

Fitness Workouts - 3 day/week Women's Workout for Fat Loss & Toning Beginner Routine - WF-05

MONDAY

Warm-Up

Start with 5 to 8 minutes of light stretching.

Workout Program	Sets	Reps
bench push-ups (knees on floor)	3	10 to 12
lat pulldown (shoulder width grip)	3	10 to 12

step-ups (platform 15" high)

swiss ball ab crunches

lying leg side raises

Cardio

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



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