



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



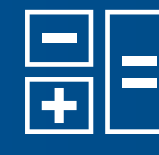
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TOTAL BODY TORCHER: 8 WEEK FULL BODY FAT LOSS WORKOUT

In just 45 minutes you can burn fat fast with this limited-equipment, full-body workout. This plan can be done at home with just a pair of dumbbells and your bodyweight.

Link to Workout: <https://www.muscleanstrength.com/workouts/total-body-torcher>

Main Goal: Lose Fat
Training Level: Beginner
Program Duration: 8 Week
Days Per Week: 3 Day
Time Per Workout: 45 Mins

Equipment: Bodyweight, Dumbbells
Target Gender: Male & Female
Author: Roger "Rock" Lockridge

Complete parts 1-5 for one workout. Repeat 2-3 times per week.

Part One – Dynamic Resistance

Exercise	Sets	Reps
Shoulder Press and Pulldown	1	10
Chest Press and Row	1	10
Biceps and Triceps	1	10
Squat and Touch the Toes	1	10

Part 2 – Circuit Training

Complete the following exercises back-to-back with no rest between exercises. This counts as one round. Rest 90 seconds between each round. Repeat 4 times.

Exercise	Reps
Flat Dumbbell Press	20
Bent-Over Dumbbell Row	20
Dumbbell Squat	20
Walking Lunge	10 Steps Each Leg

Part 3 – Tabata Training

You can either perform each exercise twice before moving on to the next, or you can perform all four in a row, and then perform each again.

Exercise	Sets	Work	Reps
Dumbbell Punches	2	20 Seconds	10 Seconds
Jumping Jacks	2	20 Seconds	10 Seconds
Mountain Climbers	2	20 Seconds	10 Seconds
Pushups	2	20 Seconds	10 Seconds

Part 4 – Every Minute on the Minute

Repeat 2-5 times with no rest.

Exercise	Sets	Reps
Crunch w/ Feet Elevated	3	10
Lying Leg Raise	3	10
Vacuums	3	20 Seconds
Sprints	5	10 - 15 Seconds

Part 5 - Dynamic Resistance

Exercise	Sets	Reps
Shoulder Press and Pulldown	1	10
Chest Press and Row	1	10
Biceps and Triceps	1	10
Squat and Touch the Toes	1	10