

# 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
	bodyweight pushup	3	15
SUPER SET	exercise ball squat (with weights)	3	15
	kneeling lat pulldown	3	15
SUPER SET	alternating one-arm shoulder press	2	15
	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.

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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