



WEIGHT LOSS WEIGHT LIFTING PROGRAM

NEVER STOP EVOLVING

Do this workout 3 times per week on non-consecutive days. Be sure to warm up before each workout and cool down afterwards.

DAY 1: LEGS

	SETS	REPS
Barbell Back Squat	3	8-12
Dumbbell Lunges	3	10-12 per leg
Leg Press	3	10-12
Hamstring Curls	3	15-20

DAY 2: CHEST AND TRICEPS

	SETS	REPS
Bench Press	3	8-12
Incline Dumbbell Press	3	10-12
Dumbbell Flyes	3	15-20
Triceps Pushdowns	3	10-12
Overhead Triceps Extensions	3	15-20

DAY 3: BACK AND BICEPS

	SETS	REPS
Barbell Rows	3	8-12
Pull-Ups	3	AMRAP (As many as possible)
Bicep Curls	3	10-12
Hammer Curls	3	15-20

PROGRAM GUIDELINES & TIPS

- **Rest & Execution:** Perform each exercise with a weight that is challenging but allows you to maintain good form. Rest for 1-2 minutes between sets.
- **Load Management:** Lift weights that are challenging but not too heavy. You should be able to complete all of your reps with good form.
- **Compound Focus:** Focus on compound exercises that work multiple muscle groups at once. These exercises will help you burn more calories and build more muscle.
- **Cardio Activity:** Do cardio exercises at least 3 times per week for 30 minutes each time. Cardio exercises will help you burn more calories and lose weight.
- **Nutrition:** Eat a healthy diet that is low in calories and high in nutrients. This will help you lose weight and keep it off.
- **Recovery:** Get enough sleep. Sleep is essential for weight loss and muscle growth.
- **Consistency:** Be patient and consistent with your workouts and diet. It takes time to lose weight and build muscle.

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This program is for educational purposes. Consult a physician before beginning any new exercise program. Stop if you experience pain. Results vary based on individual effort, nutrition, and consistency.