



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



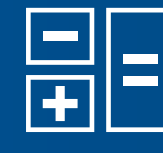
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EXTREME FAT LOSS: 6 WEEK FAT LOSS WORKOUT PLAN

Sustainability is extreme. Learn how to master sustainability with this workout routine and lifestyle tips and achieve some extremely healthy fat loss!

Link to Workout: <https://www.muscleandstrength.com/workouts/6-week-extreme-fat-loss-workout>

Main Goal: Lose Fat
Training Level: Intermediate
Program Duration: 6 weeks
Days Per Week: 3 Day
Time Per Workout: 45-75 Mins

Equipment: Barbell, Bodyweight, Dumbbells
Target Gender: Male & Female
Author: [M&S Team](#)

Day 1: Full Body Fat Loss Circuit

Exercise	Sets	Reps
A1. Pull Up	3	8
A2. Push Up	3	10
A3. Bodyweight Squat	3	10
A4. Dip	3	10
A5. Chin Up	3	8
A6. Bodyweight Rear Lunge	3	15 Each
B1. Dumbbell Shoulder Press	3	8
B2. Dumbbell Row	3	8
B3. Dumbbell Stiff Leg Deadlift	3	8
Plank	3	45 Secs

Cardio: After each circuit, it is also recommended to perform 8 minutes of HIIT on a cardio machine of your choice. Simply warm up for 5 mins, go into the 8 mins of HIIT performing 20 Secs of work and 10 Secs of rest, and then cool down for 3-5 mins after you finished your rounds.

Day 2: Full Body Fat Loss Circuit

Exercise	Sets	Reps
A1. Barbell Good Morning	4	8
A2. Barbell Lunge	4	8
A3. Barbell Squat	4	8
A4. Barbell Push Press	4	8
B1. Dumbbell Bench Press	3	10
B2. Dumbbell Row	3	10
B3. Dumbbell Shrug	3	10
Machine Ab Crunch	5	12

Cardio: After each circuit, it is also recommended to perform 8 minutes of HIIT on a cardio machine of your choice. Simply warm up for 5 mins, go into the 8 mins of HIIT performing 20 Secs of work and 10 Secs of rest, and then cool down for 3-5 mins after you finished your rounds.

Day 3: Full Body Fat Loss Circuit

Exercise	Sets	Reps
A1. Pull Up	3	6
A2. Dip	3	6
A3. Chin Up	3	6
A4. Push Up	3	10
B1. Dumbbell Goblet Squat	4	8
B2. Dumbbell Shoulder Press	4	8
B3. Dumbbell RDL	4	8
B4. Dumbbell Glute Bridge	4	8
Hanging Leg Raise	3	12

Cardio: After each circuit, it is also recommended to perform 8 minutes of HIIT on a cardio machine of your choice. Simply warm up for 5 mins, go into the 8 mins of HIIT performing 20 Secs of work and 10 Secs of rest, and then cool down for 3-5 mins after you finished your rounds.