

## 3day/week Fat-Loss & Toning Workout - TW-10

### MONDAY - Upper Body

| Back                   | Sets | Reps     |
|------------------------|------|----------|
| lat pulldowns          | 3    | 15 to 20 |
| Chest                  | Sets | Reps     |
| bench press            | 3    | 12 to 14 |
| incline dumbbell press | 3    | 12       |
| squat                  | 3    | 15 to 20 |
| Biceps                 | Sets | Reps     |
| bicep curls            | 3    | 15       |
| Triceps                | Sets | Reps     |



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