



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



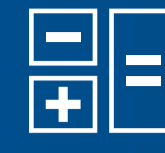
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Expert Guides



Videos



Tools

SUMMER SHAPE UP AT HOME: WOMEN'S 6 WEEK FAT-BURNING WORKOUT

Are you stuck working out at home, and still want to look and feel your best for summer? This 6-week fat-burning workout will have you beach-ready in no time!

Link to Workout: <https://www.muscleandstrength.com/workouts/summer-shape-up-womens-home-workout>

Main Goal: Lose Fat

Training Level: Beginner

Program Duration: 6 Weeks

Days Per Week: 5 Days

Time Per Workout: 30 Mins

Equipment: Bands, Barbells, Bodyweight, Dumbbells

Author: Roger "Rock" Lockridge

Day 1: Pull Day

Complete the following exercises back-to-back with no rest between exercises. This counts as one round. Rest 2 minutes between each round. Repeat 3 times.

Exercise	Reps
Dumbbell Pullover	12-15
Pull Ups or Banded Pull Ups	12-15
Two Arm Dumbbell Row	12-15
Rear Delt Fly	12-15
Barbell Curl	12-15

Day 2: Lower Body/Posterior Chain Day

Complete the following exercises back-to-back with no rest between exercises. This counts as one round. Rest 2 minutes between each round. Repeat 3 times.

Exercise	Reps
Stiff Leg Deadlift	12-15
Good Morning	12-15
Goblet Squat with Sumo Stance	12-15
Dumbbell Lying Leg Curl	12-15
Walking Lunge	12-15

Day 4: Push Day

Complete the following exercises back-to-back with no rest between exercises. This counts as one round. Rest 2 minutes between each round. Repeat 3 times.

Exercise	Reps
Arnold Press	12-15
Lateral Raise	12-15
Barbell Bench Press	12-15
Incline Dumbbell Fly	12-15
Close Grip Push Up	12-15

Day 5: Quadriceps and Calves

Complete the following exercises back-to-back with no rest between exercises. This counts as one round. Rest 2 minutes between each round. Repeat 3 times.

Exercise	Reps
Dumbbell Leg Extension	12-15
Zercher Squat	12-15
Vertical Jumps	12-15
Seated Dumbbell Calf Raise	12-15
Standing Barbell Calf Raise	12-15

Day 6: Core and Tabata Cardio

Complete the following exercises back-to-back with no rest between exercises. This counts as one round. Rest 2 minutes between each round. Repeat 3 times.

Exercise	Sets	Reps	Rest
Lying Leg Raise	3	15	-
Weighted Crunch	3	15	-
Side Bends	3	15 per side	-
Plank	3	1 min	1 min
Tabata Cardio	8	20 sec	10 sec