

Fat Loss Accelerator: 1 Month Ignite

Important Disclaimers:

- This is not medical advice. Always consult with a healthcare professional before starting any new workout plan.
- LISTEN TO YOUR BODY. If you feel any pain, stop the exercise.
- Prioritize proper form over lifting heavy.
- Cool-down & Warm-up always include dynamic stretching

Fat loss isn't about starving yourself or running until you hate life. It's about intensity, structure, and discipline. The Weight Loss Accelerator blends circuits, lifts, and cardio into efficient sessions that torch fat while keeping your strength and muscle intact. We don't just "burn calories" — we build a body that's lean, athletic, and confident. If you've been stuck spinning your wheels, this program shows you how to strip fat the smart way and feel proud of what you see in the mirror.

Week 1 - Calisthenics + Cardio

Day 1: Push + Sprints

Warm-Up (10 min): Brisk jog, arm swings, band pull-aparts, scap push-ups, knee push-ups

Circuit (3 rounds): Push-Ups 20 • Pike Push-Ups 12 • Dips (chair) 15 • Toe Touchers 20

Cardio/Finisher: 6 × 100m sprints (walk back = rest)

Cool-Down (10 min): Light jog → pec/shoulder stretch → breathing reset

Cue: Chest burns, legs heavy

Day 2: Legs & Bike Intervals

Warm-Up (10 min): Easy bike, leg swings, hip openers, glute bridges

Circuit (3 rounds): Bulgarian Split Squats 12/leg • Jump Squats 15 • Walking Lunges 20 • Wall Sit max 45–60s

Cardio/Finisher: 8 × 20s bike sprints / 60s easy pedal (*Intense 20s*)

Cool-Down (10 min): Quads, hamstrings, calves, hips

Cue: Quads and glutes cooked in circuit, lungs fried on bike.

Day 3: Distance & Core

Warm-Up (10 min): Brisk walk/jog, dynamic calves/hamstrings, A-skips

Core (2 rounds): V-Ups 20 • Russian Twists 40 • Side Plank 45s/side

Cardio/Finisher: 2-mile steady jog (add 0.25-0.5 mile weekly)

Cool-Down (10 min): Hip flexor, hamstrings, T-spine stretch

Cue: Pace comfortably uncomfortable, core cooked

Day 4: Pull + Row Intervals

Warm-Up (10 min): Easy row, band rows, scap pulls, dead hang

Circuit (3 rounds): Pull-Ups 8–10 • Inverted Rows 12 • Chin-Ups 8 • Reverse Snow Angels 15

Cardio/Finisher: Row 8 × 250m fast / 250m easy

Cool-Down (10 min): Lats, upper back, grip stretch

Cue: Forearms pumped, lungs maxed, back exhausted

Day 5: MetCon + Jog

Warm-Up (10 min): Jog, world's greatest stretch, knee push-ups

MetCon (3 rounds): Burpees 10 • Air Squats 15 • Mountain Climbers 20 • Run 200m (3min rest)

Cardio/Finisher: 20-min steady jog/bike

Cool-Down (10 min): walk, static stretch

Cue: Full-body fatigue + mental toughness.

Day 6 & 7: Rest Day

Stretch, eat properly, drink water, listen to your body.

Cue: Sore muscles, tired

Week 2 - Weightlifting + Cardio

Day 1: Upper Push + Treadmill Intervals

Warm-Up (10 min): Incline walk, shoulder mobility, empty bar bench

Lifts:

- Bench Press 4×6–8 (*squeeze back, leg drive, controlled*)
- Military Press 3×8–10 (*push through shoulders, psa: will feel awkward*)
- Incline DB Press 3×10–12 (*keep db steady, controlled, leg drive*)
- Dips/Pushdowns 3×12–15 (*arms reach 90 degrees then push back up*)

Cardio/Finisher: 6 × 45s fast / 90s jog

Cool-Down (10 min): Chest, shoulders, triceps stretch

Cue: Chest burn, body exhaustion

Day 2: Lower Body + Bike Sprints

Warm-Up (10 min): Easy bike, high knees, leg swings

Lifts:

- Squat or Bulgarian Split Squat 4×8–10 (*Straight back, proud chest*)
- RDL 4×8–10 (*Straight back, slightly bent knees, move through hips, deep hamstring stretch*)
- Hip Thrusts 3×12 (*explosive hips, firm base*)
- Calf Raises 3×20 (*Slow and controlled reps, 1 sec pause at climax*)

Cardio/Finisher: 6 × 20s bike sprints / 60s easy

Cool-Down (10 min): Hips, quads, calves

Cue: Heavy legs, low back fatigue, hamstring very flexible, lungs burn

Day 3: Distance + Core

Warm-Up (10 min): Walk/jog, mobility drills

Core (3 rounds): Leg Raises 15 • Flutter Kicks 40 • Hollow Hold 30s

Cardio/Finisher: 2.25-2.5 mile steady run

Cool-Down (10 min): Stretch calves, hips, back

Cue: Core and legs exhausted

Day 4: Upper Pull + Row EMOM

Warm-Up (10 min): dead hangs, band face pulls, easy rows

Lifts:

- Choice Row 4x8–10 (*Pull strictly through back muscles*)
- Lat Pulldowns 3 sets to failure (*Focus on back contraction, dont pull with arms, steady base*)
- Face Pulls 3x12–15 (*focus on rear delt contraction, pull from eye level*)
- Curls 3x12–15 (*Steady body, focus on bicep contraction*)

Cardio/Finisher: 8–10 min → 200m row sprint each minute

Cool-Down (10 min): Lats, biceps, upper back

Cue: Back pumped, heart racing.

Day 5: Full Body + Conditioning

Warm-Up (10 min): Easy bike, hinge primer, ankle mobility

Lifts:

- Deadlift 4x10 (*back straight, chest up, push through legs*)
- Barbell/DB Thrusters 3x12 (*focus on keeping a steady balance*)
- Weighted Step-Ups 3x12/leg (*explosive steps, like your smashing the elevated surface*)

Cardio/Finisher: 15-min AMRAP → 200m jog • 10 burpees • 20 jump ropes/mini hops

Cool-Down (10 min): Global lower-body stretch

Cue: Full body burn, mental discipline

Day 6 & 7: Rest Days

Stretch, eat properly, drink water, listen to your body.

Cue: Sore muscles, tire

Week 3 · Discipline Builds Resilience

Reminder: Add 1–2 reps to each move or a 4th round on one circuit. Add 0.5 mile to the steady run

Week 4 · Proof of Progress

Reminder: Increase load +3–5% on primary lifts. Shorten recovery on intervals by 10–15s. Add 0.5 mile to the steady run

Tips

Cardio is non-negotiable, you may do cardio first if you want to do fasted cardio

- Progression: Add reps/rounds in calisthenics, +3–5% load in lifting, +0.5 mile steady runs.
- Soreness: Expect bodyweight burn Week 1, strength soreness Week 2, repeat harder in Weeks 3 & 4.
- Recovery: 7–9 hrs sleep, hydrate, stretch.
- Intensity: Give full effort every single rep

You're not just working out — you're building discipline. Every sprint, every burpee, every mile stacks into fat loss and confidence. Imagine yourself in 4 weeks: leaner, lighter, more confident. You don't need endless hours, just intensity and a plan built for your schedule. This program proves it works. When you're ready for the next step, grab my full programs at www.getrightwithzay.com/coaching and keep stacking results.

www.getrightwithzay.com

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