

Warrior Gym Fat Loss Program

Program Overview

- 1 Duration: 6 Weeks
- 2 Location: Gym
- 3 Goal: Fat loss + muscle retention

Weekly Structure

- 1 Mon: Upper + HIIT
- 2 Tue: Lower
- 3 Wed: Cardio
- 4 Thu: Upper
- 5 Fri: Lower
- 6 Sat: Full Body
- 7 Sun: Rest

Key Exercises

- 1 Bench Press
- 2 Squats
- 3 Deadlifts
- 4 Pulldowns
- 5 HIIT

Nutrition

- 1 High protein
- 2 Moderate carbs
- 3 No sugar
- 4 Calorie deficit