

Weekly Fitness Plan — 6-Day Split

Goal: fat loss + strength · Sustainable pace: ~0.5–1 kg/week · Standard gym equipment
Progressive overload: add a little weight or 1–2 reps to the main lifts each week.

Monday — Push (Chest, Shoulders, Triceps)

	Barbell bench press	4 × 6–8	2–3 min
	Incline dumbbell press	3 × 8–10	2 min
	Seated overhead press (DB/machine)	3 × 8–10	2 min
	Lateral raises	3 × 15	60 s
	Triceps rope pushdown	3 × 12	60 s
	Dips (assisted if needed)	3 × 8–10	90 s
	Finisher: 12 min incline walk intervals	1 min brisk / 1 min easy	—

Tuesday — Pull (Back, Biceps, Rear Delts)

	Deadlift (barbell)	4 × 5 heavy	3 min
	Lat pulldown or pull-ups	4 × 8–10	2 min
	Seated cable row	3 × 10–12	90 s
	One-arm dumbbell row	3 × 10 / side	90 s
	Face pulls (cable)	3 × 15	60 s
	EZ-bar / dumbbell curls	3 × 10–12	60 s
	Finisher: 12 min rower or incline walk	intervals	—

Wednesday — Legs (Quads, Glutes, Calves)

	Back squat	4 × 6–8	3 min
	Leg press	3 × 10–12	2 min
	Romanian deadlift	3 × 10	2 min
	Walking lunges (dumbbells)	3 × 12 steps	90 s
	Standing calf raises	4 × 15	60 s
	Plank	3 × 45 s	60 s
	Finisher: 10 min easy bike spin	low intensity	—

Thursday — Upper Body (Strength Focus)

	Barbell bench press	5 × 5	3 min
	Barbell row	5 × 5	3 min
	Standing overhead press	4 × 6	2–3 min
	Weighted pull-up / heavy pulldown	4 × 6	2–3 min
	Face pulls	3 × 15	60 s
	Plank or ab-wheel	3 × 45 s	60 s

Friday — Lower Body (Strength Focus)

	Trap-bar or conventional deadlift	5 × 5 (lighter than Tue)	3 min
	Front squat or goblet squat	4 × 6–8	2–3 min
	Barbell hip thrust	4 × 8	2 min
	Bulgarian split squat	3 × 8 / leg	90 s
	Seated calf raises	4 × 15	60 s
	Hanging knee raises	3 × 12	60 s

Saturday — Full Body + Conditioning

	Goblet squat	3 × 12	90 s
	Dumbbell bench press	3 × 12	90 s
	Seated cable row	3 × 12	90 s
	Dumbbell shoulder press	3 × 12	90 s
	Kettlebell swings	3 × 15	90 s
	Conditioning: 20 min intervals (rower/bike)	1 min hard / 2 min easy	—

Sunday — Rest / Active Recovery

	30–45 min easy walk (outdoors ok)	zone 1–2	—
	Full-body stretching & mobility	15–20 min	—

Nutrition rules that do most of the fat-loss work

- Daily deficit of ~500–700 kcal below maintenance; judge progress by the WEEKLY average weight.
- Protein 1.6–2.2 g per kg bodyweight, spread over 3–4 meals (protects muscle in a deficit).
- 7–9 h sleep and 8k–10k daily steps — recovery and NEAT matter as much as the workouts.
- Note: 5 kg/month is very aggressive; 2–4 kg/month preserves strength and is far easier to keep off.