



SAFFRON IRON COACHING

30-Day Strength & Fat Loss Program

Pro Plan

Client Details	
Name	Priya S.
Age	28
Height	163 cm
Current weight	72 kg
Target weight	64 kg
Goal	Fat loss + strength
Level	Somewhat active

Program	
Frequency	4 days / week
Session length	55 to 60 min
Split	Upper / Lower
Location	Gym
Plan	Pro Plan

Priya, this plan is built around your four gym days, your desk-job schedule and your goal of losing fat while getting genuinely stronger. Every session trains big movement patterns first, then fills the gaps. Follow it as written for 30 days, log every set, and we adjust together at the mid-month review.

Inside your plan: program structure and principles, warm-up protocol, 4 training days with tap-to-watch form demos, cool-down, exercise swaps, week-by-week progression, nutrition targets and your realistic outcome.

Prepared by Coach Meera · @saffroniron.coach

SAMPLE DOCUMENT FOR DEMONSTRATION. FICTIONAL BRAND AND CLIENT.

Your Program Structure

Day	Session	Focus
Mon	Day 1: Lower A	Squat pattern, hamstrings, core
Tue	Day 2: Upper A	Pull + push, horizontal emphasis
Wed	Active recovery	8,000+ steps, 10 min mobility
Thu	Day 3: Lower B	Glutes, single-leg strength, calves
Fri	Day 4: Upper B	Pull + push, vertical emphasis
Sat	Active recovery	Long walk or a sport you enjoy
Sun	Full rest	Sleep, prep meals, recover

Key training principles

- **Leave 2 reps in the tank.** Every working set should end when you could still do about two more clean reps. Not easy, not to failure.
- **Double progression.** When you hit the top of the rep range on every set with good form, add the smallest weight jump next session.
- **Form before load.** If your technique changes to finish a rep, the weight is too heavy for now.
- **Steps are part of the plan.** Aim for 8,000 steps daily. Most fat loss comes from daily movement and food, not from the gym session alone.
- **Log everything.** Write down weight, sets and reps for every exercise. What gets measured gets improved.

Warm-Up Protocol (before every session)

Phase 1: General (5 min)

- Brisk incline walk or easy cycle until you feel warm and slightly out of breath.

Phase 2: Mobility (4 min)

- Cat-cow x 8
- World's greatest stretch x 4 per side
- Hip circles x 8 per direction
- Arm circles and band pull-aparts x 15

Phase 3: Ramp-up sets (3 min)

- Before your first exercise, do 2 lighter sets: 50% weight x 8 reps, then 75% weight x 4 reps.

Day 1: Lower A

Session goal: Build a confident, deep squat pattern and strong hamstrings. Controlled lowering on every rep.

Warm-up first: follow the Warm-Up Protocol.

#	Exercise	Sets	Reps / Duration	Rest	Coaching Cue
1	Goblet Squat	3	10	90s	Hold the dumbbell at your chest, sit between your heels, knees track over toes. 3 seconds down.
2	Dumbbell Romanian Deadlift	3	10	90s	Push hips back, soft knees, dumbbells slide down your thighs. Stop when hamstrings are tight, not when you touch the floor.
3	Reverse Lunge	3	8 / leg	60s	Step back, drop the back knee straight down. Drive through the front heel to stand.
4	Leg Press	3	12	75s	Feet shoulder width, lower until hips start to curl. Never lock your knees at the top.
5	Seated Leg Curl	2	12	60s	Pause one second at full bend. Slow on the way back.
6	Plank	3	30s	45s	Squeeze glutes, ribs down, breathe. A straight line from head to heels.

If the goblet squat gets easy at 10 reps with the heaviest dumbbell, move to the Leg Press as your first exercise and ask your coach about adding barbell squats.

Tap an underlined exercise name to watch a form demo.

Day 2: Upper A

Session goal: Balanced pushing and pulling. Strong upper back first so your shoulders stay healthy.

Warm-up first: follow the Warm-Up Protocol.

#	Exercise	Sets	Reps / Duration	Rest	Coaching Cue
1	Lat Pulldown	3	10	90s	Pull elbows down towards your back pockets. Chest up, no leaning back.
2	Dumbbell Bench Press	3	10	90s	Shoulder blades pinched, lower to chest level in 2 seconds, press up and slightly in.
3	Seated Cable Row	3	12	75s	Sit tall, pull the handle to your belly button, pause and squeeze between the shoulder blades.
4	Seated Dumbbell Shoulder Press	3	10	75s	Back against the bench, press straight up without arching your lower back.
5	A1 Cable Face Pull	2	15	0s	Rope to your forehead, elbows high, finish with thumbs pointing back.
6	A2 Dumbbell Bicep Curl	2	12	60s	Elbows pinned to your sides. No swinging.
7	Dead Bug	3	8 / side	45s	Lower back pressed into the floor the whole time. Move slowly.

A1/A2 is a superset: do A1, go straight into A2, then rest 60s. Repeat for 2 rounds.

