

# BODY BURN 30

30 DAY MUSCLE BUILDER



# BODY BURN 30 REPEAT FOR 12 WEEKS EXERCISES

		SETS	REPS
DAY 1	<a href="#">FLAT BENCH PRESS</a>	2-4	8-12
	<a href="#">FLAT DUMBBELL FLY</a>	2-4	8-12
	<a href="#">STANDING OVER HEAD SHOULDER PRESS</a>	2-4	8-12
	<a href="#">CABLE OVER HEAD TRICEP EXTENSION</a>	2-4	8-12
	<a href="#">CABLE FACE PULL</a>	2-4	8-12
	<a href="#">DUMBBELL GOBLET SQUAT</a>	2-4	8-12
	<a href="#">STIFF LEGGED DEADLIFT</a>	2-4	8-12
DAY 2	<a href="#">SUMO SQUAT</a>	2-4	8-12
	<a href="#">DUMBBELL FRONT SQUAT</a>	2-4	8-12
	<a href="#">FLAT BENCH LEG CURL</a>	2-4	8-12
	<a href="#">DUMBBELL SUMO DEADLIFT</a>	2-4	8-12
	<a href="#">STAIR CALVES</a>	2-4	8-12
	<a href="#">INCLINE BENCH PRESS</a>	2-4	8-12
	<a href="#">PARALLEL PULL UPS</a>	2-4	8-12
	<a href="#">MODIFIED CANDELSTICK</a>	2-4	8-12
DAY 3	<a href="#">SINGLE ARM DUMBBELL ROW</a>	2-4	8-12
	<a href="#">CHEST SUPPORTED ROW</a>	2-4	8-12
	<a href="#">PARALLEL LAT PULL DOWNS</a>	2-4	8-12
	<a href="#">DUMBBELL REAR LATERAL RAISE</a>	2-4	8-12
	<a href="#">BENT OVER CURL</a>	2-4	8-12
	<a href="#">PHYSIO BALL LEG CURL</a>	2-4	8-12
	<a href="#">FRONT SQUAT</a>	2-4	8-12
DAY 4	<a href="#">INCLINE BENCH PRESS</a>	2-4	8-12
	<a href="#">SEATED TRICEP DIPS</a>	2-4	8-12
	<a href="#">DUMBBELL LATERAL RAISE</a>	2-4	8-12
	<a href="#">DUMBBELL TWIST CURL</a>	2-4	8-12
	<a href="#">ALTERNATING DUMBBELL LUNGE</a>	2-4	8-12
	<a href="#">STIFF LEGGED DEADLIFT</a>	2-4	8-12
DAY 5	<a href="#">CHEST ELEVATED GLUTE BRIDGE</a>	2-4	8-12
	<a href="#">STIFF LEGGED DEADLIFT</a>	2-4	8-12
	<a href="#">HIGH BAR BACK SQUAT</a>	2-4	8-12
	<a href="#">DUMBBELL FRONT SQUAT</a>	2-4	8-12
	<a href="#">STAIR CALVES</a>	2-4	8-12
	<a href="#">BARBELL BENT-ROW</a>	2-4	8-12
	<a href="#">STANDING DUMBBELL SHOULDER PRESS</a>	2-4	8-12
	<a href="#">HANGING LEG RAISES</a>	2-4	8-12
DAY 6	<a href="#">UNDERHAND PULLUPS</a>	2-4	8-12
	<a href="#">PARALLEL LAT PULLDOWN</a>	2-4	8-12
	<a href="#">SINGLE ARM DUMBBELL ROW</a>	2-4	8-12
	<a href="#">INCLINE DUMBBELL CURL</a>	2-4	8-12
	<a href="#">CABLE UPRIGHT ROW</a>	2-4	8-12
	<a href="#">CHEST ELEVATED GLUTE BRIDGE</a>	2-4	8-12
	<a href="#">STIFF LEGGED DEADLIFT</a>	2-4	8-12