

**Fitness Workouts - 3 day/week Women's Workout for Fat Burning  
Fitness Routine - WF-15**



[www.fitness-and-bodybuilding-workouts.com](http://www.fitness-and-bodybuilding-workouts.com)

	Wa
	Light stretching or
	<b>Workout Prog</b>
SUPER SET	walking lunges (with seated shoulder dum
SUPER SET	machine shoulder standing calf raise
SUPER SET	cable crunch side plank

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