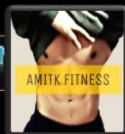




FAT LOSS 6 WEEKS PROGRAM

NOTE: NO REST BETWEEN SUPER SET AND ULTRA SET. DO TWO EXERCISE a) and b) BACK TO BACK. 60-120 SEC REST AFTER SUPER SET AND ULTRA SET.



DAY 1 CHEST/TRICEPS/CARDIO WORKOUT

EXERCISE	SETS	REPS
CHEST		
1 SUPER SETS		
a) FLAT BB PRESS	4	15/12/10/10
b) INCLINE DB FLY	4	15/12/10/10
2 SUPER SETS		
a) CABLE FLY	3	15/15/12
b) CABLE FLY UPRIGHT	3	15/15/12
3 SUPER SETS		
a) PEC DECK FLY	3	15/12/10/10
b) SVEND PRESS	3	15/12/10/10
TRICEPS		
1 GIANT SETS		
a) V-BAR/ROPE PUSH DOWN	4	10/10/10/10
b) ROPE OVERHEAD EXTENSION	4	10/10/10/10
c) DB KICKBACK	4	10/10/10/10
CARDIO INCLINE WALK	_____	20 MINUTES

DAY 2 BACK/BICEPS/ABS WORKOUT

EXERCISE	SETS	REPS
BACK		
1 SUPER SETS		
a) REVERSE GRIP LAT PULLDOWN	4	15/12/10/10
b) ROPE ROW	4	15/12/10/10
2 SUPER SETS		
a) CLOSE GRIP LAT PULLDOWN	4	15/12/10/10
b) BENT OVER ROPE ROW	4	15/12/10/10
3 STRAIGHT ARM ROPE PULLDOWN	3	15/15/15
BICEPS		
1 GIANT SETS		
a) EZ-BAR CURL	4	10/10/10/10
b) CLOSE GRIP CABLE CURL	4	10/10/10/10
c) HAMMER ROPE CURL	4	10/10/10/10
ABS		
1 SUPER SETS		
a) CRUNCHES (ON LAT BAR)	3	15/15/15
b) STANDING ROPE OBLIQUE CRUNCHE (REST 30 SEC IN BETWEEN)	3	15/15/15 (EACH SIDE)
2 SUPER SETS		
a) HANGING KNEE RAISE	3	15/15/15
b) HANGING KNEE SIDE RAISE	3	15/15/15 (EACH SIDE)
3 INCLINE PLANK	3	120 SEC HOLD

DAY 3 LEG/CARDIO WORKOUT			
	EXERCISE	SETS	REPS
LEG			
	1 SUPER SETS		
	a) LEG EXTENSION	4	15/12/10/10
	b) BB FRONT SQUAT	4	15/12/10/10
	2 SUPER SETS		
	a) WIDE STANCE LEG PRESS	4	15/12/10/10
	b) DB SPLIT SQUATS	4	15/12/10/10
	3 SUPER SETS	3	10/10/10
	a) DB STIFF DEADLIFT		
	b) DB SUMO DEADLIFT		
CARDIO	STATIONARY BIKE	_____	20 MINUTES
DAY 4 CARDIO/ABS WORKOUT			
	EXERCISE	SETS	REPS
CARDIO	ROPE JUMP	8	20 SEC JUMP 10 SEC REST BETWEEN
ABS			
	1 SUPER SETS		
	a) CRUNCHES (ON LAT BAR)	3	15/15/15
	b) STANDING ROPE OBLIQUE CRUNCHE (REST 30 SEC IN BETWEEN)	3	15/15/15 (EACH SIDE)
	2 SUPER SETS		
	a) HANGING KNEE RAISE	3	15/15/15
	b) HANGING KNEE SIDE RAISE	3	15/15/15 (EACH SIDE)
	3 INCLINE PLANK	3	120 SEC HOLD
DAY 5 SHOULDER & TRAP WORKOUT			
	EXERCISE	SETS	REPS
SHOULDER			
	1 SUPER SETS		
	a) MILITARY PRESS	4	15/12/10/10
	b) DB INCLINE LATERAL RAISE	4	15/12/10/10
	2 SUPER SETS		
	a) MILITARY PRESS BEHIND NECK	4	15/12/10/10
	b) KATTLE BELL FRONT RAISE	4	15/12/10/10
	3 SUPER SETS		
	a) CABLE FRONT RAISES	4	15/12/10/10
	b) DB SHRUGS	4	15/12/10/10
	4 SUPER SETS		
	a) REAR DELT CABLE FLY	4	15/12/10/10
	b) ROPE SHRUGS	4	15/12/10/10

DAY 6 ARM/ABS WORKOUT

EXERCISE	SETS	REPS
1 ULTRA SETS		
a) CABLE PREACHER CURL	4	10/10/10/10
b) DB HAMMER PREACHER CURL	4	10/10/10/10
c) INCLINE FRENCH PRESS	4	10/10/10/10
d) INCLINE UNDERHAND FRENCH PRESS	4	10/10/10/10
2 ULTRA SETS		
a) CLOSE GRIP CABLE CURL	2	10/10
b) CABLE CURL(ELBOW POINTING BACK)	2	10/10
c) TRIO TRICEP ROP		
-ROPE PUSH DOWN	2	10/10
-ROPE OVERHEAD EXTENSION	2	10/10
-ROPE SKULL CRUSHER	2	10/10
3 SEATED CALF RAISE	3	15/12/10/10

ABS

1 SUPER SETS		
a) CRUNCHES (ON LAT BAR)	3	15/15/15
b) STANDING ROPE OBLIQUE CRUNCHE	3	15/15/15
(REST 30 SEC IN BETWEEN)		(EACH SIDE)
2 SUPER SETS		
a) HANGING KNEE RAISE	3	15/15/15
b) HANGING KNEE SIDE RAISE	3	15/15/15
		(EACH SIDE)
3 INCLINE PLANK	3	120 SEC HOLD