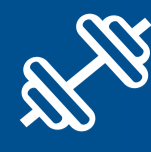




THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



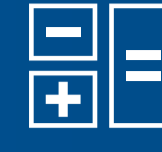
Diet Plans



Expert Guides



Videos



Tools

THE EXPRESS WORKOUT PROGRAM: QUICK WORKOUTS FOR QUICK RESULTS

If life responsibilities are holding you back from spending hours in the gym daily, cut back on the amount of times you go and bump up the intensity!

Link to Workout: <https://www.muscleandstrength.com/workouts/express-workout-program>

Main Goal: Lose Fat
Training Level: Intermediate
Program Duration: 6 Weeks
Days Per Week: 3 Days
Time Per Workout: 60 Mins

Equipment: Bands, Barbell, Bodyweight, Cables, Dumbbells, Machines, Medicine Ball, Other
Target Gender: Male & Female
Author: Samantha Meinrod

Day 1

Exercise	Sets	Reps
A. Walk the Floor to Pushup	3	10
A. Sumo Deadlift to High Pull	3	10
A. Barbell Thrusters	3	10
B. Box Jumps	3	20
B. Mountain Climbers	3	20
B. Crunches	3	20
C. Cable Face Pulls	3	12
C. Cable Triceps Pushdown	3	12
C. Cable Hamstring Pull Through	3	12
D. Inverted Push Ups	3	20
D. Kettlebell Swings	3	20
D. Frog Hops	3	16
E. Dumbbell Walking Lunges	3	16
E. Dumbbell Lateral Raises	3	12
E. Dumbbell Bench Squats	3	15
F. Battle Ropes	8	30 Secs
F. Burpees	8	30 Secs

Day 2

Exercise	Sets	Reps
A. Barbell Bench Press	3	10
A. Barbell Curl	3	10
A. Skullcrusher	3	10
B. Fast Run	3	1 Min
B. Incline Push Ups	3	20
B. Hanging Leg Raises	3	20
C. Dumbbell Incline Bench Press	3	10
C. Decline Push Ups	3	20
C. Dumbbell Wide Curls	3	10
D. Fast Run (3% Incline)	3	1 Min
D. Wide Banded Bicep Curl	3	20
D. Jump Squats	3	20
E. Machine Chest Fly	3	10
E. Med Ball Russian Twist	3	20
E. Decline Med Ball Crunch	3	20
F. Fast Run (3% Incline)	5	1 Min
F. Med Ball Slam	5	30 Secs
F. Push Ups	5	20

Day 3

Exercise	Sets	Reps
A. Cable Squat to Underhand Row	3	15
A. Glute Bridge	3	20
A. Inverted Row	3	15
B. Burpees	3	20
B. Sprint	3	30 Secs
C. Dumbbell Stiff Leg Deadlift	3	10
C. Cable Straight Arm Pull Down	3	10
C. Bench Step Up	3	10 Each
D. Sprint	3	30 Secs
D. Leg Raises	3	30 Secs
D. Ankle Banded Lateral Squat Walk	3	30 Secs
E. Seated Narrow Grip Row	3	10
E. Barbell Deadlift	3	10
F. Left Arm Dumbbell Snatch	8	30 Secs
F. Right Arm Dumbbell Snatch	8	30 Secs
F. Sprint	8	30 Secs