



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



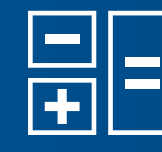
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THE CARDIO-FREE FAT BURNING WORKOUT PROGRAM

Want to get shredded but hate tedious cardio? Ditch it and do this program instead! It utilizes several strategies to burn fat far away from the cardio deck!

Link to Workout: <https://www.muscleandstrength.com/workouts/the-cardio-free-fat-burning-workout-program>

Main Goal: Lose Fat

Training Level: Intermediate

Program Duration: 3 Weeks

Days Per Week: 4 Day

Time Per Workout: 30-60 Mins

Equipment: Barbell, Bodyweight, Dumbbells, Machines, Other

Target Gender: Male & Female

Author: [Eric Broser](#)

Workout A: The Fast and Furious Body Fat Burner

Exercise	Sets	Reps
Barbell Squats	3	13 - 15
Alternating Barbell Lunge	3	13 - 15
Stiff Leg Deadlift	3	13 - 15
Burpees	3	13 - 15
Underhand Grip Barbell Bent Row	3	10 - 12
Close Grip Push Ups	3	10 - 12
Standing Military Press	3	10 - 12
Close Underhand Grip Pull Up	2	Max Reps
Bicycle Crunch	3	16 - 20 Each

** Rest between sets should be 30-60 seconds.

Workout B: The Lower Body/Upper Body Superset Scorcher

Exercise	Sets	Reps
A1. Hack Squats	3	13 - 15
A2. Push Ups	3	10 - 12
B1. Leg Press	3	12 - 15
B2. Wide Grip Pull Up	3	10 - 12
C1. Long Jumps	3	13 - 15
C2. Seated Dumbbell Press	3	10 - 12
D1. Good Morning	2	12 - 15
D2. Standing Alternating Dumbbell Curl	2	10 - 12
E1. Standing Broomstick Twists	3	21 - 25 Each
E2. Bench Dips	3	10 - 12

** Rest between supersets should be no longer than 2 minutes

Workout C: The Fat Incinerator Circuit

Exercise	Sets	Reps
Deadlift	3 Rounds	12 - 15
Incline Dumbbell Press	-	10 - 12
Box Jumps	-	13 - 15
One Arm Dumbbell Row	-	10 - 12
Walking Lunge	-	13 - 15 Each
Wide Grip Barbell Upright Row	-	10 - 12
Lying Leg Curl	-	12 - 15
Skullcrusher	-	10 - 12
Hanging Straight Leg Raise	-	16 - 20
V Handle Grip Pull Up	-	Max Reps

** Move from one exercise to the next as rapidly as possible.

** Do not go to failure on each movement, but perhaps 1-2 reps short.

** If attempting to perform multiple circuits rest about 3-5 minutes in between each by slowly walking around the gym and sipping water until ready.