

Warrior At-Home Fat Loss Program

Program Overview

- 1 Duration: 6 Weeks
- 2 Location: Home
- 3 Equipment: Pull-up bar, backpack, resistance band
- 4 Goal: Fat loss + conditioning

Weekly Structure

- 1 Mon: Strength + Conditioning
- 2 Tue: Cardio + Core
- 3 Wed: Upper
- 4 Thu: Recovery
- 5 Fri: Strength
- 6 Sat: Fat Burn
- 7 Sun: Rest

Key Workout

- 1 Push-ups
- 2 Pull-ups
- 3 Squats
- 4 Plank
- 5 Sprints

Nutrition

- 1 High protein
- 2 No junk food
- 3 3-4L water
- 4 Calorie deficit