

# Fitness Workouts - 3 day/week Women's Workout for Fat Burning Fitness Routine - WF-14

## MONDAY

### W a r m - u p

Treadmill for 15 minutes at medium intensity.

Workout Program		Sets	Reps
SUPER SET	reverse lunges	3	15
SET	bodyweight pushup	3	15
SUPER SET	exercise ball squat (with weights)	3	15
SET	kneeling lat pulldown	3	15
SUPER SET	alternating one-arm shoulder press	2	15
SET	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.

### M

You should do the wall squat for 1 minute. After the first couple of weeks, hold it for 60 seconds or more.

PREVIEW SAMPLE  
of ONE  
workout only!

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