

FAT LOSS WORKOUT

Goal	Fat Loss
Duration	15-25 Mins
Equipment	None
Days per week	5
Level	All Levels

Day 1

No.	Exercise	Time
1	Burpee	1 Min
30 SECOND BREAK		
2	Jump Squat	1 Min
30 SECOND BREAK		
3	Pushup	1 Min
Repeat 3- 5 Times		

Day 2

No.	Exercise	Distance
1	Run	1K
Repeat 3- 5 Times		

Day 3

No.	Exercise	Time
1	Jumping jacks	1 Min
30 SECOND BREAK		
2	Box Jump	1 Min
30 SECOND BREAK		
3	Squat	1 Min
Repeat 3- 5 Times		

Day 4:

No.	Exercise	Distance
1	Run	1K
Repeat 3- 5 Times		

Day 5:

No.	Exercise	Time
1	Pushup	1 Min

30 SECOND BREAK		
2	Burpee	1 Min
30 SECOND BREAK		
3	Jump Squat	1 Min
Repeat 3- 5 Times		

A calorie deficit must be maintained whilst doing this program to lose weight.

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