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5 FAT LOSS WORKOUTS FROM CORY GREGORY & MUSCLEPHARM

Cory Gregory from MusclePharm presents five unique and incredibly effective fat burning workout variations that you can use to build your own routine. Get off the treadmill and start burning more calories.

Link to Workout: <https://www.muscledstrength.com/workouts/5-fat-loss-workouts-cory-gregory-musclepharm>

Main Goal: Lose Fat

Training Level: Beginner

Program Duration: 8 Weeks

Days Per Week: 3 Days

Time Per Workout: 45-60 Mins

Equipment: Bands, Barbell, Bodyweight, Dumbbells, Machines

Author: Cory Gregory

Workout #1: Speed Bag & Upper Body Fat Burner

Exercise	Sets	Duration
Speed Bag & Upper Body		
Run 2 Miles		
Superset		
Speed Bag	5	1 Min
Dumbbell Punches	5	1 Min
Superset		
Speed Bag	5	1 Min
Lateral Raise	5	1 Min
Superset		
Speed Bag	5	1 Min
Band Face Pulls	5	1 Min
Alternate between speed bag work & the accompanied exercise until you have complete 5 sets of each.		

Workout #2: Running & Leg Circuit

Exercise	Sets	Duration
Run 2 Miles		
Leg Circuit		
Bodyweight Lunges	2	5 Mins
Barbell Squats	2	5 Mins
Rest 2 - 3 Mins before repeating this circuit.		

Workout #3: Ladder 20 Minute Timed Workout

Exercise	Duration
Ladder Workout	
Push Ups	-
Lat Pull Downs (Use 75 - 100% of bodyweight)	20 Mins Total
Finish	
Treadmill Walk - 10% Incline	10 Mins
Stepmill	10 Mins
Alternate between the Push Ups & Lat Pull Downs. Start with 1 rep each, then move on to 2 - 2, 3 - 3, 4 - 4, etc. Keep adding reps until you reach the 20 Mins time limit.	

Workout #4: German Volume Training & Cardio Circuit

Exercise	Sets	Reps
Warm Up: Run ½ Mile		
Cardio Circuit		
Jump Rope	7	1 Min
Jump Squat	7	20
Plyo Lunge	7	20
Calf Raises	7	30
Band Good Mornings	7	15
German Volume Training (w/ a Twist)		
Leg Extensions	10	10
Leg Curls	10	10
Rest 10 seconds in between each set.		

Workout #5: Full Body Fat Loss Circuit

Exercise	Sets	Duration
Full Body Circuit		
Treadmill Walk - 15% Incline	6	5 Min
Push Ups	6	1 Min
Lateral Raises	6	1 Min
Bicep Curls	6	1 Min
Tricep Kickbacks	6	1 Min
Crunches	6	1 Min

