

Weight loss plan, Starter level

- This plan lasts for 12 weeks, three sessions every week. You can use the charts below to record your progress.
- Don't do any more than three sessions a week and make sure you leave a day in between each session. So you could do Monday, Wednesday and Friday or Tuesday, Thursday and Saturday. The days and times you go to the gym make no difference, so pick a time to suit you.
- If you want, you can throw in an extra 30 mins of light cardio exercise (such as swimming or cycling) on one of your off days. There's no need to do any more than this, and it can actually be counterproductive.
- Take four seconds to lift each weight and four seconds to lower it. Count out loud or in your head if it helps.
- Pick a weight you can raise and lower (called a repetition or "rep") at least eight times.
- Do as many reps as you can, always striving to do at least one more at each session.
- Don't stop when you reach 10 reps – do as many as you can. Just remember to increase the weight for that exercise at your next session.
- Start with three minutes rest in between the exercises. As you get fitter, work on lowering your rest times to one or two mins between each exercise.
- Drink plenty of water before, during and after exercising

Weeks	Exercise (click to see video)	Or try...	Day 1 Weight/ Reps	Day 2 Weight/ Reps	Day 3 Weight/ Reps
1 and 2	Leg Press	Dumbbell Squat or Barbell Squat	/	/	/
	Chest Press	Dumbbell Bench Press or Barbell Bench Press	/	/	/
	Lat Pulldown	Dumbbell Bent Over Row or Barbell Bent Over Row	/	/	/
	Shoulder Press	Dumbbell Overhead Press or Barbell Overhead Press	/	/	/

Weight loss plan, Starter level

Weeks	Exercise	Or try...	Day 1 Weight/ Reps	Day 2 Weight/ Reps	Day 3 Weight/ Reps
3 and 4	Leg Press	Dumbbell Squat or Barbell Squat	/	/	/
	Chest Press	Dumbbell Bench Press or Barbell Bench Press	/	/	/
	Lat Pulldown	Dumbbell Bent Over Row or Barbell Bent Over Row	/	/	/
	Shoulder Press	Dumbbell Overhead Press or Barbell Overhead Press	/	/	/
	NEW: Bicep Curl	Dumbbell Curl or Barbell Curl	/	/	/
5 and 6	Leg Press	Dumbbell Squat or Barbell Squat	/	/	/
	Chest Press	Dumbbell Bench Press or Barbell Bench Press	/	/	/
	Lat Pulldown	Dumbbell Bent Over Row or Barbell Bent Over Row	/	/	/
	Shoulder Press	Dumbbell Overhead Press or Barbell Overhead Press	/	/	/
	Bicep Curl	Dumbbell Curl or Barbell Curl	/	/	/
	Abdominal Crunch	Extended Lever Crunch	/	/	/

Weight loss plan, Starter level

Weeks	Exercise	Or try...	Day 1 Weight/ Reps	Day 2 Weight/ Reps	Day 3 Weight/ Reps
7 and 8	Leg Press	Dumbbell Squat or Barbell Squat	/	/	/
	Calf Raise	Single Legged Calf Raise	/	/	/
	Chest Press	Dumbbell Bench Press or Barbell Bench Press	/	/	/
	Lat Pulldown	Dumbbell Bent Over Row or Barbell Bent Over Row	/	/	/
	Shoulder Press	Dumbbell Overhead Press or Barbell Overhead Press	/	/	/
	Bicep Curl	Dumbbell Curl or Barbell Curl	/	/	/
	Abdominal Crunch	Extended Lever Crunch	/	/	/
9 and 10	Leg Press	Dumbbell Squat or Barbell Squat	/	/	/
	Calf Raise	Single Legged Calf Raise	/	/	/
	Chest Press	Dumbbell Bench Press or Barbell Bench Press	/	/	/
	Lat Pulldown	Dumbbell Bent Over Row or Barbell Bent Over Row	/	/	/
	Shoulder Press	Dumbbell Overhead Press or Barbell Overhead Press	/	/	/
	Bicep Curl	Dumbbell Curl or Barbell Curl	/	/	/
	Tricep Pushdown	Dumbbell Overhead Tricep Extension or Barbell Overhead Tricep Extension	/	/	/
	Abdominal Crunch	Extended Lever Crunch	/	/	/

Weight loss plan, Starter level

Weeks	Exercise	Or try...	Day 1 Weight/ Reps	Day 2 Weight/ Reps	Day 3 Weight/ Reps
11 and 12	Leg Press	Dumbbell Squat or Barbell Squat	/	/	/
	Calf Raise	Single Legged Calf Raise	/	/	/
	Chest Press	Dumbbell Bench Press or Barbell Bench Press	/	/	/
	Lat Pulldown	Dumbbell Bent Over Row or Barbell Bent Over Row	/	/	/
	Shoulder Press	Dumbbell Overhead Press or Barbell Overhead Press	/	/	/
	Bicep Curl	Dumbbell Curl or Barbell Curl	/	/	/
	Tricep Pushdown	Dumbbell Overhead Tricep Extension or Barbell Overhead Tricep Extension	/	/	/
	Abdominal Crunch	Extended Lever Crunch	/	/	/
	Back Extension on Floor	Back Extension on Bench	/	/	/