

HIIT + Core

Tuesday • Fat Loss Workout

45-75 min/session | 5-6 days/week | HIIT + Strength | Calorie Deficit

Rest: 30-60 sec (isolation) / 60-90 sec (compound)

#	EXERCISE	SETS x REPS
1	Jump Squats	4 x 15
2	Burpees	4 x 12
3	Jump Lunges	4 x 12
4	Plank Jacks	4 x 30 sec
5	Russian Twist	4 x 20
6	Leg Raise	4 x 15

FINISHER — HIIT Circuit 12-15 min (40 sec work / 20 sec rest)

TRAINER RECOMMENDATIONS

- Create a calorie deficit of 300-500 calories daily
- Eat high protein: 1.6-2.2 g per kg of body weight
- Lift heavy, do HIIT, and stay active
- Drink 3-4 liters of water daily
- Sleep 7-8 hours every night
- Track progress every week - consistency is the key