



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



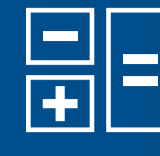
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3 FAT BLASTING WORKOUTS FOR MAXIMUM FAT LOSS

Rethink your cardio-only fat loss mindset with these three fat burning workouts. Send your metabolism into overdrive and become a fat-destroying machine.

Link to Workout: <https://www.muscleandstrength.com/workouts/max-fat-burning-workouts>

Main Goal: Lose Fat

Training Level: Beginner

Program Duration: 1 Week

Days Per Week: 2 Day

Time Per Workout: 30-60 Mins

Equipment: Barbell, Bodyweight, Dumbbells

Target Gender: Male & Female

Author: Eric Broser

The Full Body Fat Blast (Circuit Style)

Complete circuit 2-4 times, rest 2-4 minutes between each round.

Exercise	Reps
Squats	20
Bench Press	12
Barbell Bent Over Row	12
Alternating Dumbbell Lunges	15 Reps Each Leg
Standing Military Press	12
Close Underhand Grip Pull-ups	Max Reps
Stiff Leg Deadlift	20
Bench Dips	Max Reps
Jack Knife Sit-ups	20
Leg Press	20

The Tri-set Fat Torcher (Leg Workout)

Take as little time as possible in between each exercise of each tri-set. Rest 2-4 minutes in between each tri-set. Workout can be performed up to 3 non-consecutive days per week.

Exercise	Sets	Reps
1a. Barbell Squat	1	16 - 20
1b. Lying Leg Curl	1	10 - 12
1c. Walking Dumbbell Lunge	1	10 - 12 Each Leg
2a. Leg Press	1	16 - 20
2b. Stiff-Leg Deadlift	1	10 - 12
2c. Alternating Dumbbell Bench Step-Ups	1	10 - 12 Each Leg
3a. Leg Extension	1	16 - 20
3b. Weighted Hyperextensions	1	13 - 15
3c. Alternating Forward DB Lunge	1	10 - 12 Each Leg

Weight Training/Plyometric Fat Punisher (Upper Weights/Lower Plyos)

Take as little time as possible in between each exercise of each superset. Rest 2-4 minutes in between each superset. Workout can be performed up to 3 non-consecutive days per week.

Exercise	Sets	Reps
1a. Barbell Incline Press	3	8 - 10
1b. 180 Degree Jump Turns	3	12 - 15 Each Way
2a. Wide Grip Pull-ups	3	Max Reps
2b. Vertical Jumps	3	12 - 15
3a. Wide Grip Upright Barbell Row	3	8 - 10
3b. Broad Jumps	3	10 - 12
4a. Incline Overhead Dumbbell Extension	2	10 - 12
4b. Split Jumps	2	12-15 Per Side
5a. Standing Alternating Dumbbell Curl	2	10 - 12
5b. Lateral Bound	2	12 - 15 Each Way
6a. Hanging Straight Leg Raise	2	Max Reps
6b. Box Jumps	2	8 - 10