

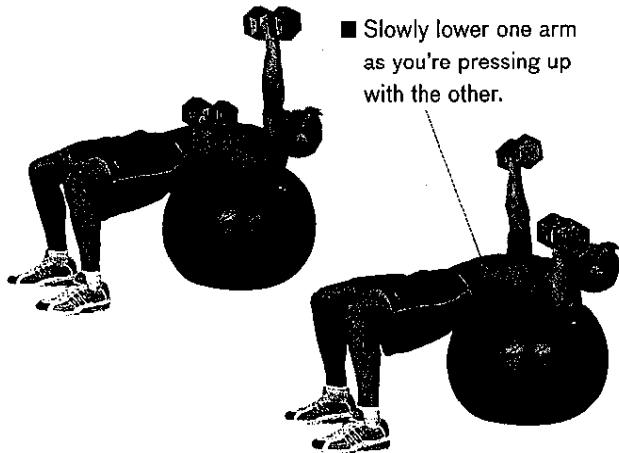
MF PERSONAL TRAINER ■ Fat Loss

Workout A

FREQUENCY: Do this workout once a week for four weeks, resting at least a day before moving on to Workout B.

HOW TO DO IT: Perform the exercises as straight sets, completing all the prescribed sets of each exercise before moving on to the next. Between sets, rest for one minute.

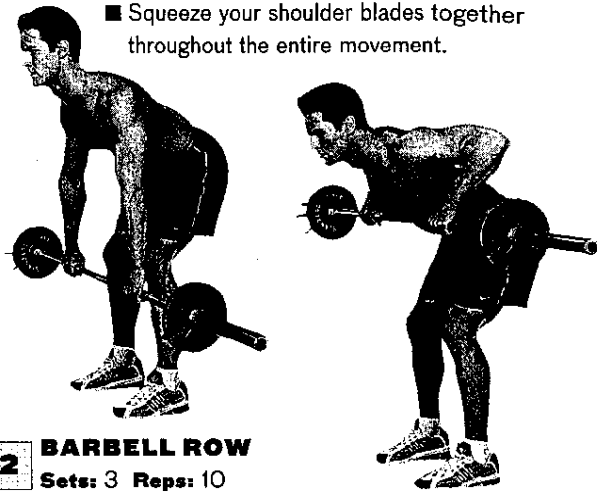
WEIGHT: Use the heaviest weight that allows you to complete all the prescribed reps for each set.



■ Slowly lower one arm as you're pressing up with the other.

1 SWISS-BALL RECIPROCAL CHEST PRESS

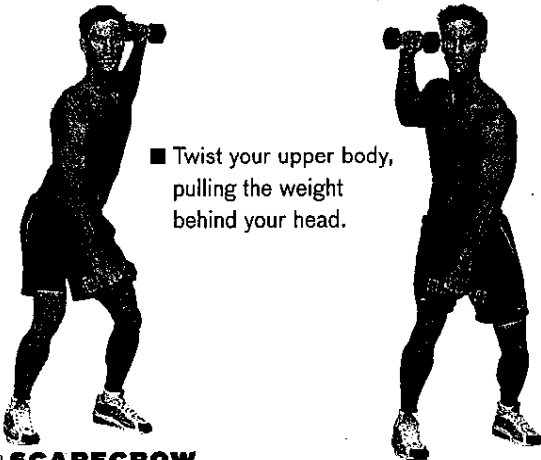
Sets: 2 Reps: 10 (each arm)



■ Squeeze your shoulder blades together throughout the entire movement.

2 BARBELL ROW

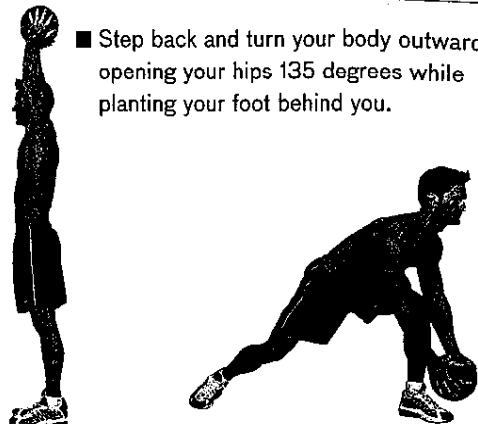
Sets: 3 Reps: 10



■ Twist your upper body, pulling the weight behind your head.