Tap an underlined exercise name to watch a form demo.

Day 3: Lower B

Session goal: Glute strength and single-leg control. This is the session that shapes your lower body.

Warm-up first: follow the Warm-Up Protocol.

#	Exercise	Sets	Reps / Duration	Rest	Coaching Cue
1	<u>Barbell Hip Thrust</u>	3	10	90s	Chin tucked, ribs down, drive through heels and pause 1 second at the top. Use the hip thrust machine if your gym has one.
2	<u>Dumbbell Step-Up</u>	3	8 / leg	75s	Knee-height box. Push through the top foot only, do not bounce off the back foot.
3	<u>Cable Pull-Through</u>	3	12	60s	Hinge back like closing a car door with your hips, then snap the hips forward.
4	<u>Leg Extension</u>	3	12	60s	Pause and squeeze at the top. Lower slowly, 3 seconds.
5	<u>Standing Calf Raise</u>	3	15	45s	Full stretch at the bottom, full rise on your toes at the top.
6	<u>Side Plank</u>	3	20s / side	30s	Hips high, body in one line. Drop to your knees if needed.

Tap an underlined exercise name to watch a form demo.

Day 4: Upper B

Session goal: Vertical pulling strength towards your first full pull-up, plus shoulder shape.

Warm-up first: follow the Warm-Up Protocol.

#	Exercise	Sets	Reps / Duration	Rest	Coaching Cue
1	<u>Assisted Pull-Up</u>	3	8	90s	Use the machine or a band. Start from a dead hang, chest to the bar. Reduce assistance as you get stronger.
2	<u>Incline Dumbbell Press</u>	3	10	90s	Bench at 30 degrees. Lower to upper chest, elbows at about 45 degrees from your body.
3	<u>Single-Arm Dumbbell Row</u>	3	10 / arm	60s	Hand and knee on the bench, row the dumbbell to your hip, not your chest.
4	<u>Dumbbell Lateral Raise</u>	3	12 to 15	60s	Light weight, lead with the elbows, stop at shoulder height.
5	A1 <u>Triceps Rope Pushdown</u>	2	12	0s	Elbows fixed, spread the rope at the bottom.
6	A2 <u>Hammer Curl</u>	2	12	60s	Thumbs up, controlled both ways.
7	<u>Pallof Press</u>	3	10 / side	45s	Stand side-on to the cable, press out and resist the twist. Your core does the work.

A1/A2 is a superset: do A1, go straight into A2, then rest 60s. Repeat for 2 rounds.

Tap an underlined exercise name to watch a form demo.

Cool-Down (after every session)

- 3 to 5 min easy walk to bring your heart rate down.
- After lower days: hamstring stretch, hip flexor stretch, figure-4 glute stretch, 30s each side.
- After upper days: doorway chest stretch, lat stretch, cross-body shoulder stretch, 30s each side.
- Finish with 1 minute of slow breathing: 4 seconds in, 6 seconds out.

Exercise Substitutions

If this is unavailable	Swap to	When to swap
Leg Press	Goblet Squat (extra set) or Hack Squat	Machine busy or unavailable
Lat Pulldown	Band-assisted pull-up or straight-arm band pulldown	No pulldown machine
Barbell Hip Thrust	Dumbbell glute bridge on a bench	Barbell setup feels uncomfortable
Dumbbell Bench Press	Push-ups (elevated hands if needed)	Bench taken or training at home
Seated Leg Curl	Swiss ball hamstring curl	No curl machine
Cable Face Pull	Band pull-apart x 20	Cables busy

How You Progress

Phase	What to do
Week 1	Learn every movement. Use weights that feel like 3 to 4 reps left in the tank. Focus on form and tempo.
Week 2	Move to 2 reps left in the tank. Add weight on any exercise where you hit the top of the range on all sets.
Week 3	Same as week 2. Try to beat last week's log by 1 rep or a small weight jump on each main lift.
Week 4	Keep weights the same, cut 1 set from every exercise. You recover, consolidate, and come into Month 2 fresh.

Your Nutrition Targets

Target	Number	Why This Number
Calories	1,650 kcal	About 500 below your daily burn, for about 0.5 kg of fat loss a week
Protein	110 g, never below 95 g	Protects the muscle you are building while you lose fat
Water	2.5 to 3 L	More on gym days

Food is half the result. Your food guide shows exactly how to hit these.

Realistic outcome: Your goal is 64 kg, which is 8 kg away. A safe, sustainable rate is about 0.5 kg per week, so expect roughly 2 kg down in these 30 days, with visible strength gains on every main lift. Reaching 64 kg is realistic in about 4 months if you stay consistent with training, steps and food.

Let's get to work, Priya.

You do not need a perfect month. You need four sessions a week, your steps, and an honest log. Do that for 30 days and you will be stronger, lighter and far more confident in the gym. Send your Day 1 log as soon as you finish.

Questions about your plan? DM [@saffroniron.coach](#) on Instagram.