



FAT LOSS WORKOUT #1



12 Minutes | 1 Dumbbell

ACTIVITY	TIME	NOTES
EXERCISE 1 1.5 Rep Squats	30 seconds	Drive knees out Push weight back
EXERCISE 2 Plank Row	30 seconds	Do not twist hips Row with the back
EXERCISE 3 Walking Lunge	30 seconds	Hinge from hips to target glutes
EXERCISE 4 Elevated Push Ups	30 seconds	Keep elbows tucked
Perform the exercises back to back. Rest 30 seconds after the push ups & repeat for a total of 4 rounds		
EXERCISE 5 Hamstring Curls	20 seconds	Do not arch low back or flare ribs
EXERCISE 6 Plank With Taps	20 seconds	Minor pelvic tilt. Do not twist hips.

Perform as a tabata: alternate each exercise for 20 seconds with 10 seconds rest in between for a total of 4-8 sets.





FAT LOSS WORKOUT #2



12 Minutes | 1 Dumbbell

ACTIVITY	TIME	NOTES
EXERCISE 1 Dumbbell Push Press	30 seconds	Do not flare ribs Lockout at top
EXERCISE 2 Step Out Lunge	30 seconds/side	Drive knee out Keep a flat back
EXERCISE 3 Bentover Row	30 seconds	Sink weight back and keep upper back flat
EXERCISE 4 Mountain Climbers	30 seconds	Hands under shoulders No twisting hips
<p>Perform the exercises back to back. Rest 30 seconds after the push ups & repeat for a total of 4 rounds</p>		
EXERCISE 5 Dumbbell Hip Thrust	21-15-9	Slightly rounded upper back
EXERCISE 6 Plank Step Out	21-15-9	Minor pelvic tilt. Do not twist hips.

Perform the exercises back to back for twenty-one reps, then fifteen reps and then nine reps all without rest.

