



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



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Workouts



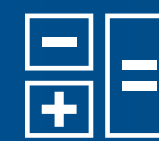
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## MUSCLEPHARM SQUATS & 1/2 MILE RUN FAT BURNING WORKOUT

This fat burning workout from MusclePharm is such to leave you drenched in sweat and gasping for air.

Link to Workout: <https://www.muscleandstrength.com/workouts/squats-run-fat-burning-workout>

**Main Goal:** Lose Fat

**Training Level:** Intermediate

**Program Duration:** 4 Weeks

**Days Per Week:** 3 Days

**Time Per Workout:** 30-45 Mins

**Equipment:** Barbell, Bodyweight,

**Author:** Cory Gregory

### MusclePharm Fat Burning Circuit

Exercise	Reps
1/2 Mile Run	
<a href="#">Squats</a>	100
<a href="#">Weighted Crunches</a>	100
<a href="#">Push Ups</a>	100

Perform this circuit 3 times each training day.