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Workouts



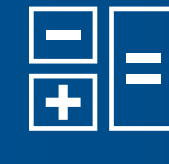
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SPRING FAT MELTER: 6 WEEK FAT LOSS WORKOUT

Kick off your summer shredding with a quick and intense program. This 6 week fat loss workout supersedes resistance training with cardio for maximum workout intensity.

Link to Workout: <https://www.muscleandstrength.com/workouts/spring-fat-melter>

Main Goal: Lose Fat

Training Level: Beginner

Program Duration: 6 Weeks

Days Per Week: 3 Days

Time Per Workout: 45-60 Mins

Equipment: Barbell, Bodyweight, Dumbbells, Kettle Bells, Machines

Author: Roger "Rock" Rockridge

Day 1: Chest, Shoulders, and Triceps

Exercise	Sets	Reps	Rest
1a. Incline Bench Press	3	10-12	-
1b. Burpees	3	30-45 sec	45-60 sec
2a. Dumbbell Fly	3	10-12	-
2b. Shadow Boxing Drill	3	30-45 sec	45-60 sec
3a. Standing Barbell Press	3	10-12	-
3b. Battle Rope	3	30-45 sec	45-60 sec
4a. Seated Lateral Raise	3	10-12	-
4b. Kettlebell Swings	3	30-45 sec	45-60 sec
5a. Tricep Rope Pushdown	3	10-12	-
5b. Running in Place	3	30-45 sec	45-60 sec

Day 3: Legs

Exercise	Sets	Reps	Rest
1a. Goblet Squat	3	10-12	-
1b. Step Ups	3	30-45 sec	45-60 sec
2a. Leg Press	3	10-12	-
2b. Jump Rope	3	30-45 sec	45-60 sec
3a. Stiff Leg Deadlift	3	10-12	-
3b. Jumping Jacks	3	30-45 sec	45-60sec
4a. Lying Leg Curl	3	10-12	-
4b. Mountain Climbers	3	30-45 sec	45-60 sec
5a. Seated Calf Raise	3	10-12	-
5b. Stationary Bike	3	30-45 sec	45-60 sec

Day 5: Back, Rear Delts, Biceps

Exercise	Sets	Reps	Rest
1a. Pull Up	3	10-12	-
1b. Rowing Machine	3	30-45 sec	45-60 sec
2a. T-Bar Row	3	10-12	-
2b. Battle Rope Slams	3	30-45 sec	45-60 sec
3a. Face Pulls	3	10-12	-
3b. Battle Rope	3	30-45 sec	45-60 sec
4a. Hammer Curl	3	10-12	-
4b. Shadow Boxing	3	30-45 sec	45-60 sec
5a. Two Arm Cable Curl	3	10-12	-
5b. Burpees	3	30-45 sec	45-60 sec

Abs (Optional)

This workout plan has three scheduled days of training. In between those days, you can and should focus on doing some form of cardio and train abs afterward. Even if you can do a 20 minute run with a tri-set like the one below, it would get the job done.

Exercise	Sets	Reps	Rest
1a. Lying Leg Raise	3	15	-
1b. Bicycle Crunches	3	15	-
1c. Plank	3	15	45-60 sec