

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



### FRIDAY - Full

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