

**Fitness Workouts - 4 day/week Women's Workout for Fat Loss & Toning  
Advanced Routine - WF-24**

**MONDAY**

**Warm-Up**

5 to 8 minutes of stretching.

Workout Program		Sets				Reps
		1	2	3	4	
SUPER SET	seated dumbbell shoulder press	6	5	4	3	Reps
	pull-ups (assisted)	6	5	4	3	
SUPER SET	dumbbell chest fly	10	10	8	8	
	bent-over barbell row	10	10	8	8	

**Cardio**

25 minute interval training (treadmill *or* stationary bike *or* elliptical trainer), finish with 5 minute cool down.

**Notes**

Start the 1st set of each exercise with 60% of your max load weight. Then, after the first following set by about 10% of the number of reps for the last set. Rest between sets.

**TUESDAY**

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