



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



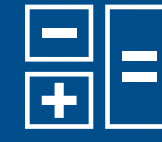
Diet Plans



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Videos



Tools

CARDIO & WEIGHTS WORKOUT

The main goal of this workout is fat loss, but muscle building is possible as well. Great for both men and women. Cardio is HIIT style and incorporates sprinting.

Link to Workout: <https://www.muscleandstrength.com/workouts/cardio-and-weights-workout.html>

Main Goal: Lose Fat

Training Level: Beginner

Program Duration: 6 Weeks

Days Per Week: 3 Days

Time Per Workout: 30-60 Mins

Equipment: Barbell, Bodyweight

Author: Jeremy Wood

Cardio & Weights Workout

Exercise	Sets	Reps
Cardio		
Medium Pace on Treadmill: 90 Secs		
Sprint: 30 Secs		
Weights		
Bench Press	1	10 - 12
Pull Ups or Lat Pull Down	1	10 - 12
Bodyweight Squat	1	20
Cardio		
Medium Pace on Treadmill: 90 Secs		
Sprint: 30 Secs		
Weights		
Power Clean & Press	1	10
Stiff Leg Deadlift	1	10
Push Ups	1	10
Cardio		
Medium Pace on Treadmill: 90 Secs		
Sprint: 30 Secs		
Weights		
Bent Over Row	1	12
Walking Lunge	1	12
Military Press	1	12
Barbell Curl	1	12
Cardio		
Medium Pace on Treadmill: 90 Secs		
Sprint: 30 Secs		
Warm Up: 5 Mins walking. Cool Down: 5 Mins Walking.		