

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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Xiang Xie



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Ads Proven Strategy For Home Workout Routine Cheap Starter Kit For: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the fascinating narratives that have charmed audiences this year. Ads Proven Strategy For Home Workout Routine Cheap Starter Kit For : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is an exceptional and gripping novel that will keep you wondering until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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