

## Fitness Workouts - 3 day/week Women's Workout for Fat Loss & Toning Intermediate Routine - WF-11

### MONDAY

#### Warm - Up

Start with 5 to 8 minutes of light stretching.

Workout Program	Sets				Reps
	1	2	3	4	
bench press	6	5	4	3	Reps
lat pulldown	6	5	4	3	
squat	6	5	4	3	

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

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