



3 Day Weight Loss
Total Body Template:

1. **Dynamic Warm up**
2. **Lift multi set**
- 3.. **Total Body Exercise multi set**
4. **Upper body superset**
5. **HIIT - 15 mins**
6. **Cool down & static stretch**

Day 1: 4x12 reps

1. Dynamic Warm up
2. BB Deadlift
3. Squat and BB press (thrusters)
4. DB bench press & DB bent over row
5. 2 x 4 min. Cardio Tabatas
6. Cool down & Stretch

Day 2: 4x12 reps

1. Dynamic Warm up
2. BB back squats
3. Deadlift with clean & press
4. Press up & TRX inverted rows
5. 2 x 4 min. Battle rope Tabatas
6. Cool down & Stretch

Day 3: 4x12 reps

1. Dynamic Warm up
2. Week 1 - Bench Press; Week 2 - Barbell bent over row (alternate weeks)
3. Squat & cable row
4. DB push press & lat. pull down
5. 2 x 4 min. Med ball & Powerbag Tabatas
6. Cool down & Stretch