

Basic Fat Loss Workout Routine | 2015

3 Sets Rest: 15 seconds between exercises 60 seconds between sets					
	Exercise	Reps/ Time	Set 1	Set 2	Set 3
3 Sets	Feet Elevated Pushups	8 reps/ side			
	Deadlift	8-10 reps			
	Plank	30-45 seconds			
	Lateral Lunges	10/ leg			

	Exercise	Reps/Time	Set 1	Set 2
As Many Reps as Possible	Jumping Jacks	45 seconds		
	Burpees	30-40 seconds		

4 Sets Rest: 20 seconds between exercises 40 seconds between sets						
	Exercise	Reps/ Time	Set 1	Set 2	Set 3	Set 4
4 sets	Barbell Incline Bench Press	8-10 reps				
	Scissor Kicks	30 seconds				
	Chainsaws	10-12 reps/arm				
	Bulgarian Split Squats	10/ leg				

3 Sets Rest: 15 second rest between exercises No rest between sets					
	Exercise	Reps/Time	Set 1	Set 2	Set 3
3 Sets	Up Downs	10 reps			
	Side Planks	20 seconds/ side			
	Squat Jumps	8-10 reps			