

The Fit Chic 10 Minute Express Home Workouts 8-Week Program



By Scott Touseignant, BHK, CFC

www.FitChicFatLoss.com
www.UnstoppableFatLoss.com
www.MoreLoveLessFat.com

Disclaimer

The information in The Fit Chic book is for education purposes only. It is not medical advice and is not intended to replace the advice or attention of health-care professionals. Consult your physician before beginning or making changes in your diet or exercise program, for diagnosis and treatment of illness and injuries, and for advice regarding medications.

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Video Demonstrations

Watch video demonstrations for the exercises and the workouts by clicking here... [Video Demonstrations](#)

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Fat Burning Stage: **Phase 1 Supersets**

If you have been working out on a regular schedule at a high intensity you may benefit from taking a week off before beginning the fat burning phase.

For Super Sets you will just be alternating back and forth between the 2 exercises.

Please make note of the Rest period between sets, as it changes from week to week. Also be aware of the rest time between exercises as well as the number of repetitions.

Please fill in the amount of weight you lift for each exercise.

If you are a beginner you may eliminate a set or two if you feel it is necessary.

Fat Burning Stage: Phase 1/Week 1 - Supersets

Day 1: Chest and Back

Take a **15 second rest** between sets. Stretch and drink some water.

Exercise	Set #	Reps	Weight	Time Between Exercises
Dumbbell Bench Press	1	10		0
1 Arm Dumbbell Row	1	10		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Dumbbell Bench Press	2	8		0
1 Arm Dumbbell Row	2	8		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Push Ups	1	10		0
Standing Row	1	10		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Push Ups	2	8		0
Standing Row	2	8		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Dumbbell Fly's	1	10		0
Reverse Back Extension	1	10		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Dumbbell Fly's	2	8		0
Reverse Back Extension	2	8		0

Cardio: Go for a 30 minute brisk walk first thing in the morning on an empty stomach.

Comments: _____

Fat Burning Stage: Phase 1/Week 1 - Supersets

Day 2: Legs and Calves

Take a **15 second rest** between sets. Stretch and drink some water.

Exercise	Set #	Reps	Weight	Time Between Exercises
Squats	1	10		0
Standing Calve Raises	1	10		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Squats	2	8		0
Standing Calve Raises	2	8		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Forward Lunge	1	10		0
Ball Squeeze	1	10		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Forward Lunge	2	8		0
Ball Squeeze	2	8		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Step Ups	1	10		0
Ball Leg Curl	1	10		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Step Ups	2	8		0
Ball Leg Curl	2	8		0

Go grab a post workout meal.

Fat Burning Stage: Phase 1/Week 1 - Supersets

Day 3: Cardio 10 minute interval training: Total time 15 minutes.

This is best done on a bike or treadmill.

3 minute warm up

Start off nice and easy and slowly pick up the pace.

Working stage (30 second intervals)

- 30 second interval #1: Push yourself as fast as you can.
- 30 second interval #2: Go nice and easy.
- 30 second interval #3: Push yourself as fast as you can.
- 30 second interval #4: Go nice and easy.
- 30 second interval #5: Push yourself as fast as you can.
- 30 second interval #6: Go nice and easy.
- 30 second interval #7: Push yourself as fast as you can.
- 30 second interval #8: Go nice and easy.
- 30 second interval #9: Push yourself as fast as you can.
- 30 second interval #10: Go nice and easy.
- 30 second interval #11: Push yourself as fast as you can.
- 30 second interval #12: Go nice and easy.
- 30 second interval #13: Push yourself as fast as you can.
- 30 second interval #14: Go nice and easy.
- 30 second interval #15: Push yourself as fast as you can.
- 30 second interval #16: Go nice and easy.
- 30 second interval #17: Push yourself as fast as you can.
- 30 second interval #18: Go nice and easy.
- 30 second interval #19: Push yourself as fast as you can.
- 30 second interval #20: Go nice and easy.

2 minute cool down

Move at a nice easy pace. Spend 5 minutes stretching after your cool down.

Comments: _____

Fat Burning Stage: Phase 1/Week 1 - Supersets

Day 4: Shoulders and Abs

Take a **15 second rest** between sets. Stretch and drink some water.

Exercise	Set #	Reps	Weight	Time Between Exercises
Dumbbell Shoulder Press	1	10		0
Stability Ball Sit Ups	1	10		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Dumbbell Shoulder Press	2	8		0
Stability Ball Sit Ups	2	8		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Lateral Raises	1	10		0
Ball Passes	1	10		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Lateral Raises	2	8		0
Ball Passes	2	8		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Shrugs	1	10		0
Bicycle Kicks	1	10		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Shrugs	2	8		0
Bicycle Kicks	2	8		0

Cardio: Go for a 30 minute brisk walk first thing in the morning on an empty stomach.

Fat Burning Stage: Phase 1/Week 1 - Supersets

Day 5: Biceps and Triceps

Take a **15 second rest** between sets. Stretch and drink some water.

Exercise	Set #	Reps	Weight	Time Between Exercises
Barbell Biceps Curl	1	10		0
Lying Triceps Extension	1	10		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Barbell Biceps Curl	2	8		0
Lying Triceps Extension	2	8		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Preacher Curl On Ball	1	10		0
Dips On Bench (chair)	1	10		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Preacher Curl On Ball	2	8		0
Dips On Bench (chair)	2	8		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Hammer Curl	1	10		0
Overhead Extension	1	10		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Hammer Curl	2	8		0
Overhead Extension	2	8		0

Go grab a post workout meal.

Fat Burning Stage: Phase 1/Week 1 - Supersets

Day 6: Cardio 10 minute interval training: Total time 15 minutes.

This is best done on a bike or treadmill.

3 minute warm up

Start off nice and easy and slowly pick up the pace.

Working stage (30 second intervals)

- 30 second interval #1: Push yourself as fast as you can.
- 30 second interval #2: Go nice and easy.
- 30 second interval #3: Push yourself as fast as you can.
- 30 second interval #4: Go nice and easy.
- 30 second interval #5: Push yourself as fast as you can.
- 30 second interval #6: Go nice and easy.
- 30 second interval #7: Push yourself as fast as you can.
- 30 second interval #8: Go nice and easy.
- 30 second interval #9: Push yourself as fast as you can.
- 30 second interval #10: Go nice and easy.
- 30 second interval #11: Push yourself as fast as you can.
- 30 second interval #12: Go nice and easy.
- 30 second interval #13: Push yourself as fast as you can.
- 30 second interval #14: Go nice and easy.
- 30 second interval #15: Push yourself as fast as you can.
- 30 second interval #16: Go nice and easy.
- 30 second interval #17: Push yourself as fast as you can.
- 30 second interval #18: Go nice and easy.
- 30 second interval #19: Push yourself as fast as you can.
- 30 second interval #20: Go nice and easy.

