

8-Week Beginner Fat Loss Program

1. Workout Summary

Point	Details
Main Goal	Fat Loss, Improved Fitness & Muscle Retention
Workout Type	Fat Loss & General Fitness Training
Training Level	Beginner
Program Duration	8 Weeks
Training Frequency	4 Weight-Training Sessions per Week
Workout Duration	45–60 Minutes per Session
Equipment Required	Dumbbells, Barbell, Bench, Cable Machine, Leg Curl Machine, Leg Extension Machine, Hip Thrust Setup, Mat
Target Muscle Groups	Chest, Back, Shoulders, Biceps, Triceps, Quadriceps, Hamstrings, Glutes, Calves & Core
Target Gender	Male & Female
Training Split	Upper Body A → Lower Body A → Upper Body B → Lower Body B
Primary Focus	Sustainable Fat Loss, Full-Body Strength, Muscle Retention, Core Development & Building Consistent Exercise Habits

2. Workout #1 – Upper Body A

Exercise	Sets	Reps
Dumbbell Pullover	2	10
Dumbbell Bench Press	2	10
Arnold Press	2	10
Dumbbell Curl	2	10
Overhead Tricep Extension	2	10
Lying Leg Raise	2	10

3. Workout #2 – Lower Body A

Exercise	Sets	Reps
Goblet Squat	2	10
Hip Thrust	2	10
Walking Lunge	2	10 Steps Each Leg
Stiff Leg Deadlift	2	10
Standing Calf Raise	2	10
Oblique Crunch	2	10 Each Side

4. Workout #3 – Upper Body B

Exercise	Sets	Reps
Bent Over Dumbbell Row	2	20
Incline Dumbbell Bench Press	2	20
Dumbbell Reverse Fly	2	20
Cable Curl	2	20
Straight Bar Tricep Extension	2	20
Plank	2	30 Sec Hold

5. Workout #4 – Lower Body B

Exercise	Sets	Reps
Squat Jumps	2	20
Standing Glute Kickback	2	20 Each Leg
Leg Curl	2	20
Leg Extension	2	20
Seated Calf Raise	2	20
Sit-Up	2	20

6. Training + Cardio Schedule – Option 1

Same Day, Separate Times

Day	Schedule
Monday	Cardio (AM), Workout 1 (PM)
Tuesday	Rest
Wednesday	Cardio (AM), Workout 2 (PM)
Thursday	Rest
Friday	Cardio (AM), Workout 3 (PM)
Saturday	Rest
Sunday	Cardio (AM), Workout 4 (PM)

7. Training + Cardio Schedule – Option 2

Post-Weight Training

Day	Schedule
Monday	Workout 1 + Cardio
Tuesday	Workout 2 + Cardio
Wednesday	Rest
Thursday	Workout 3 + Cardio
Friday	Workout 4 + Cardio
Saturday	Rest
Sunday	Rest

How the 8-Week Plan Works

Category	Plan
Workout Structure	Train every alternate day for 8 weeks
Weight Training	4 sessions per week
Training Split	Upper & Lower Body Split
Core Training	One core exercise in every workout
Cardio Duration	20–30 minutes
Cardio Type	Steady-State Cardio / Walking / Zone-2 Cardio
Cardio Timing	Weights first, cardio after when performed together

Fat Loss Formula

Focus Area	Recommendation
Calorie Intake	Approximately 500 calories below maintenance
Hydration	Drink enough water daily
Consistency	Focus on consistency, not perfection
Overall Approach	Simple, sustainable fat loss and lifestyle change

Recovery

Recovery Factor	Recommendation
Sleep	Aim for 8 hours of sleep every night
Mobility	Stretching and mobility work post-workout
Mental Recovery	Meditation
Supplementation	Proper supplementation
Overall Goal	Recover properly and prepare the body for the next workout

Why This Program Works

Key Point	Purpose
Simple Structure	Makes starting fitness less confusing
Beginner Friendly	Easy-to-follow training approach
Structured Workouts	Removes random exercise selection
Upper/Lower Split	Provides balanced training across the body
Cardio Integration	Supports the fat-loss goal
Core Training	Builds core strength and stability
Consistency Focus	Helps build sustainable exercise habits
8-Week Duration	Provides enough time to establish a routine and track progress
Overall Approach	Start right, stay committed, and get results

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