

30-Minute Fat Loss + Muscle Gain Home Workout Plan by **Sami Khan Fitness**

Warm-Up (5 minutes)

- Skipping rope - 3 minutes
- High knees - 1 minute
- Arm circles and hip rotations - 1 minute

Main Workout (20 minutes)

40 seconds work, 20 seconds rest for each exercise

Circuit 1:

- Dumbbell squats
- Push-ups
- Dumbbell rows
- Mountain climbers



Circuit 2:

- Dumbbell lunges
- Resistance band pull-aparts
- Dumbbell shoulder press
- High knees

Circuit 3:

- Dumbbell deadlifts
- Resistance band chest press
- Plank hold
- Burpees

Cool Down (5 minutes)

- Light stretching
- Deep breathing exercises

Tips for Maximum Fat Loss:

- Repeat circuits 1, 2, and 3 twice
- Take 1-minute rest between circuits
- Stay hydrated throughout
- Focus on proper form
- Adjust intensity based on your fitness level

Weekly Schedule:

- Perform this routine 4-5 times per week
- Allow 2 non-consecutive rest days
- Maintain consistent 30-minute sessions

This high-intensity workout combines strength training with cardio elements to maximize fat burning while building lean muscle. You should start seeing results within 1-2 months of consistent training



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