



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



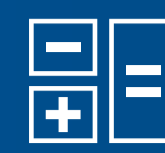
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## FAT LOSS INFERNO: 5 DAY WORKOUT TO GET RIPPED

Ignite your fat loss with the Fat Loss Inferno 5 day workout routine. These 5 workouts will have you feeling pumped while incinerating unwanted body fat.

Link to Workout: <https://www.muscleandstrength.com/workouts/fat-loss-inferno-5-day-workout>

**Main Goal:** Lose Fat

**Training Level:** Intermediate

**Program Duration:** 6 Weeks

**Days Per Week:** 5 Day

**Time Per Workout:** 45-70 Mins

**Equipment:** Barbell, Bodyweight, Cables, Dumbbells, Machines, Other

**Target Gender:** Male & Female

**Author:** M&S Team

### Monday: Legs (Quad Dominant)

Exercise	Sets	Reps
<a href="#">Back Squat</a>	5	8
<a href="#">Leg Press</a>	4	10 - 12
<a href="#">Bulgarian Split Squat</a>	3	10 - 12 Each
<a href="#">Leg Curl</a>	3	10 - 15
<a href="#">Seated Calf Raise</a>	3	20 - 25

### Tuesday: Pull Workout (Mid/Upper Back Focused)

Exercise	Sets	Reps
<a href="#">T Bar Row</a>	5	8
<a href="#">Close Grip Lat Pull Down</a>	4	8 - 12
<a href="#">Cable Row</a>	3	10 - 12
<a href="#">Preacher Curls</a>	3	10 - 12
<a href="#">Incline Dumbbell Curls</a>	3	10 - 12

### Wednesday: Push Workout (Shoulder Focused)

Exercise	Sets	Reps
<a href="#">Standing Dumbbell Press</a>	5	8
<a href="#">Leaning Lateral Raise</a>	4	8 - 12
<a href="#">Machine Shoulder Press</a>	3	8 - 12
<a href="#">Dumbbell Incline Bench Press</a>	3	12
<a href="#">Rope Tricep Extension</a>	3	10 - 12
<a href="#">Overhead Dumbbell Extension</a>	3	10 - 12

### Friday: Leg Workout (Hamstring Focused)

Exercise	Sets	Reps
<a href="#">Dumbbell Romanian Deadlift</a>	5	8
<a href="#">Reverse Hack Squat</a>	4	8 - 12
<a href="#">Walking Lunge</a>	3	12 - 15 Each
<a href="#">Leg Curl</a>	3	10 - 12
<a href="#">Seated Calf Raise</a>	3	20 - 25

### Saturday: Chest/Back Supersets

Exercise	Sets	Reps
<a href="#">A1. Dumbbell Bench Press</a>	4	8
<a href="#">A2. Dumbbell Row</a>	4	8
<a href="#">B1. Lat Pull Down</a>	4	8 - 12
<a href="#">B2. Push Up</a>	4	12 - 15
<a href="#">C1. Machine Fly</a>	3	12
<a href="#">C2. Reverse Machine Fly</a>	3	12