

Certainly! Here's a weekly workout routine that combines both cardio and strength training to help you reduce your body fat percentage by 0.5% per week:

Day 1: Full-Body Strength Training

- Warm-up: 5-10 minutes of light cardio (e.g., jogging, stationary bike)
- Barbell Squats: 3 sets of 8-12 reps
- Barbell Bench Press: 3 sets of 8-12 reps
- Dumbbell Rows: 3 sets of 8-12 reps
- Shoulder Press: 3 sets of 8-12 reps
- Plank: 3 sets of 30-60 seconds

Day 2: Cardio

- Warm-up: 5-10 minutes of light cardio (e.g., treadmill, stationary bike)
- Interval Training: 20-30 minutes of high-intensity intervals (e.g., 30 seconds of sprinting, followed by 30 seconds of rest)
- Cool-down: 5-10 minutes of low-intensity cardio (e.g., walking)

Day 3: Full-Body Strength Training

- Warm-up: 5-10 minutes of light cardio (e.g., jogging, stationary bike)
- Deadlifts: 3 sets of 8-12 reps
- Dumbbell Lunges: 3 sets of 8-12 reps
- Pull-Ups: 3 sets of 8-12 reps
- Dumbbell Flys: 3 sets of 8-12 reps
- Russian Twist: 3 sets of 30-60 seconds

Day 4: Cardio

- Warm-up: 5-10 minutes of light cardio (e.g., treadmill, stationary bike)
- Steady-State Cardio: 30-45 minutes of moderate-intensity cardio (e.g., jogging, cycling, swimming)
- Cool-down: 5-10 minutes of low-intensity cardio (e.g., walking)

Day 5: Full-Body Strength Training

- Warm-up: 5-10 minutes of light cardio (e.g., jogging, stationary bike)
- Barbell Lunges: 3 sets of 8-12 reps
- Seated Cable Rows: 3 sets of 8-12 reps
- Dumbbell Bench Press: 3 sets of 8-12 reps
- Dumbbell Overhead Press: 3 sets of 8-12 reps
- Plank: 3 sets of 30-60 seconds

Day 6: Cardio

- Warm-up: 5-10 minutes of light cardio (e.g., treadmill, stationary bike)
- HIIT: 20-30 minutes of high-intensity intervals 30/30 (e.g., 30 seconds of
 - jumping jacks,

- **Plank Walkouts,**
- **Jump Rope,**
- Squat Jumps with Weights,
- Step-Ups,
- **Rowing Machine Intervals,**
- Box Jumps,
- Sprints,
- Battle Ropes,
- Wall Balls,
- Plank Jacks,
- **Jump Squats,**
- Mountain Climbers,
- High Knees,
- Burpees,
- **Knee Heavy Bag)** followed by 30 seconds of rest
- Cool-down: 5-10 minutes of low-intensity cardio (e.g., walking)

Day 7: Rest Day

Remember, it's important to also focus on nutrition and maintain a caloric deficit in order to lose body fat. Make sure to eat a balanced diet with plenty of protein, healthy fats, and whole foods while reducing your intake of processed foods, refined sugars, and saturated fats. Consistency and patience are key to achieving your goals, so stick with your routine and adjust as necessary to ensure steady progress towards your target body fat percentage.