

JANUARY FAT LOSS WORKOUTS 🙌🏆💥

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GYM WORKOUTS

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1. Power Up Strength 💪

Warm-Up: 5 minutes brisk walk or light cycling.

Main Workout: Perform each exercise for 3 sets, rest for 60-120 seconds between sets.

Exercise	Sets	Reps	Weight	Notes
Goblet Squats	3	12-15		Focus on controlled form.
Dumbbell Bench Press	3	12-15		Neutral grip if needed.
Lat Pulldowns	3	12-15		Adjust grip for comfort.
Dumbbell Reverse Lunges (each leg]	3	15		Focus on bring legs back and out.
Plank	3	30-45s		Engage core throughout.

Cooldown: 5 minutes stretching or foam rolling.

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2. Hybrid Sweat 💧

Warm-Up: 5 minutes rower or light jogging.

Main Workout: Alternate strength and cardio, rest for 60-120 seconds between sets.

Exercise	Sets	Reps	Weight	Notes
Deadlifts	3	8-12		Use moderate weight.
Rowing Machine	3	60s	x	Max effort intervals.

Push-Ups (Incline if needed)	3	8-12		Maintain strong core.
Stationary Bike Sprints	3	60s	x	Push hard, recover slow.
Russian Twists	3	20		Bodyweight or light DB.

Cooldown: Gentle stretches for hamstrings, quads, and chest.

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3. Total Body Tone 🙌

Warm-Up: Dynamic stretches focusing on major muscle groups, rest for 60-120 seconds between sets.

Exercise	Sets	Reps	Weight	Notes
Leg Press	3	10-12		Keep tight with good form.
Dumbbell Row (each side)	3	10-12		Focus on full range.
Dumbbell Shoulder Press	3	8-12		Core engaged.
Dumbbell Bicep Curls	3	10		Add a push-up if able.
Hanging Knee Raises	3	15-20		Avoid swinging.

Cooldown: Static stretches for shoulders, lats, and legs.

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HOME WORKOUTS

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4. Bodyweight Burn Blast

Warm-Up: 5 minutes marching or jogging in place, rest for 45-60 seconds between sets.

Exercise	Sets	Duration/Reps	Notes
Bodyweight Squats	3	15	Focus on depth and control.
Push-Ups (Knee if needed)	3	10-15	Maintain strong alignment.
Jumping Jacks	3	30 seconds	Keep pace consistent.
Glute Bridges	3	12-15	Squeeze glutes at top.
Mountain Climbers	3	20-30 seconds	Core engaged.

Cooldown: 5 minutes of yoga-style stretches (child's pose, cat-cow).

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5. Rep and Repeat

Warm-Up: Dynamic stretches, 5 minutes.

Set a 20-minute timer and complete as many rounds as possible: Rest as needed between rounds.

Exercise	Reps	Notes
Squat Jumps	10	Modify with bodyweight squats.
Push-Ups	10	Kneeling if needed.
Plank Shoulder Taps	20	10 each side.
Reverse Lunges	10	5 each leg.
Burpees	5	Modify by removing the jump.

Cooldown: Gentle stretching, focusing on lower body and shoulders.

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6. Rapid Tabata Torch

Warm-Up: 5 minutes walking or light jogging.

Perform each exercise for **20 seconds work, 10 seconds rest**, 8 rounds.

Rotate between exercises every 4 minutes: For example, 8 sets/rounds of High Knees, 20s on, 10 off. As soon as 8 sets/rounds are complete move on to Air Squats [...and so on]

Exercise	Notes
High Knees	Pump arms for intensity.
Air Squats	Controlled descent, explosive up.
Push-Ups	Modify to knees if needed.
Plank Hold	Straight body, no sagging.

Cooldown: Stretching for quads, hamstrings, and shoulders.