



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



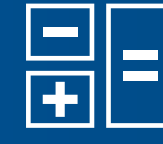
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CARDIO CONDITIONING WORKOUTS: MORE FAT BURNING, SAME GYM TIME

Turn your resistance training workouts into muscle building and fat blasting sessions by integrating intense progression conditioning. 3 sample workouts are provided.

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

Main Goal: Lose Fat

Training Level: Intermediate

Program Duration: 8 Weeks

Days Per Week: 3 Days

Time Per Workout: 30-45 Mins

Equipment: Barbell, Bodyweight, Cables, Dumbbells, Kettle Bells

Author: Brad Borland

Workout 1

Exercise + Cardio Component	Sets x Reps	Rest Ratio
Incline Bench Dumbbell Press Box Jump	3 x 6	20 Secs Cardio / 40 Secs Rest
Wide-Grip Pull Up Plyo Push Up	3 x AMAP	20 Secs Cardio / 40 Secs Rest
Alternating Dumbbell Shoulder Press Reverse Lunge	3 x 6	20 Secs Cardio / 40 Secs Rest
Reverse-Grip Chin Up Kettlebell Swing	3 x AMAP	20 Secs Cardio / 40 Secs Rest
Parallel Dip Mountain Climber	3 x AMAP	20 Secs Cardio / 40 Secs Rest
Bicycle Crunch Hanging Leg Raise	3 x 15 - 20	20 Secs Cardio / 40 Secs Rest

AMAP: As Many As Possible

Workout 2

Exercise + Cardio Component	Sets x Reps	Rest Ratio
Flat Bench Dumbbell Press Jump Squat	3 x 10	30 Secs Cardio / 30 Secs Rest
Inverted Row Side Lunge	3 x AMAP	30 Secs Cardio / 30 Secs Rest
Standing Barbell Push Press Burpee	3 x 8	30 Secs Cardio / 30 Secs Rest
TRX Curl Seated V - Up	3 x AMAP	30 Secs Cardio / 30 Secs Rest
Diamond Push Up Kettlebell Swing	3 x AMAP	30 Secs Cardio / 30 Secs Rest
Windshield Wiper 3 - Point Plank	3 x 10	30 Secs Cardio / 30 Secs Rest

Workout 3

Exercise + Cardio Component	Sets x Reps	Rest Ratio
Feet-Elevated Push Up Jump Split Squat	3 x AMAP	40 Secs Cardio / 20 Secs Rest
Bent-Over Two-Arm Row Reverse Lunge	3 x 12	40 Secs Cardio / 20 Secs Rest
Wide-Grip Upright Row Turkish Get-Up	3 x 12	40 Secs Cardio / 20 Secs Rest
Lying Dumbbell Extension Bench Step-Up	3 x 12	40 Secs Cardio / 20 Secs Rest
Incline Bench Curl Ab Crunch	3 x 12	40 Secs Cardio / 20 Secs Rest
Sit Up Hanging Knee Up	3 x 15 - 20	40 Secs Cardio / 20 Secs Rest