

Women's 8-Week Fat Loss Program (Beginner)

Point	Summary
Main Goal	Fat Loss, Lean Muscle Development & Overall Fitness
Workout Type	Strength Training + Zone 2 Cardio
Training Level	Beginner to Intermediate
Program Duration	8 Weeks (Recommended)
Training Frequency	4 Days per Week
Workout Duration	60–75 Minutes per Session (Including 20–30 Minutes Zone 2 Cardio)
Equipment Required	Dumbbells, Barbell, Smith Machine, Adjustable Bench, Leg Press Machine, Lat Pulldown Machine, Cable Machine, Abductor Machine, Adductor Machine, Seated Calf Raise Machine, Exercise Ball, Cardio Equipment
Target Muscle Groups	Chest, Back, Shoulders, Biceps, Triceps, Quadriceps, Hamstrings, Glutes, Calves & Core
Target Gender	Women (Suitable for Men with Minor Exercise Modifications)
Training Split	4-Day Upper Body / Lower Body Split
Primary Focus	Build Lean Muscle, Improve Strength, Increase Calorie Burn, Enhance Lower Body Development, Improve Cardiovascular Fitness & Core Stability

Weekly Workout Schedule	
Day	Workout
Monday	Workout #1 – Upper Body
Tuesday	Workout #2 – Lower Body
Wednesday	Rest
Thursday	Workout #3 – Upper Body
Friday	Workout #4 – Lower Body
Saturday	Rest
Sunday	Rest

Monday – Workout #1 (Upper Body)		
Exercise/Activity	Sets	Reps/Duration
Incline Dumbbell Press	3	12,10,8
Bent-Over Barbell Row	3	12,10,8
Smith Machine Shoulder Press	3	12,10,8
Alternate Dumbbell Curl	3	12,10,8
Lying Triceps Extension	3	12,10,8
Lying Leg Raise	3	12,12,12
Zone 2 Cardio	-	20–30 Minutes

Tuesday – Workout #2 (Lower Body)		
Exercise/Activity	Sets	Reps/Duration
Goblet Squat	3	12,10,8
Stiff Leg Deadlift	3	12,10,8
Leg Press	3	12,10,8
Walking Lunge	3	12,10,8
Seated Calf Raise	3	12,10,8
Crunches	3	12,12,12
Zone 2 Cardio	-	20–30 Minutes

Wednesday – Rest Day		
Exercise/Activity	Sets	Reps/Duration
Complete Rest or Light Walking	-	20–30 Minutes (Optional)
Stretching & Mobility	-	10–15 Minutes (Optional)

Thursday – Workout #3 (Upper Body)		
Exercise/Activity	Sets	Reps/Duration
Wide Grip Lat Pull Down	3	12,10,8
Flat Bench Press	3	12,10,8
Lateral Raise	3	12,10,8
Hammer Dumbbell Curl	3	12,10,8
Straight Bar Tricep Extension	3	12,10,8
Abdominal Air Bike	3	12,12,12
Cardio	-	20–30 Minutes

Friday – Workout #4 (Lower Body)		
Exercise/Activity	Sets	Reps/Duration
Squat	3	12,10,8
Deadlift	3	12,10,8
Dumbbell Step Up	3	12,10,8
Abductor Machine	3	12,10,8
Adductor Machine	3	12,10,8
Seated Calf Raise	3	12,10,8
Exercise Ball Crunch	3	12,12,12
Zone 2 Cardio	-	20–30 Minutes

Saturday – Rest Day		
Exercise/Activity	Sets	Reps/Duration
Complete Rest or Light Walking	-	20–30 Minutes (Optional)
Stretching & Mobility	-	10–15 Minutes (Optional)

Sunday - Rest Day		
Exercise/Activity	Sets	Reps/Duration
Complete Rest or Light Walking	-	20–30 Minutes (Optional)
Stretching & Mobility	-	10–15 Minutes (Optional)

Basic Nutrition Tips for Fat Loss

- 1. Eat Protein with Every Meal**
Include lean protein sources like eggs, chicken, fish, paneer, tofu, Greek yogurt, dal, or sprouts to support muscle maintenance and keep you full.
- 2. Stay Hydrated**
Drink **2.5–3 liters of water** daily to support metabolism, digestion, and overall health.
- 3. Choose Whole Foods**
Focus on whole grains, fruits, vegetables, legumes, lean proteins, and healthy fats while limiting processed foods.
- 4. Control Portion Sizes**
Even healthy foods should be eaten in appropriate portions to maintain a calorie deficit.
- 5. Eat Plenty of Vegetables**
Aim for vegetables at **2–3 meals per day** to increase fiber intake and improve satiety.
- 6. Limit Added Sugar**
Reduce sugary drinks, sweets, desserts, and packaged snacks.
- 7. Choose Healthy Carbohydrates**
Prefer oats, brown rice, whole wheat roti, quinoa, sweet potato, and millets over refined carbohydrates.
- 8. Include Healthy Fats**
Consume healthy fats from nuts, seeds, avocado, olive oil, and fatty fish in moderation.
- 9. Avoid Skipping Meals**
Eat balanced meals consistently to help manage hunger and maintain energy levels.
- 10. Get Quality Sleep**
Aim for **7–9 hours of sleep** every night, as poor sleep can negatively affect hunger and recovery.
- 11. Be Physically Active Daily**
In addition to your workouts, try to achieve **8,000–10,000 steps per day**.
- 12. Be Consistent**
Sustainable fat loss comes from consistent healthy eating and regular exercise rather than quick-fix diets.