



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



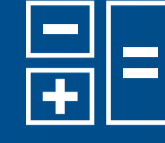
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MUSCLEPHARM COMBO ARM-BLASTING WORKOUT

This fat blasting workout from Cory Gregory and MusclePharm utilizes 4 minute blocks comprised of jumping rope and timed resistance training exercises.

Link to Workout: <https://www.muscleandstrength.com/workouts/combo-fat-burner-workout>

Main Goal: Lose Fat
Training Level: Beginner
Program Duration: 6 Weeks
Days Per Week: 1 Day
Time Per Workout: 60-75 Mins

Equipment: Bands, Barbell, Bodyweight, Dumbbells, EZ Bar, Machines, Other
Author: Cory Gregory

Combo #1

Exercise	Sets	Duration
Jump Rope	2	2 Mins
Barbell Curl	2	1 Mins
Resistance Band Tricep Extensions w/ Bar	2	1 Mins

Combo #2

Exercise	Sets	Duration
Jump Rope	2	2 Mins
Hammer Curl	2	1 Mins
Tricep Kickback	2	1 Mins

Combo #3

Exercise	Sets	Duration
Jump Rope	2	2 Mins
Reverse Barbell Curl	2	1 Mins
Tricep Extension w/ Rope	2	1 Mins

Combo #4

Exercise	Sets	Duration
Jump Rope	2	2 Mins
Tricep Band Extensions	2	1 Mins
Preacher Curl	2	1 Mins

Combo #5

Exercise	Sets	Duration
Jump Rope	2	2 Mins
Bench Dip	2	1 Mins
Machine Curl	2	1 Mins