2 minute cool down

Move at a nice easy pace. Spend 5 minutes stretching after your cool down.

Comments: _____

Fat Burning Stage: Phase 1/Week 2 - Supersets

Day 1: Chest and Back

Take a **10 second rest** between sets. Stretch and drink some water.

Exercise	Set #	Reps	Weight	Time Between Exercises
Dumbbell Bench Press	1	10		0
1 Arm Dumbbell Row	1	10		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Dumbbell Bench Press	2	8		0
1 Arm Dumbbell Row	2	8		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Push Ups	1	10		0
Standing Row	1	10		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Push Ups	2	8		0
Standing Row	2	8		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Dumbbell Fly's	1	10		0
Reverse Back Extension	1	10		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Dumbbell Fly's	2	8		0
Reverse Back Extension	2	8		0

Cardio: Go for a 30 minute brisk walk first thing in the morning on an empty stomach.

Fat Burning Stage: Phase 1/Week 2 - Supersets

Day 2: Legs and Calves

Take a **10 second rest** between sets. Stretch and drink some water.

Exercise	Set #	Reps	Weight	Time Between Exercises
Squats	1	10		0
Standing Calve Raises	1	10		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Squats	2	8		0
Standing Calve Raises	2	8		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Forward Lunge	1	10		0
Ball Squeeze	1	10		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Forward Lunge	2	8		0
Ball Squeeze	2	8		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Step Ups	1	10		0
Ball Leg Curl	1	10		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Step Ups	2	8		0
Ball Leg Curl	2	8		0

Go grab a post workout meal.

Fat Burning Stage: Phase 1/Week 2 - Supersets

Day 3: Cardio 10 minute interval training: Total time 15 minutes.

This is best done on a bike or treadmill.

3 minute warm up

Start off nice and easy and slowly pick up the pace.

Working stage (30 second intervals)

- 30 second interval #1: Push yourself as fast as you can.
- 30 second interval #2: Go nice and easy.
- 30 second interval #3: Push yourself as fast as you can.
- 30 second interval #4: Go nice and easy.
- 30 second interval #5: Push yourself as fast as you can.
- 30 second interval #6: Go nice and easy.
- 30 second interval #7: Push yourself as fast as you can.
- 30 second interval #8: Go nice and easy.
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- 30 second interval #13: Push yourself as fast as you can.
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- 30 second interval #15: Push yourself as fast as you can.
- 30 second interval #16: Go nice and easy.
- 30 second interval #17: Push yourself as fast as you can.
- 30 second interval #18: Go nice and easy.
- 30 second interval #19: Push yourself as fast as you can.
- 30 second interval #20: Go nice and easy.

2 minute cool down

Move at a nice easy pace. Spend 5 minutes stretching after your cool down.

Comments: _____

Fat Burning Stage: Phase 1/Week 2 - Supersets

Day 4: Shoulders and Abs

Take a **10 second rest** between sets. Stretch and drink some water.

Exercise	Set #	Reps	Weight	Time Between Exercises
Dumbbell Shoulder Press	1	10		0
Stability Ball Sit Ups	1	10		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Dumbbell Shoulder Press	2	8		0
Stability Ball Sit Ups	2	8		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Lateral Raises	1	10		0
Ball Passes	1	10		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Lateral Raises	2	8		0
Ball Passes	2	8		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Shrugs	1	10		0
Bicycle Kicks	1	10		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Shrugs	2	8		0
Bicycle Kicks	2	8		0

Cardio: Go for a 30 minute brisk walk first thing in the morning on an empty stomach.

Fat Burning Stage: Phase 1/Week 2 - Supersets

Day 5: Biceps and Triceps

Take a **10 second rest** between sets. Stretch and drink some water.

Exercise	Set #	Reps	Weight	Time Between Exercises
Barbell Biceps Curl	1	10		0
Lying Triceps Extension	1	10		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Barbell Biceps Curl	2	8		0
Lying Triceps Extension	2	8		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Preacher Curl On Ball	1	10		0
Dips On Bench (chair)	1	10		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Preacher Curl On Ball	2	8		0
Dips On Bench (chair)	2	8		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Hammer Curl	1	10		0
Overhead Extension	1	10		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Hammer Curl	2	8		0
Overhead Extension	2	8		0

Go grab a post workout meal.

Fat Burning Stage: Phase 1/Week 2 - Supersets

Day 6: Cardio 10 minute interval training: Total time 15 minutes.

This is best done on a bike or treadmill.

3 minute warm up

Start off nice and easy and slowly pick up the pace.

Working stage (30 second intervals)

- 30 second interval #1: Push yourself as fast as you can.
- 30 second interval #2: Go nice and easy.
- 30 second interval #3: Push yourself as fast as you can.
- 30 second interval #4: Go nice and easy.
- 30 second interval #5: Push yourself as fast as you can.
- 30 second interval #6: Go nice and easy.
- 30 second interval #7: Push yourself as fast as you can.
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- 30 second interval #12: Go nice and easy.
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- 30 second interval #15: Push yourself as fast as you can.
- 30 second interval #16: Go nice and easy.
- 30 second interval #17: Push yourself as fast as you can.
- 30 second interval #18: Go nice and easy.
- 30 second interval #19: Push yourself as fast as you can.
- 30 second interval #20: Go nice and easy.

2 minute cool down

Move at a nice easy pace. Spend 5 minutes stretching after your cool down.

Comments: _____

Fat Burning Stage: Phase 1/Week 3 - Supersets

Day 1: Chest and Back

Take a **5 second rest** between sets. Stretch and drink some water.

Exercise	Set #	Reps	Weight	Time Between Exercises
Dumbbell Bench Press	1	10		0
1 Arm Dumbbell Row	1	10		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Dumbbell Bench Press	2	8		0
1 Arm Dumbbell Row	2	8		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Push Ups	1	10		0
Standing Row	1	10		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Push Ups	2	8		0
Standing Row	2	8		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Dumbbell Fly's	1	10		0
Reverse Back Extension	1	10		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Dumbbell Fly's	2	8		0
Reverse Back Extension	2	8		0

Cardio: Go for a 30 minute brisk walk first thing in the morning on an empty stomach.