3 SCARECROW

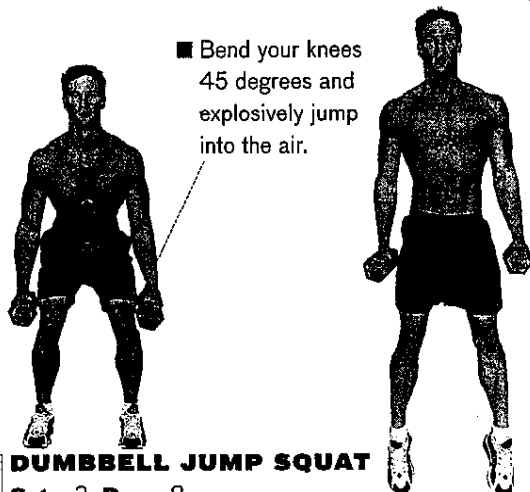
Sets: 3 Reps: 28



■ Step back and turn your body outward, opening your hips 135 degrees while planting your foot behind you.

4 MEDICINE-BALL REVERSE SIDE LUNGE AND TOUCH

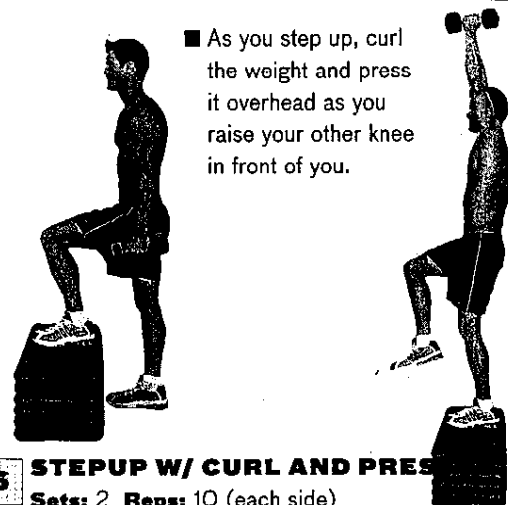
Sets: 2 Reps: 8 (each leg)



■ Bend your knees 45 degrees and explosively jump into the air.

5 DUMBBELL JUMP SQUAT

Sets: 3 Reps: 8



■ As you step up, curl the weight and press it overhead as you raise your other knee in front of you.

6 STEPUP W/ CURL AND PRESS

Sets: 2 Reps: 10 (each side)

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Workout C

FREQUENCY: Do this workout once a week for four weeks, resting at least a day before repeating Workout A.

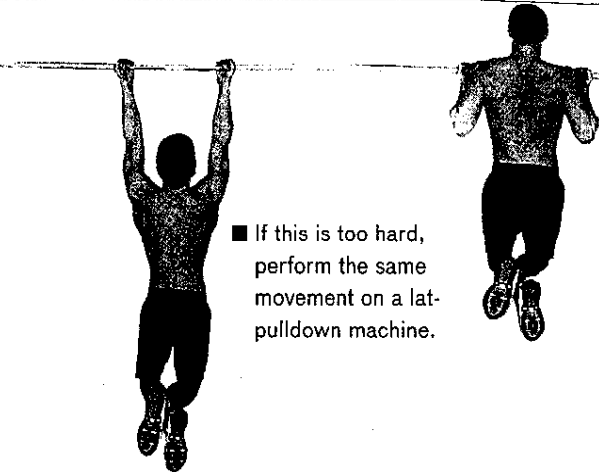
HOW TO DO IT: Perform the exercises as straight sets, completing all the prescribed sets of each exercise before moving on to the next. Between sets, rest for one minute.

WEIGHT: Use the heaviest weight that allows you to complete all the prescribed reps for each set.

- Explode upward, turning your body into the press. Then repeat movement to the other side.



