

FAT BURNING STARTER



Intermediate



6 Days



Build total body strength and muscle mass

2 MINUTE REST BETWEEN SETS

WEEK 1

DAY 1 : CARDIO INTERVALS

- High Knees 3 sets x 30 seconds
- Mountain Climber 3 sets x 30 seconds
- Jump Squat 3 sets x 30 seconds
- Burpees 3 sets x 30 seconds

DAY 4 : TABATA

- High Knees 8 sets x 20 seconds
- Push-Up 8 sets x 20 seconds
- Jump Squat 8 sets x 20 seconds
- Dynamic Plank 8 sets x 20 seconds

DAY 2 : STRENGTH INTERVALS

- Push-Up 3 sets x 45 seconds
- Bodyweight Squat 3 sets x 45 seconds
- Plank Shoulder Tap 3 sets x 45 seconds
- Glute Bridge 3 sets x 45 seconds

DAY 5 : REP-FOCUSED WORKOUT

- Push-Up 3 sets x 12 reps
- Bodyweight Squat 3 sets x 12 reps
- Bicycle Crunch 3 sets x 12 reps
- Glute Bridge 3 sets x 12 reps
- Plank Shoulder Tap 3 sets x 12 reps

DAY 3 : HIIT TRAINING CIRCUITS

- Jump Squat 3 sets x 5-10-15 reps
- Mountain Climber 3 sets x 5-10-15 reps
- Bicycle Crunch 3 sets x 5-10-15 reps

DAY 6 : CARDIO INTERVALS

- High Knees 3 sets x 30 seconds
- Mountain Climber 3 sets x 30 seconds
- Jump Squat 3 sets x 30 seconds
- Burpees 3 sets x 30 seconds

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This book delves into Proven Strategy For Home Workout Routine Cheap Starter Kit With Free. Proven Strategy For Home Workout Routine Cheap Starter Kit With Free is a vital topic that must be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Proven Strategy For Home Workout Routine Cheap Starter Kit With Free, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Proven Strategy For Home Workout Routine Cheap Starter Kit With Free
 - Chapter 2: Essential Elements of Proven Strategy For Home Workout Routine Cheap Starter Kit With Free
 - Chapter 3: Proven Strategy For Home Workout Routine Cheap Starter Kit With Free in Everyday Life
 - Chapter 4: Proven Strategy For Home Workout Routine Cheap Starter Kit With Free in Specific Contexts
 - Chapter 5: Conclusion
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 3. In chapter 2, this book will delve into the foundational concepts of Proven Strategy For Home Workout Routine Cheap Starter Kit With Free. This chapter will elucidate the essential principles that need to be understood to grasp Proven Strategy For Home Workout Routine Cheap Starter Kit With Free in its entirety.
 4. In chapter 3, the author will examine the practical applications of Proven Strategy For Home Workout Routine Cheap Starter Kit With Free in daily life. This chapter will showcase real-world examples of how Proven Strategy For Home Workout Routine Cheap Starter Kit With Free can be effectively utilized in everyday scenarios.
 5. In chapter 4, the author will scrutinize the relevance of Proven Strategy For Home Workout Routine Cheap Starter Kit With Free in specific contexts. The fourth chapter will explore how Proven Strategy For Home Workout Routine Cheap Starter Kit With Free is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, this book will draw a conclusion about Proven Strategy For Home Workout Routine Cheap Starter Kit With Free. The final chapter will summarize the key points that have been discussed throughout the book.
- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Proven Strategy For Home Workout Routine Cheap Starter Kit With Free.

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