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Workouts



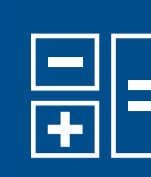
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CORE, STRENGTH & FAT BURN WORKOUT

Potent, powerful and anything but boring. This hardcore fat burning, strength and core building workout will leave you looking and feeling great.

Link to Workout: <https://www.muscleandstrength.com/workouts/core-strength-fat-burn-workout>

Main Goal: Lose Fat
Training Level: Intermediate
Program Duration: 6 Weeks
Days Per Week: 6 Days

Time Per Workout: 45-60 Mins
Equipment: Barbell, Bodyweight, Dumbbells, Other
Author: Dania Kelly

Day 1: Full Body & Core

Exercise	Sets	Reps
Deadlift	5 - 6	10 - 12
Squat	5 - 6	10 - 12
Bench Press	5 - 6	10 - 12
Push Up	100 Reps Total*	
Pull Up or Chin Up	100 Reps Total	
Dip	100 Reps Total	

* 100 Reps Total: Get to 100 reps using any number of sets. Deadlift, Squats & Bench Press Sets: Please see the [article](#) for a breakdown of how to perform these sets (Light, Medium, Heavy).

Day 2: "Light" Sessions

Exercise	Sets	Reps
2 Shoulder Exercises	3	10 - 15
2 Biceps Exercises	3	10 - 15
2 Triceps Exercises	3	10 - 15
Push Up	100 Reps Total	
Pull Up or Chin Up	100 Reps Total	
Dip	100 Reps Total	
Rowing 500 m Intervals (Hard)*	4 - 6	2 - 3 km
Cable Crunch	3	15 - 25
Weighted Side Bend	3	10 - 15
Leg Raise	3	15 - 25

*You can alternate with Rowing 4 - 6 km (Long) every other training day. You may also substitute w/ any cardio including swimming, sprinting and running, etc.

Day 3: Full Body & core

Exercise	Sets	Reps
Deadlift	5 - 6	10 - 12
Squat	5 - 6	10 - 12
Bench Press	5 - 6	10 - 12
Push Up	100 Reps Total	
Pull Up or Chin Up	100 Reps Total	
Dip	100 Reps Total	

Deadlift, Squats & Bench Press Sets: Please see the [article](#) for a breakdown of how to perform these sets (Light, Medium, Heavy).

Day 4: "Light" Sessions

Exercise	Sets	Reps
2 Shoulder Exercises	3	10 - 15
2 Biceps Exercises	3	10 - 15
2 Triceps Exercises	3	10 - 15
Push Up	100 Reps Total	
Pull Up or Chin Up	100 Reps Total	
Dip	100 Reps Total	
Rowing 500 m Intervals (Hard)*	4 - 6	2 - 3 km
Cable Crunch	3	15 - 25
Weighted Side Bend	3	10 - 15
Leg Raise	3	15 - 25

*You can alternate with Rowing 4 - 6 km (Long) every other training day. You may also substitute w/ any cardio including swimming, sprinting and running, etc.

Day 5: Full Body & core

Exercise	Sets	Reps
Deadlift	5 - 6	10 - 12
Squat	5 - 6	10 - 12
Bench Press	5 - 6	10 - 12
Push Up	100 Reps Total	
Pull Up or Chin Up	100 Reps Total	
Dip	100 Reps Total	

Deadlift, Squats & Bench Press Sets: Please see the [article](#) for a breakdown of how to perform these sets (Light, Medium, Heavy).

Day 6: "Light" Sessions

Exercise	Sets	Reps
2 Shoulder Exercises	3	10 - 15
2 Biceps Exercises	3	10 - 15
2 Triceps Exercises	3	10 - 15
Push Up	100 Reps Total	
Pull Up or Chin Up	100 Reps Total	
Dip	100 Reps Total	
Rowing 500 m Intervals (Hard)*	4 - 6	2 - 3 km
Cable Crunch	3	15 - 25
Weighted Side Bend	3	10 - 15
Leg Raise	3	15 - 25

*You can alternate with Rowing 4 - 6 km (Long) every other training day. You may also substitute w/ any cardio including swimming, sprinting and running, etc.