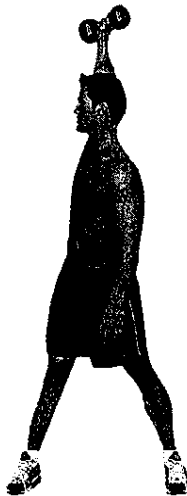
1 **DIAGONAL PRESS**
Sets: 2 Reps: 11 (each side)



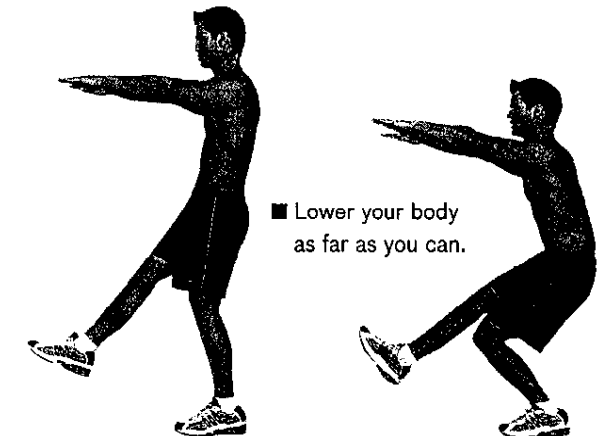
- If this is too hard, perform the same movement on a lat-pulldown machine.

2 **CHINUP**
Sets: 3 Reps: 10

- Turn your body outward, pressing the weight overhead.



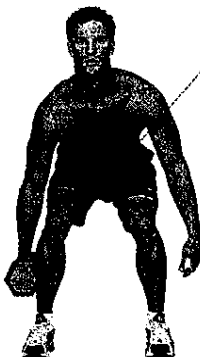
3 **D2 REVERSE PRESS**
Sets: 2 Reps: 14 (each side)



- Lower your body as far as you can.

4 **SINGLE-LEG SQUAT**
Sets: 2 Reps: 8 (each leg)

- Keep your lower back arched.



5 **SUITCASE DEADLIFT**
Sets: 3 Reps: 12 (each side)

- Explosively swing the ball over your head.



6 **SLEDGEHAMMER**
Sets: 2 Reps: 11

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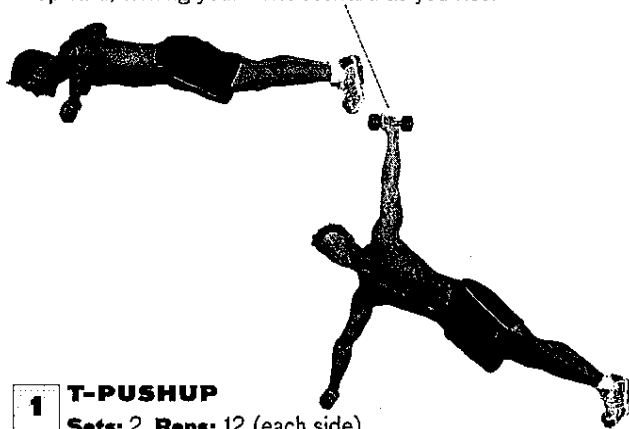
Workout B

FREQUENCY: Do this workout once a week for four weeks, resting at least a day before moving on to Workout C.

HOW TO DO IT: Perform the exercises as straight sets, completing all the prescribed sets of each exercise before moving on to the next. Between sets, rest for one minute.

WEIGHT: Use the heaviest weight that allows you to complete all the prescribed reps for each set.

■ Lower your body into the bottom of a pushup, then explode upward, turning your wrist outward as you rise.



