



Fat loss programme – 2 to 3 days per week

Day 1

Warm up

10 x Inch worms +
10 x Squats
10 x Reverse lunges
Repeat x 3

Video demo – scan here



Squat, curl and press + Renegade rows – perform 1 set of each exercise – then onto next set

Week / weights etc	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Set 1 – 10 reps								
Set 2 – 10 reps								
Set 3 – 10 reps								

Deadlifts + Weighted Lunges / walks (lunge reps would be each side)

Week / weights etc	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Set 1 – 10 reps								
Set 2 – 10 reps								
Set 3 – 10 reps								

Stretch to cooldown



Day 2

Warm up

10 x Inch worms +
10 x Squats
10 x Reverse lunges
Repeat x 3

Grappler squat and press +
Tyre flips +
Kettlebell high pulls +
Prowler push (25 / 50m)

Video demo – scan here



Info – weights used / time taken etc	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8

Stretch to cooldown