Fat Burning Stage: Phase 1/Week 3 - Supersets

Day 2: Legs and Calves

Take a **5 second rest** between sets. Stretch and drink some water.

Exercise	Set #	Reps	Weight	Time Between Exercises
Squats	1	10		0
Standing Calve Raises	1	10		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Squats	2	8		0
Standing Calve Raises	2	8		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Forward Lunge	1	10		0
Ball Squeeze	1	10		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Forward Lunge	2	8		0
Ball Squeeze	2	8		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Step Ups	1	10		0
Ball Leg Curl	1	10		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Step Ups	2	8		0
Ball Leg Curl	2	8		0

Go grab a post workout meal.

Fat Burning Stage: Phase 1/Week 3 - Supersets

Day 3: Cardio 10 minute interval training: Total time 15 minutes.

This is best done on a bike or treadmill.

3 minute warm up

Start off nice and easy and slowly pick up the pace.

Working stage (30 second intervals)

- 30 second interval #1: Push yourself as fast as you can.
- 30 second interval #2: Go nice and easy.
- 30 second interval #3: Push yourself as fast as you can.
- 30 second interval #4: Go nice and easy.
- 30 second interval #5: Push yourself as fast as you can.
- 30 second interval #6: Go nice and easy.
- 30 second interval #7: Push yourself as fast as you can.
- 30 second interval #8: Go nice and easy.
- 30 second interval #9: Push yourself as fast as you can.
- 30 second interval #10: Go nice and easy.
- 30 second interval #11: Push yourself as fast as you can.
- 30 second interval #12: Go nice and easy.
- 30 second interval #13: Push yourself as fast as you can.
- 30 second interval #14: Go nice and easy.
- 30 second interval #15: Push yourself as fast as you can.
- 30 second interval #16: Go nice and easy.
- 30 second interval #17: Push yourself as fast as you can.
- 30 second interval #18: Go nice and easy.
- 30 second interval #19: Push yourself as fast as you can.
- 30 second interval #20: Go nice and easy.

2 minute cool down

Move at a nice easy pace. Spend 5 minutes stretching after your cool down.

Comments: _____

Fat Burning Stage: Phase 1/Week 3 - Supersets

Day 4: Shoulders and Abs

Take a **5 second rest** between sets. Stretch and drink some water.

Exercise	Set #	Reps	Weight	Time Between Exercises
Dumbbell Shoulder Press	1	10		0
Stability Ball Sit Ups	1	10		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Dumbbell Shoulder Press	2	8		0
Stability Ball Sit Ups	2	8		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Lateral Raises	1	10		0
Ball Passes	1	10		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Lateral Raises	2	8		0
Ball Passes	2	8		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Shrugs	1	10		0
Bicycle Kicks	1	10		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Shrugs	2	8		0
Bicycle Kicks	2	8		0

Cardio: Go for a 30 minute brisk walk first thing in the morning on an empty stomach.

Fat Burning Stage: Phase 1/Week 3 - Supersets

Day 5: Biceps and Triceps

Take a **5 second rest** between sets. Stretch and drink some water.

Exercise	Set #	Reps	Weight	Time Between Exercises
Barbell Biceps Curl	1	10		0
Lying Triceps Extension	1	10		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Barbell Biceps Curl	2	8		0
Lying Triceps Extension	2	8		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Preacher Curl On Ball	1	10		0
Dips On Bench (chair)	1	10		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Preacher Curl On Ball	2	8		0
Dips On Bench (chair)	2	8		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Hammer Curl	1	10		0
Overhead Extension	1	10		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Hammer Curl	2	8		0
Overhead Extension	2	8		0

Go grab a post workout meal.

Fat Burning Stage: Phase 1/Week 3 - Supersets

Day 6: Cardio 10 minute interval training: Total time 15 minutes.

This is best done on a bike or treadmill.

3 minute warm up

Start off nice and easy and slowly pick up the pace.

Working stage (30 second intervals)

- 30 second interval #1: Push yourself as fast as you can.
- 30 second interval #2: Go nice and easy.
- 30 second interval #3: Push yourself as fast as you can.
- 30 second interval #4: Go nice and easy.
- 30 second interval #5: Push yourself as fast as you can.
- 30 second interval #6: Go nice and easy.
- 30 second interval #7: Push yourself as fast as you can.
- 30 second interval #8: Go nice and easy.
- 30 second interval #9: Push yourself as fast as you can.
- 30 second interval #10: Go nice and easy.
- 30 second interval #11: Push yourself as fast as you can.
- 30 second interval #12: Go nice and easy.
- 30 second interval #13: Push yourself as fast as you can.
- 30 second interval #14: Go nice and easy.
- 30 second interval #15: Push yourself as fast as you can.
- 30 second interval #16: Go nice and easy.
- 30 second interval #17: Push yourself as fast as you can.
- 30 second interval #18: Go nice and easy.
- 30 second interval #19: Push yourself as fast as you can.
- 30 second interval #20: Go nice and easy.

2 minute cool down

Move at a nice easy pace. Spend 5 minutes stretching after your cool down.

Comments: _____

Fat Burning Stage: Phase 1/Week 4 - Supersets

Day 1: Chest and Back

Take a **0 second rest** between sets. Stretch and drink some water.

Exercise	Set #	Reps	Weight	Time Between Exercises
Dumbbell Bench Press	1	10		0
1 Arm Dumbbell Row	1	10		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Dumbbell Bench Press	2	8		0
1 Arm Dumbbell Row	2	8		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Push Ups	1	10		0
Standing Row	1	10		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Push Ups	2	8		0
Standing Row	2	8		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Dumbbell Fly's	1	10		0
Reverse Back Extension	1	10		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Dumbbell Fly's	2	8		0
Reverse Back Extension	2	8		0

Cardio: Go for a 30 minute brisk walk first thing in the morning on an empty stomach.

Fat Burning Stage: Phase 1/Week 4 - Supersets

Day 2: Legs and Calves

Take a **0 second rest** between sets. Stretch and drink some water.

