

GYM CORE

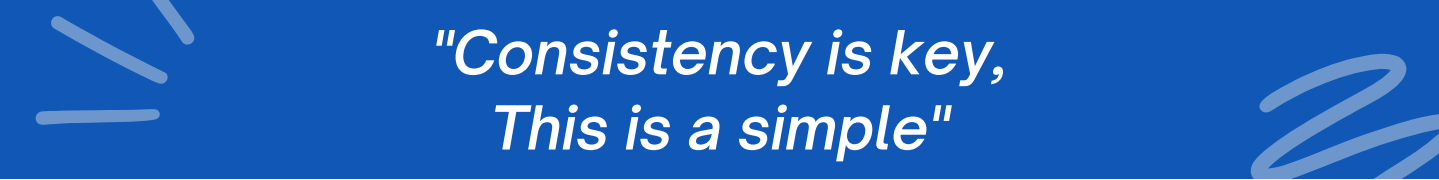
12-WEEK BEGINNER FAT LOSS PROGRAM

INTRODUCTION:	Gym Core 12-Week Beginner Fat Loss Program <i>4-day/week Home-Friendly Gender-Neutral</i>
PREPARED BY:	GYM CORE

Welcome!

You're about to embark on a 12-week journey to burn fat, build strength, and boost confidence. Each session includes a warm-up, main workout, optional cardio, and cool-down. Consistency is key—every effort counts. Let's make these 12 weeks transformative!

	Exercise	Sets x Reps	Notes
DAY 1 Upper Body + Cardio	Push-ups (standard or incline)	4 x 12–15	Add slow negatives for intensity
	Dumbbell Rows (or resistance band)	4 x 12 per arm	Squeeze shoulder blades at top
	Shoulder Press (dumbbells/bands)	3 x 12	Keep core tight
	Bicep Curls	3 x 12–15	Optional drop set last set
	Tricep Dips (bench or chair)	3 x 12	Control descent
	Cardio Finisher: Jump Rope or High Knees	3 rounds x 45 sec	15 sec rest between
Day 2 Lower Body + Core	Squats (bodyweight or dumbbells)	4 x 15	Pause 1 sec at bottom
	Reverse Lunges	3 x 12 per leg	Keep front knee behind toes
	Glute Bridges	3 x 15	Optional: hold 2 sec at top
	Calf Raises	3 x 20	Slow and controlled
	Plank	3 x 45–60 sec	Option: side plank rotation
	Bicycle Crunches	3 x 20	Controlled twisting motion
Day 3 Recovery / Mobility	20–30 min light yoga or dynamic stretching		Focus on recovery and mobility
	Optional: brisk walk or easy cycling for 15–20 min		Hydration and nutrition focus
Day 4 Full Body HIIT	Burpees	40 sec	Rest 20 sec
	Dumbbell Thrusters (squat + press)	40 sec	Rest 20 sec
	Mountain Climbers	40 sec	Rest 20 sec
	Push-up to Shoulder Tap	40 sec	Rest 20 sec
	Jump Squats	40 sec	Rest 20 sec
	Repeat Circuit	3–4 rounds	Aim to improve rounds over 4 weeks



*"Consistency is key,
This is a simple"*

Program Notes & Weekly Tips

Perform each workout 4 days per week, resting at least one day between similar sessions.

Maintain proper form before increasing weight.

Use light to moderate dumbbells – around **8–12 kg (18–26 lb)** for most movements.

Rest **30–45 seconds** between sets.

Gradually increase reps or weights every 3–4 weeks.

Stay hydrated and aim for consistent sleep and nutrition to maximize results.