

## 3day/week Fat-Loss & Toning Workout - TW-10

### MONDAY - Upper Body

Back	Sets	Reps
lat pulldowns	3	15 to 20
Chest	Sets	Reps
bench press	3	12 to 14
incline dumbbell press	3	12
squat	3	15 to 20
Biceps	Sets	Reps
bicep curls	3	15
Triceps	Sets	Reps



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