

**Fitness Workouts - 3 day/week Women's Workout for Fat Loss & Toning  
Beginner Routine - WF-06**

**WEDNESDAY**

**Cardio**

5 minute warm-up on treadmill followed by 20 minute interval training (treadmill) , finish with 5 minute cool down.

<b>Workout Program</b>	<b>Sets</b>	<b>Reps</b>
lat pulldown (to chin)	3	9 to 12
seated row (machine or cable)	3	9 to 12
dumbbell deadlift	3	12 to 15
leg raise	2	to failure

**Notes**

Focus on proper form when doing the dumbbell squats.   
 body if you do them right!  
 squat each week (3 lbs at



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