

Beginner Total Body Fat Burning to Lose Weight (Gym & Home Workout)

MONDAY, WEDNESDAY & FRIDAY (Total Body)

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|---------------------|----------------|
| 1) Jumping Jacks | 6) Tricep Dips |
| 2) Push-ups | 7) Burpees |
| 3) Mountain Climber | 8) Squats |
| 4) Alternate Lunges | 9) Plank |
| 5) High Knees | 10) Spiderman |

**Each exercise last 1 min long: 40 seconds workout + 20 seconds rest.

**Complete all 10 workouts back-to-back without stopping, rest for 1 min and repeat the entire circuit 4 times.

**Total workout time for 4 sets: 44mins

**Include 5-10mins of warmup & cool down. Do not skip them!

**As you progress each week, try to add more reps within each minute.

**Focus on proper technique.

**Estimate calories burned in 44mins: Between 350 - 450cals.

TUESDAY & SATURDAY (Cardio Interval)

30 mins of Cardio Interval – Choose an exercise you enjoy such as running, biking, swimming, hiking or choose a cardio machine you enjoy in the gym (treadmill, bike, rower, stepper, elliptical). Alternate between high and low intensity every 1 minute

For Instance on the Treadmill:

Min 1,3,5,7,9,11,13,15,17,19 – Speed 7 or 8 (40% effort)

Min 2,4,6,8,10,12,14,16,18,20 – Speed 10 or 11 (90% effort)

*Adjust speed according to your fitness level and increase it as you progress.

** ACTIVE REST on THURSDAY (do an activity you enjoy such as dancing, hiking, swimming, walking, boxing etc for 30-45mins) & COMPLETE REST on SUNDAY.

**You MUST follow the foundation of my “Full Meal Plan” with this.

**You may adjust the workout time and days according to your schedule.

It will not affect the result.

**If you feel strong, you can add a challenge in at the end of your workout, either: 4-week Ab Challenge, 5 Mins Plank Challenge or Squat Challenge.

All Videos are available at www.youtube.com/user/joannasohofficial
Printable Workout & Meal Plan available at www.joannasoh.com