Exercise	Set #	Reps	Weight	Time Between Exercises
Squats	1	10		0
Standing Calve Raises	1	10		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Squats	2	8		0
Standing Calve Raises	2	8		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Forward Lunge	1	10		0
Ball Squeeze	1	10		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Forward Lunge	2	8		0
Ball Squeeze	2	8		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Step Ups	1	10		0
Ball Leg Curl	1	10		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Step Ups	2	8		0
Ball Leg Curl	2	8		0

Go grab a post workout meal.

Fat Burning Stage: Phase 1/Week 4 - Supersets

Day 3: Cardio 10 minute interval training: Total time 15 minutes.

This is best done on a bike or treadmill.

3 minute warm up

Start off nice and easy and slowly pick up the pace.

Working stage (30 second intervals)

- 30 second interval #1: Push yourself as fast as you can.
- 30 second interval #2: Go nice and easy.
- 30 second interval #3: Push yourself as fast as you can.
- 30 second interval #4: Go nice and easy.
- 30 second interval #5: Push yourself as fast as you can.
- 30 second interval #6: Go nice and easy.
- 30 second interval #7: Push yourself as fast as you can.
- 30 second interval #8: Go nice and easy.
- 30 second interval #9: Push yourself as fast as you can.
- 30 second interval #10: Go nice and easy.
- 30 second interval #11: Push yourself as fast as you can.
- 30 second interval #12: Go nice and easy.
- 30 second interval #13: Push yourself as fast as you can.
- 30 second interval #14: Go nice and easy.
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- 30 second interval #16: Go nice and easy.
- 30 second interval #17: Push yourself as fast as you can.
- 30 second interval #18: Go nice and easy.
- 30 second interval #19: Push yourself as fast as you can.
- 30 second interval #20: Go nice and easy.

2 minute cool down

Move at a nice easy pace. Spend 5 minutes stretching after your cool down.

Comments: _____

Fat Burning Stage: Phase 1/Week 4 - Supersets

Day 4: Shoulders and Abs

Take a **0 second rest** between sets. Stretch and drink some water.

Exercise	Set #	Reps	Weight	Time Between Exercises
Dumbbell Shoulder Press	1	10		0
Stability Ball Sit Ups	1	10		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Dumbbell Shoulder Press	2	8		0
Stability Ball Sit Ups	2	8		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Lateral Raises	1	10		0
Ball Passes	1	10		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Lateral Raises	2	8		0
Ball Passes	2	8		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Shrugs	1	10		0
Bicycle Kicks	1	10		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Shrugs	2	8		0
Bicycle Kicks	2	8		0

Cardio: Go for a 30 minute brisk walk first thing in the morning on an empty stomach.

Fat Burning Stage: Phase 1/Week 4 - Supersets

Day 5: Biceps and Triceps

Take a **0 second rest** between sets. Stretch and drink some water.

Exercise	Set #	Reps	Weight	Time Between Exercises
Barbell Biceps Curl	1	10		0
Lying Triceps Extension	1	10		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Barbell Biceps Curl	2	8		0
Lying Triceps Extension	2	8		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Preacher Curl On Ball	1	10		0
Dips On Bench (chair)	1	10		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Preacher Curl On Ball	2	8		0
Dips On Bench (chair)	2	8		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Hammer Curl	1	10		0
Overhead Extension	1	10		0

Exercise	Set #	Reps	Weight	Time Between Exercises
Hammer Curl	2	8		0
Overhead Extension	2	8		0

Go grab a post workout meal.

Fat Burning Stage: Phase 1/Week 4 - Supersets

Day 6: Cardio 10 minute interval training: Total time 15 minutes.

This is best done on a bike or treadmill.

3 minute warm up

Start off nice and easy and slowly pick up the pace.

Working stage (30 second intervals)

- 30 second interval #1: Push yourself as fast as you can.
- 30 second interval #2: Go nice and easy.
- 30 second interval #3: Push yourself as fast as you can.
- 30 second interval #4: Go nice and easy.
- 30 second interval #5: Push yourself as fast as you can.
- 30 second interval #6: Go nice and easy.
- 30 second interval #7: Push yourself as fast as you can.
- 30 second interval #8: Go nice and easy.
- 30 second interval #9: Push yourself as fast as you can.
- 30 second interval #10: Go nice and easy.
- 30 second interval #11: Push yourself as fast as you can.
- 30 second interval #12: Go nice and easy.
- 30 second interval #13: Push yourself as fast as you can.
- 30 second interval #14: Go nice and easy.
- 30 second interval #15: Push yourself as fast as you can.
- 30 second interval #16: Go nice and easy.
- 30 second interval #17: Push yourself as fast as you can.
- 30 second interval #18: Go nice and easy.
- 30 second interval #19: Push yourself as fast as you can.
- 30 second interval #20: Go nice and easy.

2 minute cool down

Move at a nice easy pace. Spend 5 minutes stretching after your cool down.

Comments: _____

Fat Burning Stage: **Phase 2 - Dropsets**

Please make note of the Rest period between sets, as it changes from week to week. Also be aware of the rest time between exercises as well as the number of repetitions.

For Dropsets you will begin with a weight that is slightly heavier than normal and decrease the weight for each set.

Please fill in the amount of weight you lift for each exercise.

For some workouts I have included a blank form. If you are an advanced trainer you may perform an extra set of exercises.

Feel free to change exercises with an option from the same body part in *The Fit Chic's Book Of Exercises*.

Fat Burning Stage: Phase 2/Week 1 - Dropsets

Day 1: Chest and Abs

Take a **15 second rest** between exercises. Stretch and drink some water.

Exercise	Set #	Reps	Weight	Time Between Sets
Dumbbell Chest Press	1	10		0
Dumbbell Chest Press	2	10		0
Dumbbell Chest Press	3	10		0

Exercise	Set #	Reps	Weight	Time Between Sets
Dumbbell Chest Fly's	1	10		0
Dumbbell Chest Fly's	2	10		0
Dumbbell Chest Fly's	3	10		0

Exercise	Set #	Reps	Weight	Time Between Sets
Stability Ball Crunch	1	10		0
Stability Ball Crunch	2	10		0
Stability Ball Crunch	3	10		0

Cardio: 10 minute interval training session. Pick up the intensity.

Comments: _____

Fat Burning Stage: Phase 2/Week 1 - Dropsets

Day 2: Legs and Calves

Take a **15 second rest** between exercises. Stretch and drink some water.

