



CROSS-TRAIN YOUR WAY TO WEIGHT LOSS

A FUN AND EFFECTIVE PROGRAM

Cross-training is a fantastic way to keep your workouts interesting, challenge different muscle groups, and burn serious calories. This program combines various activities throughout the week to help you lose weight, build strength, and boost your overall fitness level. Remember, consistency is key! Aim for 3-4 workouts per week, and adjust the intensity and duration as needed.

WARM-UP (10 MINUTES):

- Light cardio (jogging, jumping jacks, brisk walking)
- Dynamic stretches (arm circles, leg swings, torso twists)

WORKOUT 1: STRENGTH TRAINING (MONDAY)

	SETS / REPS	NOTES
Squats	3 Sets of 10-12	Focus on proper form.
Push-ups	3 Sets of AMRAP	As many reps as you can with good form (modify on knees if needed).
Rows	3 Sets of 10-12 per side	Use dumbbells or resistance bands.
Lunges	3 Sets of 10-12 per leg	
Plank	3 Sets of 30-60 Sec hold	

WORKOUT 2: CARDIO INTERVAL TRAINING (TUESDAY)

Pick One:

- **High-Intensity Interval Training (HIIT):** Alternate between 30 seconds of intense activity (sprints, jumping jacks, burpees) and 60 seconds of rest for 20 minutes.
- **Interval running:** Alternate between sprinting for 30 seconds and jogging for 2 minutes for 20 minutes.

WORKOUT 3: ACTIVE RECOVERY (WEDNESDAY)

- Yoga or Pilates class
- Light swimming or biking
- Gentle hike or walk

WORKOUT 4: CIRCUIT TRAINING (THURSDAY)

Complete each exercise for 30 seconds with 10 seconds rest in between. Repeat the entire circuit 3 times.

	WORK	REST
Jumping jacks	30 seconds	10 seconds
Mountain climbers	30 seconds	10 seconds
Squat jumps	30 seconds	10 seconds
Burpees	30 seconds	10 seconds
Plank with shoulder taps	30 seconds	10 seconds
Reverse lunges with overhead press	30 seconds	10 seconds

WORKOUT 5: REST AND REFUEL (FRIDAY)

Take a well-deserved rest day to allow your body to recover and rebuild muscle. Focus on healthy eating and hydration.

PROGRAM GUIDELINES & RESOURCES

- **Listen to your body:** Don't push yourself too hard, and take rest days when needed.
- **Fuel your body properly:** Eat a balanced diet rich in fruits, vegetables, whole grains, and lean protein.
- **Stay hydrated:** Drink plenty of water throughout the day.
- **Make it fun:** Choose activities you enjoy to stay motivated.
- **Track your progress:** Keep a journal or use a fitness tracker to monitor your weight loss and fitness gains.
- **Bonus Activities:** Rock climbing, Dancing, Tennis or badminton, Boxing or kickboxing, Kayaking or canoeing.

Helpful Resources:

- American Council on Exercise (ACE): <https://www.acefitness.org/>
- National Strength and Conditioning Association (NSCA): <https://www.nsca.com/>
- The Mayo Clinic: <https://www.mayoclinic.org/>

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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.