



 **HIITRAZE**

28-DAY

MEN'S HEALTH FAT LOSS

PROGRAM

No equipment



PLAN INTRODUCTION

The Men's Health 28-Day Fat Loss Program is a comprehensive fitness and nutrition program designed to help men lose body fat and achieve a leaner, more toned physique. The program combines high-intensity interval training (HIIT) with a healthy, balanced diet to maximize fat loss while preserving muscle mass. The workouts are designed to be challenging and efficient, with each session lasting around 30-40 minutes. The program also includes guidance on nutrition, including meal plans and healthy recipe ideas, to help men make sustainable lifestyle changes that will support their fat loss goals.



It is advised that you meet in person with a licensed health professional before beginning any exercise program. All of the information is for educational purposes and is not intended to diagnose or treat medical or health conditions.



WORKOUT PLAN

TOTAL BODY CIRCUIT

- 1** Warm-up: 5 minutes of light cardio
Circuit: 3 rounds of the following:
- Squats x 12
 - Push-ups x 10
 - Lunges x 12 (each leg)
 - Dumbbell rows x 10 (each arm)
 - Plank x 30 seconds
- Cool-down: 5 minutes of stretching

2 REST DAY

HIIT CARDIO

- 3**
- Warm-up: 5 minutes of light cardio
 - HIIT: 8 rounds of 20 secs of maximum effort followed by 10 secs of rest, alternating the following exercises:
 - Jumping jacks
 - Burpees
 - High knees
 - Mountain climbers
- Cool-down: 5 minutes of stretching

UPPER BODY STRENGTH

- 4** Warm-up: 5 minutes of light cardio
Workout: 3 sets of the following exercises:
- Bench press x 12
 - Lat pulldowns x 12
 - Overhead press x 12
 - Bicep curls x 12
 - Tricep dips x 12
- Cool-down: 5 minutes of stretching

5 REST DAY

LOWER BODY STRENGTH

- 6**
- Warm-up: 5 minutes of light cardio
 - Workout: 3 sets of the following exercises:
 - Deadlifts x 12
 - Leg press x 12
 - Leg curls x 12
 - Calf raises x 12
- Cool-down: 5 minutes of stretching

7 REST DAY

UPPER BODY CIRCUIT

- 8**
- Warm-up: 5 minutes of light cardio
 - Circuit: 3 rounds of the exercises:
 - Push-ups x 10
 - Dumbbell rows x 10 (each arm)
 - Bicep curls x 10
 - Tricep dips x 10
 - Plank x 30 seconds
- Cool-down: 5 minutes of stretching

HIIT CARDIO

- 9**
- Warm-up: 5 minutes of light cardio
HIIT: 8 rounds of 20 secs of maximum effort followed by 10 secs of rest, alternating between the exercises:
- Jump squats
 - Burpees
 - Jump lunges
 - Box jumps
- Cool-down: 5 minutes of stretching

WORKOUT PLAN



10 REST DAY

LOWER BODY STRENGTH

- 11** Warm-up: 5 minutes of light cardio
Workout: 3 sets of the following exercises:
- Squats x 12
 - Lunges x 12 (each leg)
 - Leg press x 12
 - Leg curls x 12
 - Calf raises x 12
 - Cool-down: 5 minutes of stretching

TOTAL BODY STRENGTH

- 12** • Warm-up: 5 minutes of light cardio
• Workout: 3 sets of the following exercises:
- Deadlifts x 12
 - Bench press x 12
 - Overhead press x 12
 - Bicep curls x 12
 - Tricep dips x 12
 - Cool-down: 5 minutes of stretching

13 REST DAY

Cardio and Resistance Training

- 14** • Warm-up: 5-10 minutes of light cardio
• Treadmill sprints: 30 seconds sprint, 30 seconds rest, repeat for 10-15 minutes
• Dumbbell chest press: 3 sets of 12 reps
• Bent-over dumbbell rows: 3 sets of 12 reps
• Dumbbell lunges: 3 sets of 12 reps (per leg)
• Plank: 3 sets of 30 seconds

HIIT CIRCUIT

- 15** • Warm-up: 5-10 minutes of light cardio
• HIIT Circuit:
- a. Squat jumps: 30 seconds
 - b. Push-ups: 30 seconds
 - c. Mountain climbers: 30 seconds
 - d. Jump lunges: 30 seconds
- Rest: 30 seconds
Repeat the circuit for 15-20 minutes
• Cool-down: 5-10 minutes of stretching

