



# FAT LOSS

## 2-WEEK GUIDE

BURN FAT · BOOST METABOLISM · BUILD CONFIDENCE

### WHAT'S INSIDE:

- \* 14-Day Structured Workout Plan
- \* Cardio & HIIT Protocols
- \* Daily Calorie & Deficit Strategy
- \* Weekly Progress Tracking
- \* Pro Tips to Keep You on Track



# WELCOME TO YOUR 2-WEEK FAT LOSS JOURNEY

This guide has been designed to help you kickstart your fat loss journey in a smart, sustainable way. Over the next 14 days, you will follow a structured plan combining resistance training, cardio, and a calorie deficit strategy.

This is not a crash diet or a punishment programme. It is a proven framework that creates real results - and gives you the foundation to keep going beyond 2 weeks.

## FIRE

### TRAINING

Resistance + cardio to maximise calorie burn and preserve muscle

## ZAP

### NUTRITION

Calorie deficit without starving yourself

## CHART

### PROGRESS

Weekly check-ins and adjustments built in

## HOW TO USE THIS GUIDE

1. Follow the weekly plan in order - do not skip rest days.
2. Track your food using MyFitnessPal or similar app.
3. Aim for 7-8 hours of sleep every night.
4. Drink a minimum of 2.5 litres of water per day.
5. Take progress photos on Day 1, Day 7, and Day 14.
6. Use the check-in system to track your progress and make adjustments.





# WEEK 1

## DAILY WORKOUT PLAN

<b>MON</b> Full B	<b>MONDAY - Full Body Resistance</b> 4x12 Squats   4x10 DB Press   3x12 Rows   3x15 Lunges   Core 10min <i>* Keep rest to 60 sec</i>
<b>TUE</b> HIIT C	<b>TUESDAY - HIIT Cardio</b> 5min warm-up   20min HIIT: 30s on / 30s off   5min cool-down <i>* 20 minutes max effort</i>
<b>WED</b> Upper	<b>WEDNESDAY - Upper Body + Core</b> 4x10 Pull-Ups   4x12 OHP   3x15 Tricep Dips   Plank 3x60s
<b>THU</b> Active	<b>THURSDAY - Active Recovery</b> 30-45min brisk walk   Full body stretching   Foam rolling <i>* Hit 10,000 steps today</i>
<b>FRI</b> Lower	<b>FRIDAY - Lower Body Burn</b> 4x12 RDLs   4x15 Leg Press   3x12 Glute Bridge   3x20 Calf Raises
<b>SAT</b> LISS C	<b>SATURDAY - LISS Cardio</b> 40min steady-state cardio: jog, cycle or row at 65% max HR
<b>SUN</b> Rest D	<b>SUNDAY - Rest Day</b> Complete rest - prioritise sleep, hydration and meal prep <i>* Meal prep for the week!</i>





# WEEK 2

## DAILY WORKOUT PLAN

<b>MON</b> Full B	<b>MONDAY - Full Body + Intensity</b> 5x10 Squats   4x10 DB Press   4x10 Rows   4x12 Lunges   Core 12min <i>* Increase weight from W1</i>
<b>TUE</b> HIIT T	<b>TUESDAY - HIIT Tabata</b> 5min warm-up   24min Tabata: 20s on / 10s off x 6 rounds   Cool-down <i>* Push harder than Week 1</i>
<b>WED</b> Upper	<b>WEDNESDAY - Upper Body Superset</b> Superset: Pull-Up + Press x4   Superset: Row + OHP x3   Core 10min
<b>THU</b> Active	<b>THURSDAY - Active Recovery</b> 40min walk   Yoga or stretching 20min   Foam rolling <i>* 10,000+ steps target</i>
<b>FRI</b> Lower	<b>FRIDAY - Lower Body Superset</b> Superset: RDL + Glute Bridge x4   Leg Press 4x15   Walking Lunges 3x20
<b>SAT</b> Cardio	<b>SATURDAY - Cardio Finisher</b> 45min run / cycle + 10min HIIT finisher at end <i>* Push the pace today</i>
<b>SUN</b> Rest +	<b>SUNDAY - Rest + Reflect</b> Rest - Take progress photos. Compare to Day 1. Celebrate your progress! <i>* You did it! Week 2 done</i>





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## FAT LOSS PRO TIPS

### CALORIE DEFICIT

Aim for a 300-500 calorie daily deficit. This is the sweet spot for steady fat loss without muscle breakdown. Use a TDEE calculator to find your maintenance calories, then subtract.

### PROTEIN IS KING

Eat 1.6-2g of protein per kg of bodyweight daily. Protein preserves muscle, keeps you full, and boosts your metabolism through the thermic effect of food.

### HIIT CARDIO

Perform 2-3 HIIT sessions per week. 20 minutes of HIIT burns more fat than 45 minutes of steady-state cardio and keeps your metabolism elevated for hours after.

### STEP COUNT

Hit 8,000-10,000 steps every day. NEAT (Non-Exercise Activity Thermogenesis) accounts for up to 30% of your total daily calorie burn. Move more all day, not just in the gym.

### SLEEP & RECOVERY

Poor sleep increases cortisol and hunger hormones. 7-8 hours of quality sleep is non-negotiable for fat loss - your body does most of its repair work at night.

### TRACK EVERYTHING

What gets measured gets managed. Weigh yourself at the same time every morning and take weekly averages. Don't panic over daily fluctuations - focus on the weekly trend.





## READY TO TAKE IT TO THE NEXT LEVEL?

Take your results to the next level with a fully personalised programme.  
Tailored nutrition, weekly check-ins, and real accountability.

### 1-1 COACHING

Fully personalised plan  
Weekly video check-ins  
Nutrition & training

### ONLINE PLANS

Custom 8-12 week plans  
App-based tracking  
Community access

[ayoofitness.com](https://ayoofitness.com) | [ayo@ayoofitness.com](mailto:ayo@ayoofitness.com)

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