

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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