

TEMPLATE 1: WEIGHT LOSS & CONDITIONING PLAN *by*

WOD GURU

- CLIENT CATEGORY: WEIGHT LOSS
- KEY WORKOUT TYPES: CARDIO, HIIT, CIRCUIT TRAINING
- TEMPLATE STRUCTURE:
 - DAY 1: FULL-BODY CIRCUIT (30-45 MINUTES)
 - EXERCISES: JUMP SQUATS (40 SEC), PUSH-UPS (30 SEC), MOUNTAIN CLIMBERS (40 SEC), BICYCLE CRUNCHES (30 SEC)
 - REST: 20 SECONDS BETWEEN EXERCISES, 2 MINUTES BETWEEN ROUNDS
 - ROUNDS: 3-4 ROUNDS
 - DAY 2: CARDIO HIIT (20-30 MINUTES)
 - EXERCISES: TREADMILL SPRINTS (30 SEC), ROWING MACHINE (40 SEC), HIGH KNEES (40 SEC), REST (20 SEC)
 - ROUNDS: 4-6 ROUNDS
 - DAY 3: CORE & BALANCE TRAINING (30 MINUTES)
 - EXERCISES: PLANK VARIATIONS (30 SEC EACH), STABILITY BALL LEG LIFTS (40 SEC), RUSSIAN TWISTS (30 SEC)
 - REST: 20 SECONDS BETWEEN EXERCISES
 - ROUNDS: 3 ROUNDS
- WARM-UP/COOL-DOWN: 5-MINUTE BRISK WALK OR DYNAMIC STRETCHING; 5-10 MINUTES FOAM ROLLING AND STRETCHING.

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