

3-day/week Fat-Loss & Toning Workout - TW-02



FRIDAY - Full

Chest		
smith machine incline bench p		
Back		
wide-grip lat pull-down (to f		
Legs		
walking dumbbell lunges		
Biceps		
seated dumbbell curls		
Triceps		
triceps bench dip	3	15
Shoulders		
military shoulder (dumbell) press	2	15 to 20
Abs		
compound crunches	4	until failure