

<p><b><u>WORKOUT A (WEIGHT LOSS)</u></b>  5 Min Cardio  1X12-15 Dumbbell Squat  2 Min Cardio  1X12-15 Bench Press  2 Min Cardio  1X12-15 Bicep Curl to Shoulder Press  2 Min Cardio  1X12-15 Lunges  2 Min Cardio  1X12-15 Bent Over Row  2 Min Cardio  1X12-15 Tricep Kickbacks  2 Min Cardio  <b>Repeat for a better workout</b></p>	<p><b><u>WORKOUT B (WEIGHT LOSS)</u></b>  5 Min Cardio  30 Sec. Squat  Rest for 30 Sec  30 Sec. Pushups  Rest for 30 Sec  30 Sec. Seated Row  Rest for 30 Sec  30 Sec. Dead Lift  Rest for 30 Sec  30 Sec. Lateral Shoulder Raises  Rest for 30 Sec  30 Sec. Pull-Ups  Rest for 30 Sec  30 Sec. Lunges  Rest for 30 Sec  30 Sec. Bicep Curls  Rest for 30 Sec  30 Sec. Tricep Kickbacks  Rest for 30 Sec  30 Sec. Crunches  5 Min Cardio or repeat above</p>	<p><b><u>WORKOUT C (WEIGHT LOSS)</u></b>  5 Min Cardio  1X10 Push-Ups on Bench  1X10 Lunges  1X10 Squat  1X10 Alternating Shoulder Press  1X10 Overhead Squat  Rest for 3 Min  30 Sec Squat with Shoulder Press  30 Sec Bench Press  30 Sec Side Step Up  30 Sec Seated Row  2 Min Skip  30 Sec Heel Raise  30 Sec Fly's  30 Sec Good Mornings  30 Sec Lateral Shoulder Raises  Repeat 30 Sec Intervals</p>	<p><b><u>WORKOUT D (TONE)</u></b>  2X12-15 Squats  2X12-15 Bench Press  2X12-15 Row Machine  Cardio for 5 Min  2X12-15 Heel Raises to Front  2X12-15 Shoulder Press  2X12-15 Good Mornings  Cardio for 5 Min  2X12-15 Bicep Curl  2X12-15 Overhead Tricep Press  2X12-15 Fire Hydrants  Cardio for 5 Min</p>	<p><b><u>WORKOUT E (TONE)</u></b>  5 Min Skip  1X10 Push-Up on Box or Bench  1X10 Lunge  Rest for 1 Min  3X10 Squats  3X10 Bench Press  Rest for 1 Min  3X10 Side Step Ups on Bench  3X10 Seated Row  Rest for 1 Min  3X10 Lat Pull Down  3X10 Shoulder Press</p>
<p><b><u>WORKOUT F (TONE)</u></b>  4X8 Deadlift  4X8 Bench Press  Rest for 1 Min  4X8 Squat w/ Shoulder Press  4X8 Assisted Pull-Up  Rest for 1 Min  4X8 Assisted Dip  4X8 Bicep Curls  Rest for 1 Min  2X20 Crunches  2X20 Sec Planks</p>	<p><b><u>WORKOUT G (TONE)</u></b>  5 Min Cardio  2 Min Skip  Rest for 1 Min  3X8 Tricep Press  3X8 Bench Press  Rest for 1 Min  3X8 Heel Raises  3X8 Bent Over Row  Rest for 1 Min  3X8 Side Step Ups  3X8 Lateral Shoulder Raises  Rest for 1 Min  3X8 Bicep Curls  3X8 Tricep Overhead Press</p>	<p><b><u>WORKOUT H (TONE)</u></b>  1X10 Dumbbell Squat  1X10 Incline Bench  1X10 Seated Row  1X10 Shoulder Press  5 Min Cardio  1X8 Dumbbell Squat  1X8 Incline Bench  1X8 Seated Row  1X8 Shoulder Press  5 Min Cardio  1X10 Side Step Up  1X10 Bent Over Row  1X10 Side Step Up  1X10 Bent Over Row  5 Min Cardio  1X8 Side Step Up  1X8 Bent Over Row  1X8 Side Step Up  1X8 Bent Over Row  5 Min Cardio</p>	<p><b><u>WORKOUT I (LIGHT DAY)</u></b>  5 Min Cardio  1X10 Lunge with Shoulder Press  1X10 Bench Press  1X10 Squat  1X10 Bent Over Row  1X10 V-Ups  1X10 Shoulder Press  1X10 Mason Twist  1X10 Bicep Curl  1X10 Single Leg Wall Sits  1X10 Tricep Kickbacks  1X30 Sec Plank  1X10 lateral Shoulder Raises  1X30 Sec Side Plank  10 Min Cardio</p>	<p><b><u>WORKOUT J (LIGHT DAY)</u></b>  5 Min Cardio  Rest for 1 Min  3X10 Hack Squats  3X10 Incline Bench  Rest for 1 Min  3X10 Lunges  3X10 Row Machine  Rest for 1 Min  3X10 Bicep Curl to Shoulder Press  3X10 Tricep Press</p>