16 REST DAY

Resistance Training

- 17** • Warm-up: 5-10 minutes of light cardio
• Barbell deadlifts: 3 sets of 8-10 reps
• Barbell squats: 3 sets of 8-10 reps
• Dumbbell shoulder press: 3 sets of 10-12 reps
• Pull-ups: 3 sets of 8-10 reps
• Plank: 3 sets of 30 seconds

CARDIO

- 18** • Steady-state cardio: 30-60 minutes of moderate intensity (such as jogging or cycling)
• Warm-up: 5-10 minutes of light cardio
• Barbell deadlifts: 3 sets of 8-10 reps
• Barbell squats: 3 sets of 8-10 reps
• Dumbbell shoulder press: 3 sets of 10-12 reps
• Pull-ups: 3 sets of 8-10 reps
• Plank: 3 sets of 30 seconds

WORKOUT PLAN



RESISTANCE TRAINING

- 19**
- Warm-up: 5-10 minutes of light cardio
 - Dumbbell bench press: 3 sets of 10-12 reps
 - Dumbbell flyes: 3 sets of 10-12 reps
 - Lat pulldowns: 3 sets of 10-12 reps
 - Seated cable rows: 3 sets of 10-12 reps
 - Bicep curls: 3 sets of 10-12 reps
 - Tricep pushdowns: 3 sets of 10-12 reps

- 20** Active Rest Day
Light activity such as yoga or stretching

HIIT CIRCUIT

- 21**
- Warm-up: 5-10 minutes of light cardio
 - HIIT Circuit:
 - a. Box jumps: 30 seconds
 - b. Burpees: 30 seconds
 - c. Kettlebell swings: 30 seconds
 - d. Jump squats: 30 seconds
 - Rest: 30 seconds
 - Repeat the circuit for 15-20 minutes
 - Cool-down: 5-10 minutes of stretching

RESISTANCE TRAINING

- 22**
- Warm-up: 5-10 minutes of light cardio
 - Dumbbell lunges: 3 sets of 12 reps (per leg)
 - Dumbbell step-ups: 3 sets of 12 reps (per leg)
 - Leg curls: 3 sets of 12 reps
 - Leg extensions: 3 sets of 12 reps
 - Calf raises: 3 sets of 15 reps

CARDIO

- 23**
- Steady-state cardio: 30-60 minutes of moderate-intensity. jogging / cycling

CARDIO

- 24**
- Warm up: 5 minutes of jogging
 - Circuit 1: 3 sets of 12 reps each
 - Dumbbell bench press
 - Dumbbell rows
 - Dumbbell overhead press
 - Circuit 2: 3 sets of 12 reps each
 - Dumbbell squats
 - Dumbbell lunges
 - Plank (hold for 30 seconds)
 - Cool down: 5 minutes of stretching

UPPER BODY CIRCUIT

- 25**
- Warm up: 5 minutes of jumping jacks
 - Circuit 1: 3 sets of 12 reps each
 - Deadlifts
 - Dumbbell bicep curls
 - Dumbbell tricep extensions
 - Circuit 2: 3 sets of 12 reps each
 - Dumbbell step-ups
 - Dumbbell Romanian deadlifts
 - Russian twists
 - Cool down: 5 minutes of stretching

HIIT CARDIO

- 26**
- Warm up: 5 minutes of jogging
 - Circuit 1: 3 sets of 12 reps each
 - Push-ups
 - Lat pulldowns
 - Dumbbell lateral raises
 - Circuit 2: 3 sets of 12 reps each
 - Dumbbell goblet squats
 - Dumbbell calf raises
 - Bicycle crunches
 - Cool down: 5 minutes of stretching

WORKOUT PLAN



RESISTANCE TRAINING

27

- Warm up: 5 minutes of jumping jacks
- Circuit 1: 3 sets of 12 reps each
 - Barbell bench press
 - Barbell rows
 - Barbell overhead press
- Circuit 2: 3 sets of 12 reps each
 - Barbell squats
 - Barbell lunges
 - Plank (hold for 30 seconds)
- Cool down: 5 minutes of stretching

HIIT CIRCUIT

28

- Warm-up: 5 minutes of jogging
- Circuit 1: 3 sets of 12 reps each
 - Deadlifts
 - Barbell bicep curls
 - Skull crushers
- Circuit 2: 3 sets of 12 reps each
 - Barbell step-ups
 - Barbell Romanian deadlifts
 - Leg raises
- Cool down: 5 minutes of stretching

NOTE

Remember to adjust the weights and reps according to your fitness level and always listen to your body to avoid injury. Good luck!



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on HIITraze!**

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