

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