Exercise	Set #	Reps	Weight	Time Between Sets
Squats	1	10		0
Squats	2	10		0
Squats	3	10		0

Exercise	Set #	Reps	Weight	Time Between Sets
Alternating Lunges	1	10		0
Alternating Lunges	2	10		0
Alternating Lunges	3	10		0

Exercise	Set #	Reps	Weight	Time Between Sets
Stiff Leg Dead Lift	1	10		0
Stiff Leg Dead Lift	2	10		0
Stiff Leg Dead Lift	3	10		0

Exercise	Set #	Reps	Weight	Time Between Sets
Standing Calve Raises	1	10		0
Standing Calve Raises	2	10		0
Standing Calve Raises	3	10		0

Cardio: Go for a 30 minute brisk walk first thing in the morning on an empty stomach.

Comments: _____

Fat Burning Stage: Phase 2/Week 1 - Dropsets

Day 3: Cardio 10 minute interval training: Total time 15 minutes.

Pick up the intensity!
This is best done on a bike or treadmill.

3 minute warm up
Start off nice and easy and slowly pick up the pace.

- Working stage (30 second intervals)
- 30 second interval #1: Push yourself as fast as you can.
 - 30 second interval #2: Go nice and easy.
 - 30 second interval #3: Push yourself as fast as you can.
 - 30 second interval #4: Go nice and easy.
 - 30 second interval #5: Push yourself as fast as you can.
 - 30 second interval #6: Go nice and easy.
 - 30 second interval #7: Push yourself as fast as you can.
 - 30 second interval #8: Go nice and easy.
 - 30 second interval #9: Push yourself as fast as you can.
 - 30 second interval #10: Go nice and easy.
 - 30 second interval #11: Push yourself as fast as you can.
 - 30 second interval #12: Go nice and easy.
 - 30 second interval #13: Push yourself as fast as you can.
 - 30 second interval #14: Go nice and easy.
 - 30 second interval #15: Push yourself as fast as you can.
 - 30 second interval #16: Go nice and easy.
 - 30 second interval #17: Push yourself as fast as you can.
 - 30 second interval #18: Go nice and easy.
 - 30 second interval #19: Push yourself as fast as you can.
 - 30 second interval #20: Go nice and easy.

2 minute cool down
Move at a nice easy pace. Spend 5 minutes stretching after your cool down.

Comments: _____

Fat Burning Stage: Phase 2/Week 1 - Dropsets

Day 4: Shoulders, Biceps, and Triceps

Take a **15 second rest** between exercises. Stretch and drink some water.

Exercise	Set #	Reps	Weight	Time Between Sets
Lateral Raises	1	10		0
Lateral Raises	2	10		0
Lateral Raises	3	10		0

Exercise	Set #	Reps	Weight	Time Between Sets
Upright Row	1	10		0
Upright Row	2	10		0
Upright Row	3	10		0

Exercise	Set #	Reps	Weight	Time Between Sets
Dumbbell Biceps Curl	1	10		0
Dumbbell Biceps Curl	2	10		0
Dumbbell Biceps Curl	3	10		0

Exercise	Set #	Reps	Weight	Time Between Sets
DB Lying Triceps Ext.	1	10		0
DB Lying Triceps Ext.	2	10		0
DB Lying Triceps Ext.	3	10		0

Cardio: Go for a 30 minute brisk walk first thing in the morning on an empty stomach.

Fat Burning Stage: Phase 2/Week 1 - Dropsets

Day 5: Upper Back and Lower Back

Take a **15 second rest** between exercises. Stretch and drink some water.

Exercise	Set #	Reps	Weight	Time Between Sets
Dumbbell Pullover	1	10		0
Dumbbell Pullover	2	10		0
Dumbbell Pullover	3	10		0

Exercise	Set #	Reps	Weight	Time Between Sets
Standing Row	1	10		0
Standing Row	2	10		0
Standing Row	3	10		0

Exercise	Set #	Reps	Weight	Time Between Sets
Reverse Back Extension	1	10		0
Reverse Back Extension	2	10		0
Reverse Back Extension	3	10		0

Cardio: 10 minute interval training session. Pick up the intensity.

Comments: _____

Fat Burning Stage: Phase 2/Week 1 - Dropsets

Day 6: Cardio 10 minute interval training: Total time 15 minutes.

Increase your intensity!
This is best done on a bike or treadmill.

3 minute warm up
Start off nice and easy and slowly pick up the pace.

Working stage (30 second intervals)

- 30 second interval #1: Push yourself as fast as you can.
- 30 second interval #2: Go nice and easy.
- 30 second interval #3: Push yourself as fast as you can.
- 30 second interval #4: Go nice and easy.
- 30 second interval #5: Push yourself as fast as you can.
- 30 second interval #6: Go nice and easy.
- 30 second interval #7: Push yourself as fast as you can.
- 30 second interval #8: Go nice and easy.
- 30 second interval #9: Push yourself as fast as you can.
- 30 second interval #10: Go nice and easy.
- 30 second interval #11: Push yourself as fast as you can.
- 30 second interval #12: Go nice and easy.
- 30 second interval #13: Push yourself as fast as you can.
- 30 second interval #14: Go nice and easy.
- 30 second interval #15: Push yourself as fast as you can.
- 30 second interval #16: Go nice and easy.
- 30 second interval #17: Push yourself as fast as you can.
- 30 second interval #18: Go nice and easy.
- 30 second interval #19: Push yourself as fast as you can.
- 30 second interval #20: Go nice and easy.

2 minute cool down
Move at a nice easy pace. Spend 5 minutes stretching after your cool down.

Comments: _____

Fat Burning Stage: Phase 2/Week 2 - Dropsets

Day 1: Chest and Abs

Take a **10 second rest** between exercises. Stretch and drink some water.

Exercise	Set #	Reps	Weight	Time Between Sets
Dumbbell Chest Press	1	10		0
Dumbbell Chest Press	2	10		0
Dumbbell Chest Press	3	10		0

Exercise	Set #	Reps	Weight	Time Between Sets
Dumbbell Chest Fly's	1	10		0
Dumbbell Chest Fly's	2	10		0
Dumbbell Chest Fly's	3	10		0

Exercise	Set #	Reps	Weight	Time Between Sets
Stability Ball Crunch	1	10		0
Stability Ball Crunch	2	10		0
Stability Ball Crunch	3	10		0

Cardio: 10 minute interval training session. Pick up the intensity.

