

3-day/week Fat-Loss & Toning Workout - TW-01

MONDAY - Full Body Routine

Chest	Sets	Reps
flat bench press	3	15 to 20
Back	Sets	Reps
seated row	3	15 to 20
Legs	Sets	Reps
45 degree leg press	3	15 to 20
Biceps	Sets	Reps
cable curl	2	15 to 20
Triceps	Sets	Reps
tricep (cable) pull-downs	2	15 to 20
Shoulders	Sets	Reps
machine shoulder press	2	15 to 20
Abs	Sets	Reps
crunches	4	until failure

WEDNESDAY - Full Body Routine

Chest	Sets	Reps
dumbell flys	3	15 to 20
Back	Sets	Reps
lat pull down	3	15 to 20
Legs	Sets	Reps
smith machine squat	3	15 to 20
standing (machine) calf raises	2	15 to 20
Biceps	Sets	Reps
standing dumbell curls (alternating)	2	15 to 20
Triceps	Sets	Reps
tricep kick-backs	2	15 to 20
Shoulders	Sets	Reps
machine shoulder press	2	15 to 20
Abs	Sets	Reps
decline sit-ups	4	until failure

FRIDAY - Full Body Routine

Chest	Sets	Reps
incline bench press	3	15 to 20
Back	Sets	Reps
wide-grip lat pull-down (to front)	3	15 to 20
Legs	Sets	Reps
dumbell lunges	4	15 per leg
Biceps	Sets	Reps
standing barbell curl	3	15 to 20
Triceps	Sets	Reps
triceps bench dip	3	15
Shoulders	Sets	Reps
cable (behind-the-back) side raise	2	15 to 20
Abs	Sets	Reps
compound crunches	4	until failure

TUESDAY, THURSDAY, SATURDAY and SUNDAY Rest days

Cardio*

Notes

This workout is great for those who want to tone and tighten muscles. It works the whole body and works even better if you combine it with cardio workouts. This workout routine should be done between 1h to 1:15 minutes (for weight training portion). It is also a good routine to combine with a weight loss program.

*Cardio can be done on your off days or after every workout. No more than 35 minutes (if doing cardio after your workout) or 50 minutes (if doing cardio on a rest day) on a treadmill, stationary bike or elyptical trainer at medium intensity level.