



KETO BURN

GYM WORKOUTS



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OBJECTIVE

- Weight Loss

For your goals, you will be training:

- 3 full body weights workouts per week
- 2 high intensity interval training (HIIT) cardio sessions per week
- 1 HIIT weights workout per week
- 1 ab session per week

IMPLEMENTATION

- Below, you will find a list off all of the different workouts labeled as "Full Body 1", "Full Body 2", "Full Body 3", "HIIT with Abs", and "HIIT with weights"
- Refer to the GYM Workout Schedule to find the workouts (from this list) you will be doing on each day



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THINGS TO KNOW

- The rep range is between 8-12, focusing on strength and hypertrophy. This will not make you bulky. More muscle = more calories burned at rest, because your metabolism will be faster, which increases weight loss.
- The first exercise of each workout is the heavy compound move of the workout, so push as hard as you can for the exercise especially.
- Use a weight that you can lift for the given amount of reps, with the last 2 reps having to push yourself to lift it. (if you can do more than 12 reps the weight is too light).
- Always warm up (5-10 minutes low intensity activity - walking uphill on treadmill, bicycle, etc)
- Take 45 sec - 1 min rest between sets but no longer. You want to keep your heart rate up to keep burning calories.
- The HIIT with Weights routine includes supersets. This means you perform the exercises back to back with no rest between the two exercises and a 2 minute rest time between sets.
- Always leave a day between full body days for optimal recovery.



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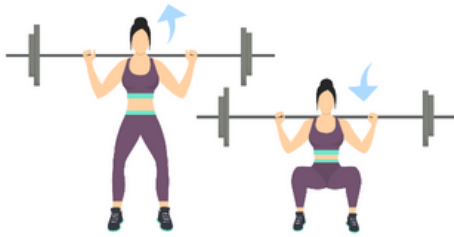
FULL BODY 1



Warm up:

10 minutes
Walking on incline treadmill

Barbell Squats



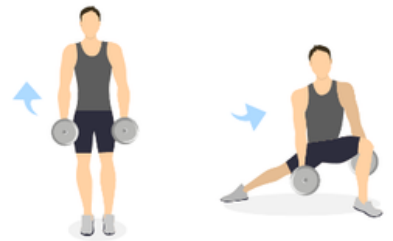
4 sets 8 reps
1 min rest

Shoulder Press



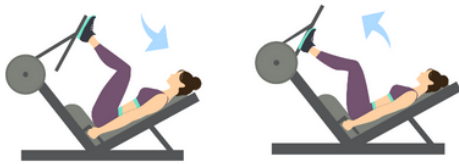
3 sets 10 reps
1 min rest

Side Lunges



3 sets 12 reps each leg
1 min rest

Leg Press



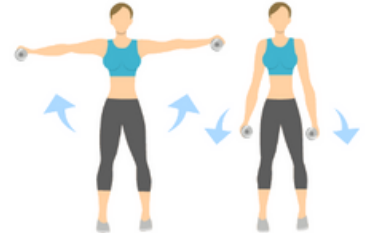
3 sets 10 reps
1 min rest

Planks



3 sets 30 sec
30 second rest

Side Lateral Raises



3 sets 12 reps
1 min rest

Sprints



10 sets
30 sec on 30 off



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FULL BODY 2



Warm up:

10 minutes

Walking on incline treadmill

Romanian Deadlifts



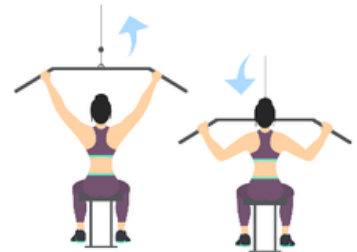
4 sets 8 reps
1 min rest

Barbell Hip Thrusts



3 sets 12 reps
1 min rest

Wide-Grip Pulldowns



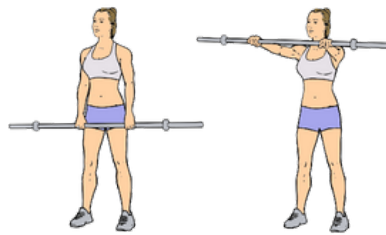
3 sets 12 reps
1 min rest

Curl to Press



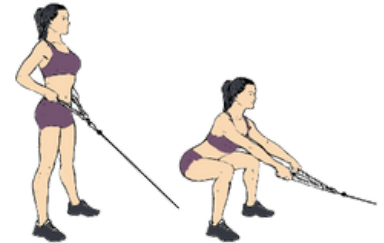
3 sets 12 reps
1 min rest

Front Barbell Raises



3 sets 12 reps
1 min rest

Cable Squat Rows



3 sets 15 reps
1 min rest



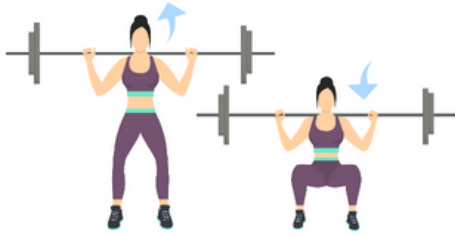
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FULL BODY 3



