

# Fat Loss Circuit

Use Heavy Weights

Total-body Fat-Loss Circuit			
Circuit 1 – 3 times through			
Exercise	Reps	Sets	Notes
Squat + Curl	8-12	3	Drop to knees when form fails
Push Ups	15	3	
DB Row + Fly	8-12	3	
Circuit 2 – 3 times through			
Bench Step-ups	12 EL	3	Drop to knees when form fails
Lunge + Front Raise	12 EL	3	
Renegade Rows	12 EA	3	
Circuit 3 – 3 times through			
Incline DB Press	8-12	3	Bend knees to make easier
Bench Dips	15	3	
Plank Shoulder Touches	12 ES	3	Drop to knees when form fails

Exercises:

Squat + Curl



Bench Step Ups



Push Ups



Dumbbell Row + Fly



Lunge + Front Raise



Renegade Rows



Incline Dumbbell Press



Bench Dips



Plank Shoulder Touches

