



Weight Loss

Here is a beginner weight loss program with 3 training sessions per week. To lose weight, you will need to be in a calorie deficit, which is where your body is burning more calories throughout the day than you are consuming. Check out the Calorie Calculator page on our website to work out how many calories to consume for weight loss!

Session 1

20 - 30 minutes cardio of choice

Leg Press 4 x 10
BW Lunges 4 x 12
Leg Ext 3 x 10
Leg Curl 3 x 10

Session 2

20- 30 minutes cardio of choice

Chest Press 3 x 10
Low Row 3 x 10
Shoulder Press 3 x 10
Lat Pull Down 3 x 10

Session 3

20-30 minutes cardio of choice

Circuit 3 sets 30 seconds work 30 seconds rest

BW Squats
TRX row
Lateral DB Raises
Box Step Ups

Plank 3 x 30 secs - 1 min
Leg raises 3 x 10