Total Body, Fat Burning Routine

Workout Log

**Start Date:**

**My Stats**

Name:

Age:

Weight:

Bf%:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Exercise | Sets | Reps | Time | Weight |
| **Circuit 1:** |  |  | 12 Minutes |
| Deadlifts @ 1.5 x Body Weight |  | 1 |  |  |
| Squats @ 1 x Body Weight | 1 |  |  |
| Bench Press @ 1 x Body Weight | 1 |  |  |
| **Circuit 2:** |  |  | 12 minutes |
| Deadlifts @ 1 x Body Weight |  | 6 |  |  |
| Pull Ups | 6 |  |  |
| **Circuit 3:** |  |  | 12 minutes |  |
| Squats @ 1 x Body Weight |  | 6 |  |  |
| Box Jumps | 6 |  |  |
| **Circuit 4:** |  |  | 12 minutes |  |
| Bench Press @ 1 x Body Weight |  | 6 |  |  |
| Push Ups | 6 |  |  |

Cardio:

* High Intensity Interval Training (HIIT) Running for 12 minutes. (optional)

Stretching:

* 10 – 20 minutes Stretching and meditation