Comments: _____

Fat Burning Stage: Phase 2/Week 2 - Dropsets

Day 2: Legs and Calves

Take a **10 second rest** between exercises. Stretch and drink some water.

Exercise	Set #	Reps	Weight	Time Between Sets
Squats	1	10		0
Squats	2	10		0
Squats	3	10		0

Exercise	Set #	Reps	Weight	Time Between Sets
Alternating Lunges	1	10		0
Alternating Lunges	2	10		0
Alternating Lunges	3	10		0

Exercise	Set #	Reps	Weight	Time Between Sets
Stiff Leg Dead Lift	1	10		0
Stiff Leg Dead Lift	2	10		0
Stiff Leg Dead Lift	3	10		0

Exercise	Set #	Reps	Weight	Time Between Sets
Standing Calve Raises	1	10		0
Standing Calve Raises	2	10		0
Standing Calve Raises	3	10		0

Cardio: Go for a 30 minute brisk walk first thing in the morning on an empty stomach.

Comments: _____

Fat Burning Stage: Phase 2/Week 2 - Dropsets

Day 3: Cardio 10 minute interval training: Total time 15 minutes.

Pick up the intensity!
This is best done on a bike or treadmill.

3 minute warm up

Start off nice and easy and slowly pick up the pace.

Working stage (30 second intervals)

- 30 second interval #1: Push yourself as fast as you can.
- 30 second interval #2: Go nice and easy.
- 30 second interval #3: Push yourself as fast as you can.
- 30 second interval #4: Go nice and easy.
- 30 second interval #5: Push yourself as fast as you can.
- 30 second interval #6: Go nice and easy.
- 30 second interval #7: Push yourself as fast as you can.
- 30 second interval #8: Go nice and easy.
- 30 second interval #9: Push yourself as fast as you can.
- 30 second interval #10: Go nice and easy.
- 30 second interval #11: Push yourself as fast as you can.
- 30 second interval #12: Go nice and easy.
- 30 second interval #13: Push yourself as fast as you can.
- 30 second interval #14: Go nice and easy.
- 30 second interval #15: Push yourself as fast as you can.
- 30 second interval #16: Go nice and easy.
- 30 second interval #17: Push yourself as fast as you can.
- 30 second interval #18: Go nice and easy.
- 30 second interval #19: Push yourself as fast as you can.
- 30 second interval #20: Go nice and easy.

2 minute cool down

Move at a nice easy pace. Spend 5 minutes stretching after your cool down.

Comments: _____

Fat Burning Stage: Phase 2/Week 2 - Dropsets

Day 4: Shoulders, Biceps, and Triceps

Take a **10 second rest** between exercises. Stretch and drink some water.

Exercise	Set #	Reps	Weight	Time Between Sets
Lateral Raises	1	10		0
Lateral Raises	2	10		0
Lateral Raises	3	10		0

Exercise	Set #	Reps	Weight	Time Between Sets
Upright Row	1	10		0
Upright Row	2	10		0
Upright Row	3	10		0

Exercise	Set #	Reps	Weight	Time Between Sets
Dumbbell Biceps Curl	1	10		0
Dumbbell Biceps Curl	2	10		0
Dumbbell Biceps Curl	3	10		0

Exercise	Set #	Reps	Weight	Time Between Sets
DB Lying Triceps Ext.	1	10		0
DB Lying Triceps Ext.	2	10		0
DB Lying Triceps Ext.	3	10		0

Cardio: Go for a 30 minute brisk walk first thing in the morning on an empty stomach.

Fat Burning Stage: Phase 2/Week 2 - Dropsets

Day 5: Upper Back and Lower Back

Take a **10 second rest** between exercises. Stretch and drink some water.

Exercise	Set #	Reps	Weight	Time Between Sets
Dumbbell Pullover	1	10		0
Dumbbell Pullover	2	10		0
Dumbbell Pullover	3	10		0

Exercise	Set #	Reps	Weight	Time Between Sets
Standing Row	1	10		0
Standing Row	2	10		0
Standing Row	3	10		0

Exercise	Set #	Reps	Weight	Time Between Sets
Reverse Back Extension	1	10		0
Reverse Back Extension	2	10		0
Reverse Back Extension	3	10		0

Cardio: 10 minute interval training session. Pick up the intensity.

Comments: _____

Fat Burning Stage: Phase 2/Week 2 - Dropsets

Day 6: Cardio 10 minute interval training: Total time 15 minutes.

Increase your intensity!
This is best done on a bike or treadmill.

3 minute warm up
Start off nice and easy and slowly pick up the pace.

Working stage (30 second intervals)

- 30 second interval #1: Push yourself as fast as you can.
- 30 second interval #2: Go nice and easy.
- 30 second interval #3: Push yourself as fast as you can.
- 30 second interval #4: Go nice and easy.
- 30 second interval #5: Push yourself as fast as you can.
- 30 second interval #6: Go nice and easy.
- 30 second interval #7: Push yourself as fast as you can.
- 30 second interval #8: Go nice and easy.
- 30 second interval #9: Push yourself as fast as you can.
- 30 second interval #10: Go nice and easy.
- 30 second interval #11: Push yourself as fast as you can.
- 30 second interval #12: Go nice and easy.
- 30 second interval #13: Push yourself as fast as you can.
- 30 second interval #14: Go nice and easy.
- 30 second interval #15: Push yourself as fast as you can.
- 30 second interval #16: Go nice and easy.
- 30 second interval #17: Push yourself as fast as you can.
- 30 second interval #18: Go nice and easy.
- 30 second interval #19: Push yourself as fast as you can.
- 30 second interval #20: Go nice and easy.

2 minute cool down
Move at a nice easy pace. Spend 5 minutes stretching after your cool down.

Comments: _____

Fat Burning Stage: Phase 2/Week 3 - Dropsets

Day 1: Chest and Abs

Take a **5 second rest** between exercises. Stretch and drink some water.

Exercise	Set #	Reps	Weight	Time Between Sets
Dumbbell Chest Press	1	10		0
Dumbbell Chest Press	2	10		0
Dumbbell Chest Press	3	10		0

Exercise	Set #	Reps	Weight	Time Between Sets
Dumbbell Chest Fly's	1	10		0
Dumbbell Chest Fly's	2	10		0
Dumbbell Chest Fly's	3	10		0

Exercise	Set #	Reps	Weight	Time Between Sets
Stability Ball Crunch	1	10		0
Stability Ball Crunch	2	10		0
Stability Ball Crunch	3	10		0

Cardio: 10 minute interval training session. Pick up the intensity.

