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## SUMMER BURN: 12 WEEK FAT MELTING WORKOUT

The trick to being summer shredded is getting shredded before summer arrives. Use this 12 week Summer Burn program so you can show off at the pool this year!

Link to Workout: <https://www.muscleandstrength.com/workouts/summer-burn-12-week-fat-melting-workout>

**Main Goal:** Lose Fat  
**Training Level:** Intermediate  
**Program Duration:** 12 Weeks  
**Days Per Week:** 4 Days  
**Time Per Workout:** 45-60 Mins

**Equipment:** Barbell, Bodyweight, Cables, Dumbbells, EZ Bar, Machines  
**Author:** Eric Broser

### Monday: Chest, Biceps, Forearms, & Abs

Exercise	Tempo	Sets	Reps
1. <a href="#">Incline Bench Press</a>	2/0/1	2*	7 - 9
2. <a href="#">Dumbbell Bench Press</a>	2/0/1	2*	7 - 9
3a. <a href="#">Incline Dumbbell Fly</a>	2/0/1	2	10 - 12
3b. <a href="#">Cable Crossover</a>	1/0/1/1	2	10 - 12
4. <a href="#">EZ Bar Preacher Curl</a>	2/0/1	1*	7 - 9
5. <a href="#">Barbell Curl</a>	2/0/1	1*	7 - 9
6a. <a href="#">High Cable Curl</a>	1/0/1	2	7 - 9
6b. <a href="#">Standing Alternating Dumbbell Curl</a>	1/1/1	2	7 - 9
7. <a href="#">Reverse Barbell Curl</a>	2/0/1	1*	10 - 12
8a. <a href="#">Barbell Reverse Wrist Curl</a>	1/0/1	1	13 - 15
8b. <a href="#">Barbell Wrist Curl</a>	1/0/1	1	13 - 15
9. <a href="#">Cable Crunch</a>	1/0/1/1	2	16 - 20
10a. <a href="#">Hanging Leg Raise</a>	1/0/1	1	Max Reps
10b. <a href="#">Seated Bench Knee Ups</a>	1/0/1	1	Max Reps

\*Each set utilizes a drop set. So perform 1 set, drop the weight performing an additional set, rest, and repeat.

### Tuesday: Quads, Hamstrings & Calves

Exercise	Tempo	Sets	Reps
1. <a href="#">Barbell Back Squat</a>	2/0/1	2*	7 - 9
2. <a href="#">Leg Press</a>	2/0/1	2*	7 - 9
3a. <a href="#">Leg Extension</a>	2/0/1/1	2	10 - 12
3b. <a href="#">Walking Barbell Lunge</a>	2/0/1	2	10 - 12 Each
4. <a href="#">Lying Leg Curl</a>	2/0/1/1	2*	7 - 9
5a. <a href="#">Adduction Machine</a>	1/0/1/1	2	16 - 20
5b. <a href="#">Stiff Leg Deadlift</a>	2/0/1	2	10 - 12
6. <a href="#">Standing Calf Raise</a>	1/1/1/1	1*	7 - 9
7a. <a href="#">Seated Calf Raise</a>	1/0/1/1	2	7 - 9
7b. <a href="#">Calf Press</a>	1/1/1	2	10 - 12

\*Each set utilizes a drop set. So perform 1 set, drop the weight performing an additional set, rest, and repeat.

### Thursday: Lats, Lower Back & Abs

Exercise	Tempo	Sets	Reps
1. <a href="#">Seated Cable Row</a>	1/0/1/1	2*	7 - 9
2. <a href="#">Reverse Grip Bent Over Row</a>	1/0/1/1	2*	7 - 9
3a. <a href="#">Dumbbell Pullover</a>	1/0/1	2	10 - 12
3b. <a href="#">T-Bar Row</a>	1/0/1	2	7 - 9
4. <a href="#">Weighted Hyperextensions</a>	1/0/1/1	1*	13 - 15
5a. <a href="#">Deadlift</a>	1/1/1	1	7 - 9
5b. <a href="#">Bodyweight Hyperextensions</a>	1/0/1/1	1	Max Reps
6. <a href="#">Weighted Ab Crunch</a>	1/0/1/1	1*	16 - 20
7a. <a href="#">Lying Leg Raise</a>	1/0/1/1	2	Max Reps
7b. <a href="#">Oblique Crunch</a>	1/0/1	2	16 - 20 Each

\*Each set utilizes a drop set. So perform 1 set, drop the weight performing an additional set, rest, and repeat.

### Friday: Shoulders, Traps, Triceps & Calves

Exercise	Tempo	Sets	Reps
1. <a href="#">Cable Face Pulls</a>	1/0/1/1	2*	10 - 12
2. <a href="#">Lateral Raises</a>	1/0/1	2*	10 - 12
3a. <a href="#">Seated Dumbbell Press</a>	2/0/1	2	7 - 9
3b. <a href="#">Barbell Front Raise</a>	1/0/1	2	7 - 9
4. <a href="#">Barbell Shrug</a>	1/0/1/1	2*	10 - 12
5a. <a href="#">Upright Row</a>	1/0/1/1	2	7 - 9
5b. <a href="#">Seated Dumbbell Shrug</a>	1/0/1/1	2	7 - 9
6. <a href="#">Straight Bar Pushdown</a>	1/0/1/1	1*	10 - 12
7. <a href="#">Skullcrusher</a>	2/0/1	2*	7 - 9
8a. <a href="#">Seated One Arm Dumbbell Extension</a>	2/0/1	2	7 - 9
8b. <a href="#">Close Grip Bench Press</a>	3/0/1	2	7 - 9
9. <a href="#">Seated Calf Raise</a>	1/0/1	2*	10 - 12
10a. <a href="#">Calf Press</a>	1/0/1/1	1	7 - 9
10b. <a href="#">Standing Calf Raise</a>	1/0/1/1	1	7 - 9

\*Each set utilizes a drop set. So perform 1 set, drop the weight performing an additional set, rest, and repeat.