



**3 Day Weight Loss  
Total Body Template:**

- 1. Dynamic Warm up**
- 2. Lift multi set**
- 3.. Lower body superset**
- 4. Upper body superset**
- 5. HIIT - 15 mins**
- 6. Cool down & static stretch**

**Day 1: 4x12 reps**

1. Dynamic Warm up
2. BB Deadlift
3. Glute bridge thrusters & Squat and BB press (thrusters)
4. DB bench press & DB bent over row
5. 2 x 4 min. Cardio Tabatas
6. Cool down & Stretch

**Day 2: 4x12 reps**

1. Dynamic Warm up
2. BB back squats
3. Glute bridge thrusters & DB deadlift/ squat combination
4. DB push press & lat. pull down
5. 2 x 4 min. Battle rope Tabatas
6. Cool down & Stretch

**Day 3: 4x12 reps**

1. Dynamic Warm up
2. Deadlift, clean & press (T-bar training rig)
3. Squat & cable row & split squat and DB press
4. Press up & TRX inverted row or pull up
5. 2 x 4 min. Med ball & Powerbag Tabatas
6. Cool down & Stretch