Comments: _____

Fat Burning Stage: Phase 2/Week 3 - Dropsets

Day 2: Legs and Calves

Take a **5 second rest** between exercises. Stretch and drink some water.

Exercise	Set #	Reps	Weight	Time Between Sets
Squats	1	10		0
Squats	2	10		0
Squats	3	10		0

Exercise	Set #	Reps	Weight	Time Between Sets
Alternating Lunges	1	10		0
Alternating Lunges	2	10		0
Alternating Lunges	3	10		0

Exercise	Set #	Reps	Weight	Time Between Sets
Stiff Leg Dead Lift	1	10		0
Stiff Leg Dead Lift	2	10		0
Stiff Leg Dead Lift	3	10		0

Exercise	Set #	Reps	Weight	Time Between Sets
Standing Calve Raises	1	10		0
Standing Calve Raises	2	10		0
Standing Calve Raises	3	10		0

Cardio: Go for a 30 minute brisk walk first thing in the morning on an empty stomach.

Comments: _____

Fat Burning Stage: Phase 2/Week 3 - Dropsets

Day 3: Cardio 10 minute interval training: Total time 15 minutes.

Pick up the intensity!
This is best done on a bike or treadmill.

3 minute warm up

Start off nice and easy and slowly pick up the pace.

Working stage (30 second intervals)

- 30 second interval #1: Push yourself as fast as you can.
- 30 second interval #2: Go nice and easy.
- 30 second interval #3: Push yourself as fast as you can.
- 30 second interval #4: Go nice and easy.
- 30 second interval #5: Push yourself as fast as you can.
- 30 second interval #6: Go nice and easy.
- 30 second interval #7: Push yourself as fast as you can.
- 30 second interval #8: Go nice and easy.
- 30 second interval #9: Push yourself as fast as you can.
- 30 second interval #10: Go nice and easy.
- 30 second interval #11: Push yourself as fast as you can.
- 30 second interval #12: Go nice and easy.
- 30 second interval #13: Push yourself as fast as you can.
- 30 second interval #14: Go nice and easy.
- 30 second interval #15: Push yourself as fast as you can.
- 30 second interval #16: Go nice and easy.
- 30 second interval #17: Push yourself as fast as you can.
- 30 second interval #18: Go nice and easy.
- 30 second interval #19: Push yourself as fast as you can.
- 30 second interval #20: Go nice and easy.

2 minute cool down

Move at a nice easy pace. Spend 5 minutes stretching after your cool down.

Comments: _____

Fat Burning Stage: Phase 2/Week 3 - Dropsets

Day 4: Shoulders, Biceps, and Triceps

Take a **5 second rest** between exercises. Stretch and drink some water.

Exercise	Set #	Reps	Weight	Time Between Sets
Lateral Raises	1	10		0
Lateral Raises	2	10		0
Lateral Raises	3	10		0

Exercise	Set #	Reps	Weight	Time Between Sets
Upright Row	1	10		0
Upright Row	2	10		0
Upright Row	3	10		0

Exercise	Set #	Reps	Weight	Time Between Sets
Dumbbell Biceps Curl	1	10		0
Dumbbell Biceps Curl	2	10		0
Dumbbell Biceps Curl	3	10		0

Exercise	Set #	Reps	Weight	Time Between Sets
DB Lying Triceps Ext.	1	10		0
DB Lying Triceps Ext.	2	10		0
DB Lying Triceps Ext.	3	10		0

Cardio: Go for a 30 minute brisk walk first thing in the morning on an empty stomach.

Fat Burning Stage: Phase 2/Week 3 - Dropsets

Day 5: Upper Back and Lower Back

Take a **5 second rest** between exercises. Stretch and drink some water.

Exercise	Set #	Reps	Weight	Time Between Sets
Dumbbell Pullover	1	10		0
Dumbbell Pullover	2	10		0
Dumbbell Pullover	3	10		0

Exercise	Set #	Reps	Weight	Time Between Sets
Standing Row	1	10		0
Standing Row	2	10		0
Standing Row	3	10		0

Exercise	Set #	Reps	Weight	Time Between Sets
Reverse Back Extension	1	10		0
Reverse Back Extension	2	10		0
Reverse Back Extension	3	10		0

Cardio: 10 minute interval training session. Pick up the intensity.

Comments: _____

Fat Burning Stage: Phase 2/Week 3 - Dropsets

Day 6: Cardio 10 minute interval training: Total time 15 minutes.

Increase your intensity!
This is best done on a bike or treadmill.

3 minute warm up
Start off nice and easy and slowly pick up the pace.

Working stage (30 second intervals)

- 30 second interval #1: Push yourself as fast as you can.
- 30 second interval #2: Go nice and easy.
- 30 second interval #3: Push yourself as fast as you can.
- 30 second interval #4: Go nice and easy.
- 30 second interval #5: Push yourself as fast as you can.
- 30 second interval #6: Go nice and easy.
- 30 second interval #7: Push yourself as fast as you can.
- 30 second interval #8: Go nice and easy.
- 30 second interval #9: Push yourself as fast as you can.
- 30 second interval #10: Go nice and easy.
- 30 second interval #11: Push yourself as fast as you can.
- 30 second interval #12: Go nice and easy.
- 30 second interval #13: Push yourself as fast as you can.
- 30 second interval #14: Go nice and easy.
- 30 second interval #15: Push yourself as fast as you can.
- 30 second interval #16: Go nice and easy.
- 30 second interval #17: Push yourself as fast as you can.
- 30 second interval #18: Go nice and easy.
- 30 second interval #19: Push yourself as fast as you can.
- 30 second interval #20: Go nice and easy.

2 minute cool down
Move at a nice easy pace. Spend 5 minutes stretching after your cool down.

Comments: _____

Fat Burning Stage: Phase 2/Week 4 - Dropsets

Day 1: Chest and Abs

Take a **0 second rest** between exercises. Stretch and drink some water.

Exercise	Set #	Reps	Weight	Time Between Sets
Dumbbell Chest Press	1	10		0
Dumbbell Chest Press	2	10		0
Dumbbell Chest Press	3	10		0

Exercise	Set #	Reps	Weight	Time Between Sets
Dumbbell Chest Fly's	1	10		0
Dumbbell Chest Fly's	2	10		0
Dumbbell Chest Fly's	3	10		0

Exercise	Set #	Reps	Weight	Time Between Sets
Stability Ball Crunch	1	10		0
Stability Ball Crunch	2	10		0
Stability Ball Crunch	3	10		0

Cardio: 10 minute interval training session. Pick up the intensity.

