

Fitness Workouts - 3 day/week Women's Workout for Fat Burning Fitness Routine - WF-13

MONDAY

W a r m - u p

Treadmill for 15 minutes at medium intensity.

Workout Program		Sets	Reps
SUPER SET	exercise ball squat	3	12 to 15
	bodyweight pushup	3	12 to 15
SUPER SET	forward lunges	3	12 each side
	lat pulldown	3	12 to 15
SUPER SET	shoulder dumbbell press	2	12 to 15
	bicycle kick	1	25 each side

Cardio

Do only 30 minutes of cardio.
Get on the treadmill or exercise bike
enough energy left.

With the bicycle kicks, do 25 each side.
After week 2, NO more cardio.

WEDNESDAY

www.FITNESS-AND-BODYBUILDING-workouts.com

PREVIEW SAMPLE

of **ONE**

workout only!

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and download ALL of the

COMPLETE

workout plans.

Notes