



FAT LOSS GUIDE

SAMPLE 3-DAY HOME WORKOUT PROGRAM

IN JUST 5 SIMPLE STEPS.

MEGANBANAHAFFITNESS



SAMPLE **3-DAY** HOME WORKOUT PROGRAM

Click on the name of each exercise for a video tutorial.

EXERCISE	WORKING TIME	RESTING TME
Bodyweight Squat	40seconds	20seconds
Handwalkouts	40seconds	20seconds
Bodyweight Lunges	40seconds	20seconds
Plank + Reach	40seconds	20seconds
Crunch	40seconds	20seconds

COMPLETE 4 ROUNDS

Click on the name of each exercise for a video tutorial.

EXERCISE	WORKING TIME	RESTING TME
Goblet Squat	40seconds	20seconds
Floor Press	40seconds	20seconds
Side Lunge	40seconds	20seconds
Half-Kneeling Press	40seconds	20seconds
Shoulder Taps	40seconds	20seconds

COMPLETE 4 ROUNDS





Click on the name of each exercise for a video tutorial.

EXERCISE	WORKING TIME	RESTING TME
Kettlebell Sump Squat	40seconds	20seconds
Kettlebell Swing	40seconds	20seconds
Kettlebell Clean +Press	40seconds	20seconds
Kettlebell Plank Drag	40seconds	20seconds
Leg Over Kettlebell	40seconds	20seconds

COMPLETE 4 ROUNDS

Click on the name of each exercise for a video tutorial.

EXERCISE	SETS	REPS	REST
Barbell Deadlift	5	6-8	90sec - 2mins
Superset 1 - Do lunges, followed straight away by rdl's, then rest for 1min and repeat x3			
Dumbbell Reverse Lunges	3	12(6e.s)	
Dumbbell Romanian Deadlift	3	10	1min
Goblet squat	3	12	45sec
Goblet squat	3	Hold 40-60sec	45sec





Click on the name of each exercise for a video tutorial.

EXERCISE	SETS	REPS	REST
Dumbbell Flat Bench Press	3	10-12	60sec
Dumbbell Single Arm Row	3	10-12	60sec
Dumbbell Lateral Raise	3	12-15	60sec
Dumbbell Hammer Curl	3	12-15	60sec
Dumbbell Tricep Extension	3	10-12	40sec

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EXERCISE	SETS	REPS	REST
Barbell Back Squat	3	6-8	90sec - 2mins
Walking Lunges	3	10-15steps	2mins
Dumbbell Seated Shoulder Press	3	10-12	60sec
Dumbbell Chest Supported Row	3	10-12	60sec
Barbell Curl	3	10-12	40sec
Circuit - Complete 3 rounds			
Butterfly Sit-ups	3	40seconds	20seconds
Push-ups	3	40seconds	20seconds
Kettlebell Swing	3	40seconds	20seconds