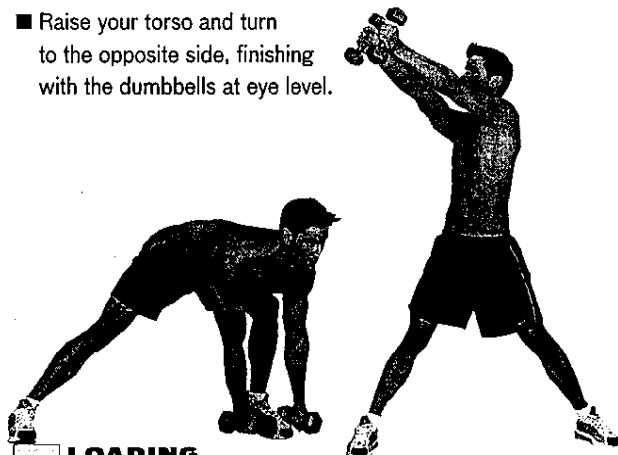
1 T-PUSHUP
Sets: 2 Reps: 12 (each side)

■ Pull the weight up to your chest.



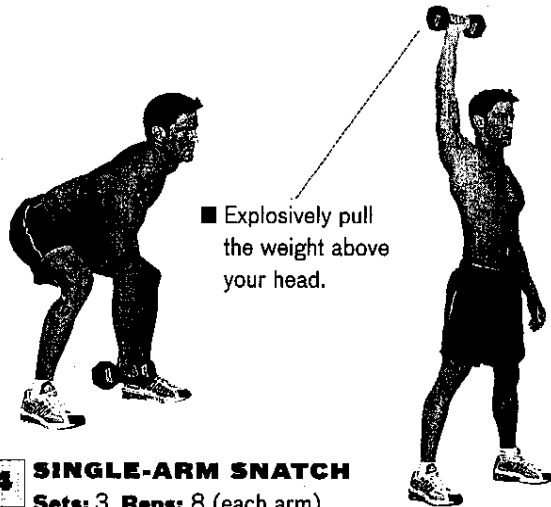
2 SINGLE-LEG DUMBBELL ROW
Sets: 2 Reps: 10 (each side)

■ Raise your torso and turn to the opposite side, finishing with the dumbbells at eye level.



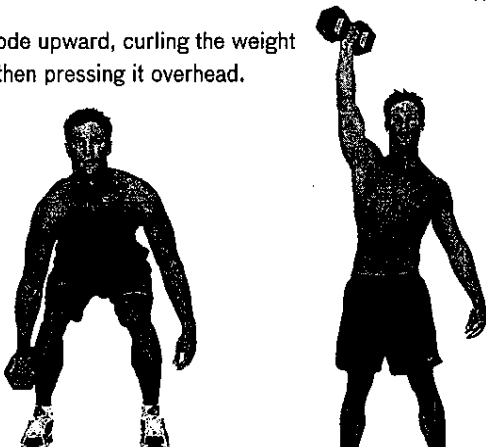
3 LOADING
Sets: 2 Reps: 11 (each side)

■ Explosively pull the weight above your head.



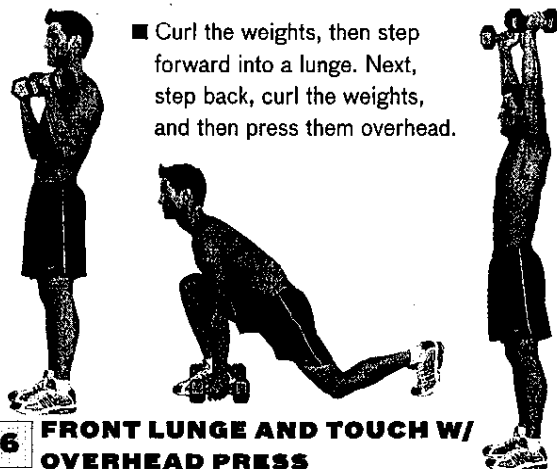
4 SINGLE-ARM SNATCH
Sets: 3 Reps: 8 (each arm)

■ Explode upward, curling the weight and then pressing it overhead.



5 SINGLE-ARM CURL TO PRESS
Sets: 2 Reps: 10 (each arm)

■ Curl the weights, then step forward into a lunge. Next, step back, curl the weights, and then press them overhead.



6 FRONT LUNGE AND TOUCH W/ OVERHEAD PRESS
Sets: 2 Reps: 12 (each leg)

(continued on page 10B)