

# 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

**GET FULL PROGRAM**

# Home Workout Routine Cheap Starter Kit For Creators And Bloggers Easy

**Liyong Dong**



**Home Workout Routine Cheap Starter Kit For Creators And Bloggers Easy:**

## Decoding **Home Workout Routine Cheap Starter Kit For Creators And Bloggers Easy**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Home Workout Routine Cheap Starter Kit For Creators And Bloggers Easy**," a mesmerizing literary creation penned with a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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