



8-WEEK FAT LOSS PROGRAM FOR ADULTS 40+

Workout Summary

Main Goal: Lose Fat
Training Level: Beginner
Days Per Week: 3 Day
Program Duration: 8 Weeks
[Click here for the full workout!](#)

Equipment: Barbell, Cables, Dumbbells, Machines
Target Gender: Male & Female
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Workout 1

Exercise	Sets	Reps	Rest
Goblet Squat	3	10 - 12	2 Min
Stiff Leg Deadlift	3	10 - 12	2 Min
Seated Cable Row	3	10 - 12	2 Min
Cable Crossover	3	10 - 12	2 Min
Lateral Raise	3	10 - 12	2 Min
Exercise Ball Crunches	3	10 - 12	2 Min

Workout 2

Exercise	Sets	Reps	Rest
Leg Press	3	10 - 12	2 Min
Leg Curl	3	10 - 12	2 Min
Incline Dumbbell Bench Press	3	10 - 12	2 Min
Lat Pull Down	3	10 - 12	2 Min
Front Raise	3	10 - 12	2 Min
Lying Leg Raise	3	10 - 12	2 Min

Workout 3

Exercise	Sets	Reps	Rest
Walking Lunges	3	10 - 12 Each	2 Min
Dumbbell Bench Press	3	10 - 12	2 Min
Dumbbell Pullover	3	10 - 12	2 Min
Dumbbell Preacher Curl	3	10 - 12 Each	2 Min
Rope Tricep Extension	3	10 - 12	2 Min
Oblique Crunches	3	10 - 12 Each	2 Min