



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



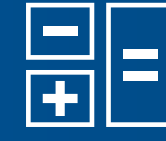
Diet Plans



Expert Guides



Videos



Tools

## BODY BLASTER: FULL BODY FAT LOSS WORKOUT (NO EQUIPMENT NECESSARY)

There's a faster way to fat loss than the treadmill. These fat burning workouts are designed to help you start making progress with just your own bodyweight.

Link to Workout: <https://www.muscleandstrength.com/workouts/6-week-bodyweight-only-workout>

**Main Goal:** Lose Fat

**Training Level:** Beginner

**Program Duration:** 6 Weeks

**Days Per Week:** 3 Day

**Time Per Workout:** 20-35 Mins

**Equipment:** Bodyweight

**Target Gender:** Male & Female

**Author:** [Roger "Rock" Lockridge](#)

### Day 1: Every Minute On the Minute (EMOM)

Complete for 2-3 rounds. Rest for 2 minutes after Shadow Boxing, then repeat from the top.

Exercise	Reps	Rest
Sprint	15 Seconds	*
Burpees	15	*
<a href="#">Squat Jumps</a>	15	*
<a href="#">Walking Lunges</a>	8 Per Leg	*
<a href="#">Frog Sit Up</a>	15	*
<a href="#">Pushups</a>	15	*
<a href="#">Mountain Climbers</a>	15 Per Leg	*
<a href="#">Arm Circles</a>	15 Seconds	*
Shadow Boxing Combination	15 Seconds	*

\*Rest for remainder of minute between exercises

### Day 2: Circuit Training

Complete for 5 rounds. Rest for 2 minutes after Shadow Boxing, then repeat from the top.

Exercise	Reps
Sprint	15 Seconds
Burpees	15
<a href="#">Squat Jumps</a>	15
<a href="#">Walking Lunges</a>	8 Per Leg
<a href="#">Frog Sit Up</a>	15
<a href="#">Pushups</a>	15
<a href="#">Mountain Climbers</a>	15 Per Leg
<a href="#">Arm Circles</a>	15 Seconds
Shadow Boxing Combination	15 Seconds

### Day 3: Your Choice of EMOM or Circuit Training