Warm up:
10 minutes
on upright or recumbent bike

Barbell Squats



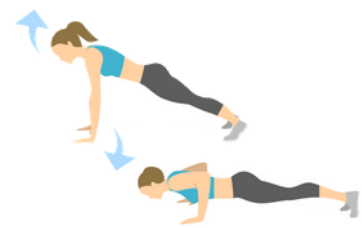
4 sets 8 reps
1 min rest

Sumo Squat



3 sets 15 reps
1 min rest

Push-ups



3 sets 10 reps
1 min rest

Bent Over Rows



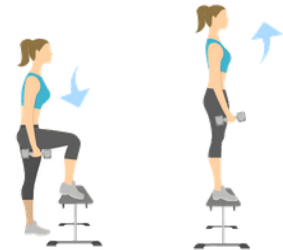
3 sets 12 reps
1 min rest

Planks



3 sets 30 sec
30 second rest

Dumbbell Step-ups



3 sets 12 reps each leg
1 min rest

Curl to Press



3 sets 12 reps
1 min rest



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HIIT WITH ABS



Warm up:
10 minutes
on upright or recumbent bike

Sprints



10 sets
30 sec on 30 sec off

Bicycles



3 sets 15 reps each side
1 min rest

Leg Raises



3 sets 15 reps
1 min rest

Double Crunches



3 sets 15 reps
1 min rest

Cable Crunches



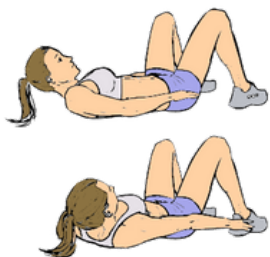
5 sets 15 reps
1 min rest

Planks



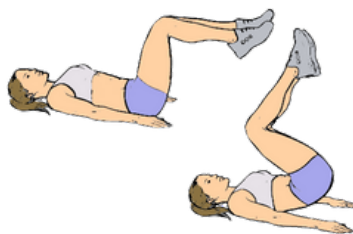
3 sets 30 sec
30 second rest

Heel Touches



3 sets 15 reps each side
1 min rest

Reverse Crunches



3 sets 15 reps
1 min rest



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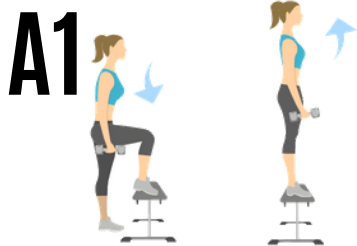
HIIT WITH WEIGHTS



Warm up:

10 minutes
Walking on incline treadmill

Dumbbell Step-ups



3 sets 12 reps each leg

Jump Squats



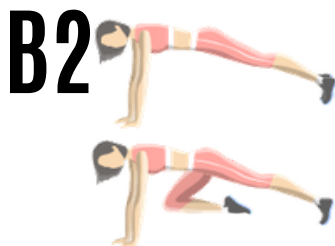
3 sets 10 reps

Goblet Squats



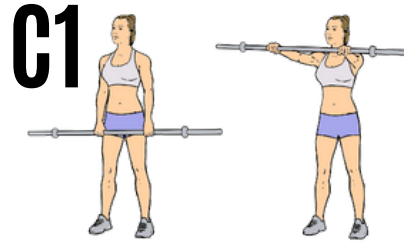
3 sets 12 reps

Mountain Climbers



3 sets 12 reps each legs

Front Barbell Raises



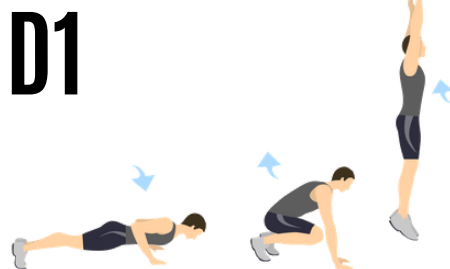
3 sets 12 reps

Planks



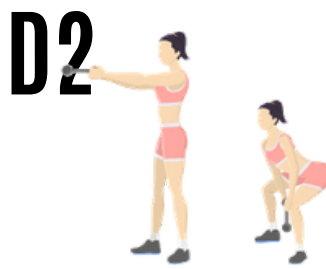
3 sets 30 sec

Burpees



3 sets 10 reps

Kettlebell Swings



3 sets 10 reps

Note:

This workout has supersets. This means you perform the exercises straight after each other and take a longer rest time between sets. Example: Do A1, right after with no rest, complete A2. Then rest for 2 minutes.