercises work a focus muscle and one or more other muscles. Being that you have multiple muscles working in concert, you are able to maximize muscle fiber recruitment, leading to heavier weights being lifted and more size being gained.

You may also have heard these exercises referred to as “multi-joint exercises” because they activate more than one joint. If you can, do compound exercises across the board for each muscle group.

For example, squats, step-ups and lunges all qualify as compound exercises for your legs and make good additions to your workout. If you include isolation exercises, do them last.

Isolation exercises zero in on one muscle and they activate single joints. If you do them first, you will tire yourself out and not be able to push hard with your compound movements.

Here is an example routine of exercises to perform:

Here is an example routine of exercises to perform...

Chest/Back:

Barbell Bench Press
Dumbbell Pullovers
Cable Flys
Weighted Pull-ups
Bent-over EZ-bar Rows
Weighted Back Extensions

Tris/Bis

Dumbbell Overhead Triceps
Extensions
EZ-bar Skullcrushers
Rope Pushdowns
Barbell Curls
Dumbbell Twist Curls
Preacher Bench Dumbbell
Concentration Curls

Shoulders/Legs

Dumbbell Military Press
EZ-bar Upright Rows
Dumbbell Front Raises
Back Squats
Dumbbell Step-ups
Dumbbell Alternating Reverse
Lunges

SUPPLEMENTATION AND WEIGHT LOSS

You can speed up weight loss with a little help from natural supplements.

I am talking about the best weight loss supplements that actually work.

So, this is a review of the diet supplements that most of my clients at the gym use.

I have an equal number of guys and girls at the gym and the supplements work great for both genders.

I suggest you take one these 2 supplements:

PhenQ



PhenQ is definitely the best weight loss supplement that works fast.

How does it work?

The ingredients in PhenQ will boost your metabolism and that leads to an increased calorie-burning rate.

Also, PhenQ is a very effective appetite suppressant that will stop binge eating and help you lose weight.

Furthermore, some ingredients in PhenQ are effective, natural fat burners.

PhenQ is an ideal choice if you want to lose 30 pounds in 3 months.

[CHECK PHENQ HERE](#)

Clenbutrol



Clenbutrol is a good choice if you want to lose weight, burn fat, retain lean muscles and have more strength when training.

It is one of the best weight loss pills for men.

In addition, it is one of the best fitness supplements for women.

How does it work?

Clenbutrol has strong thermogenic properties – it raises your body temperature and it accelerates your basal metabolic rate. (thanks to the mix of natural ingredients).

That leads to a faster fat burning rate which means you can lose weight more easily.

[CHECK CLENBUTROL HERE](#)