

Fitness Workouts - 3 day/week Women's Workout for Fat Burning Fitness Routine - WF-14

MONDAY

Warm - up

Treadmill for 15 minutes at medium intensity.

Workout Program		Sets	Reps
SUPER SET	reverse lunges	3	15
SET	bodyweight pushup	3	15
SUPER SET	exercise ball squat (with weights)	3	15
SET	kneeling lat pulldown	3	15
SUPER SET	alternating one-arm shoulder press	2	15
SET	wall squat hold	2	45 to 60 sec.

Cardio

Your legs will be tired after 15 minutes on the seated exercise bike at medium intensity.

MONDAY

You should do the wall squat for 45 seconds. After the first couple of weeks, hold it for 60 seconds or more.

PREVIEW SAMPLE
of ONE
workout only!

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