



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



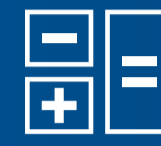
Diet Plans



Expert Guides



Videos



Tools

THE METABOLIC CIRCUIT

This fat burning circuit workout by Julie Michaelson raises your EPOC, allowing you to burn more calories after the workout is over.

Link to Workout: <https://www.muscleandstrength.com/workouts/the-metabolic-circuit.html>

Main Goal: Lose Fat

Training Level: Intermediate

Program Duration: 6 Weeks

Days Per Week: 3 Days

Time Per Workout: 30 Mins

Equipment: Barbell, Dumbbells, Kettle Bells

Author: Julie Michaelson

Option A

Exercise	Sets	Reps
Squat	3	10
Two-Arm Kettlebell Swings *	3	10
Bent Over Single Arm Dumbbell Row	3	10 Each Arm

Repeat this circuit 3 times. *Two-Arm Kettlebell Swings: You can use dumbbells, too.

Option B

Exercise	Sets	Reps
Stiff Leg Deadlifts	3	10
Bench Press	3	10
Bent Over Barbell Row	3	10

Repeat this circuit 3 times.