

**Fitness Workouts - 4 day/week Women's Workout for Fat Loss & Toning  
Advanced Routine - WF-25**

**TUESDAY**

**Warm-Up**

5 to 8 minutes of stretching.

Workout Program		Sets				Reps
		1	2	3	4	
<b>Chest &amp; Side Shoulders</b>						
SUPER SET	incline dumbbell chest fly	10	10	8	8	
	flat bench press	8	8	6	6	
SUPER SET	dumbbell bench press	10	10	8	8	
	cable crossover fly	10	10	8	8	
	side shoulder cable fly	12	10	10	/	

**Cardio**

**PREVIEW SAMPLE**  
of **ONE**  
workout only!

Purchase full package to access  
and download ALL of the  
**COMPLETE**  
workout plans.

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