Comments: _____

Fat Burning Stage: Phase 2/Week 4 - Dropsets

Day 2: Legs and Calves

Take a **0 second rest** between exercises. Stretch and drink some water.

Exercise	Set #	Reps	Weight	Time Between Sets
Squats	1	10		0
Squats	2	10		0
Squats	3	10		0

Exercise	Set #	Reps	Weight	Time Between Sets
Alternating Lunges	1	10		0
Alternating Lunges	2	10		0
Alternating Lunges	3	10		0

Exercise	Set #	Reps	Weight	Time Between Sets
Stiff Leg Dead Lift	1	10		0
Stiff Leg Dead Lift	2	10		0
Stiff Leg Dead Lift	3	10		0

Exercise	Set #	Reps	Weight	Time Between Sets
Standing Calve Raises	1	10		0
Standing Calve Raises	2	10		0
Standing Calve Raises	3	10		0

Cardio: Go for a 30 minute brisk walk first thing in the morning on an empty stomach.

Comments: _____

Fat Burning Stage: Phase 2/Week 4 - Dropsets

Day 3: Cardio 10 minute interval training: Total time 15 minutes.

Pick up the intensity!
This is best done on a bike or treadmill.

3 minute warm up
Start off nice and easy and slowly pick up the pace.

Working stage (30 second intervals)

- 30 second interval #1: Push yourself as fast as you can.
- 30 second interval #2: Go nice and easy.
- 30 second interval #3: Push yourself as fast as you can.
- 30 second interval #4: Go nice and easy.
- 30 second interval #5: Push yourself as fast as you can.
- 30 second interval #6: Go nice and easy.
- 30 second interval #7: Push yourself as fast as you can.
- 30 second interval #8: Go nice and easy.
- 30 second interval #9: Push yourself as fast as you can.
- 30 second interval #10: Go nice and easy.
- 30 second interval #11: Push yourself as fast as you can.
- 30 second interval #12: Go nice and easy.
- 30 second interval #13: Push yourself as fast as you can.
- 30 second interval #14: Go nice and easy.
- 30 second interval #15: Push yourself as fast as you can.
- 30 second interval #16: Go nice and easy.
- 30 second interval #17: Push yourself as fast as you can.
- 30 second interval #18: Go nice and easy.
- 30 second interval #19: Push yourself as fast as you can.
- 30 second interval #20: Go nice and easy.

2 minute cool down
Move at a nice easy pace. Spend 5 minutes stretching after your cool down.

Comments: _____

Fat Burning Stage: Phase 2/Week 4 - Dropsets

Day 4: Shoulders, Biceps, and Triceps

Take a **0 second rest** between exercises. Stretch and drink some water.

Exercise	Set #	Reps	Weight	Time Between Sets
Lateral Raises	1	10		0
Lateral Raises	2	10		0
Lateral Raises	3	10		0

Exercise	Set #	Reps	Weight	Time Between Sets
Upright Row	1	10		0
Upright Row	2	10		0
Upright Row	3	10		0

Exercise	Set #	Reps	Weight	Time Between Sets
Dumbbell Biceps Curl	1	10		0
Dumbbell Biceps Curl	2	10		0
Dumbbell Biceps Curl	3	10		0

Exercise	Set #	Reps	Weight	Time Between Sets
DB Lying Triceps Ext.	1	10		0
DB Lying Triceps Ext.	2	10		0
DB Lying Triceps Ext.	3	10		0

Cardio: Go for a 30 minute brisk walk first thing in the morning on an empty stomach.

Fat Burning Stage: Phase 2/Week 4 - Dropsets

Day 5: Upper Back and Lower Back

Take a **0 second rest** between exercises. Stretch and drink some water.

Exercise	Set #	Reps	Weight	Time Between Sets
Dumbbell Pullover	1	10		0
Dumbbell Pullover	2	10		0
Dumbbell Pullover	3	10		0

Exercise	Set #	Reps	Weight	Time Between Sets
Standing Row	1	10		0
Standing Row	2	10		0
Standing Row	3	10		0

Exercise	Set #	Reps	Weight	Time Between Sets
Reverse Back Extension	1	10		0
Reverse Back Extension	2	10		0
Reverse Back Extension	3	10		0

Cardio: 10 minute interval training session. Pick up the intensity.

Comments: _____

Fat Burning Stage: Phase 2/Week 4 - Dropsets

Day 6: Cardio 10 minute interval training: Total time 15 minutes.

Increase your intensity!
This is best done on a bike or treadmill.

3 minute warm up
Start off nice and easy and slowly pick up the pace.

Working stage (30 second intervals)

30 second interval #1:	Push yourself as fast as you can.
30 second interval #2:	Go nice and easy.
30 second interval #3:	Push yourself as fast as you can.
30 second interval #4:	Go nice and easy.
30 second interval #5:	Push yourself as fast as you can.
30 second interval #6:	Go nice and easy.
30 second interval #7:	Push yourself as fast as you can.
30 second interval #8:	Go nice and easy.
30 second interval #9:	Push yourself as fast as you can.
30 second interval #10:	Go nice and easy.
30 second interval #11:	Push yourself as fast as you can.
30 second interval #12:	Go nice and easy.
30 second interval #13:	Push yourself as fast as you can.
30 second interval #14:	Go nice and easy.
30 second interval #15:	Push yourself as fast as you can.
30 second interval #16:	Go nice and easy.
30 second interval #17:	Push yourself as fast as you can.
30 second interval #18:	Go nice and easy.
30 second interval #19:	Push yourself as fast as you can.
30 second interval #20:	Go nice and easy.

2 minute cool down
Move at a nice easy pace. Spend 5 minutes stretching after your cool down.

Comments: _____

This Concludes The Fit Chic Express Home Workout 8-Week Program

Upgrade to the full version of The Fit Chic today and receive...

- **An entire year of 10 minute Express Home Workouts**
- An entire year of 20 minute gym workouts
- **Over 100 pages of the kick in the butt motivation found in The Fit Chic book**
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**The Couple That
Knows What It Takes
To Get 6 Pack Abs**

