

**Fitness Workouts - 4 day/week Women's Workout for Fat Loss & Toning
Advanced Routine - WF-25**

TUESDAY

Warm-Up

5 to 8 minutes of stretching.

Workout Program		Sets				Reps
		1	2	3	4	
Chest & Side Shoulders						
SUPER SET	incline dumbbell chest fly	10	10	8	8	
	flat bench press	8	8	6	6	
SUPER SET	dumbbell bench press	10	10	8	8	
	cable crossover fly	10	10	8	8	
	side shoulder cable fly	12	10	10	/	

Cardio

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**PREVIEW SAMPLE
of ONE
workout only!**

Purchase full package to access
and download ALL of the
COMPLETE
workout plans.

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