



Main goal : Lose Fat
Training level : Beginner - Full Body
Program duration : 3 Weeks
Days per week : 3 Days
Time per workout : 40 Minutes
Equipments : Bodyweight, Dumbbells
Client : Male & Female



40 Minute Blast - Abs, Cardio And Resistance Workout

Main Goal

A cardio, weights and abs workout perfect for those days when you need to do something fun at the gym. Simply grab a heavy and light set of dumbbells and go!

Workout Schedule

Day 1 - Saturday : Active
Day 2 - Sunday : Active
Day 3 - Monday : Active
Day 4 - Tuesday: Off
Day 5 - Wednesday : Active
Day 6 - Thursday: Active
Day 7 - Friday : Off

WEEK / DAY	Day 1 Saturday	Day 2 Sunday	Day 3 Monday	Day 4 Tuesday	Day 5 Wednesday	Day 6 Thursday
Week 1						
Week 2						
Week 3						
Week 4						
Week 5						
Week 6						
Week 7						
Week 8						

Note : Mark the day you went to training .

Workout Description

Strap on your game face, stretch, get warmed up and let's roll!

This is cardio and abs workout that you can use to break the gym boredom. It also involves resistance training. If you are feeling like you need a break from the same old dull workout routine, but don't want to train like a wet noodle either, give this a try.

You will cycle between a resistance exercise, cardio and an abdominal exercise. Rest 15-30 seconds between each step of the workout.



Abs, Cardio and Resistance Workout

Part 01

EXCERSICE	REPS
Dumbbell Bench Press	10
Treadmill - Walking	30 seconds
Weighted Sit Ups	20
Treadmill - Running	30 seconds
Two Arm Dumbbell Rows	10
Treadmill - Walking	30 seconds
Plank	30 seconds
Treadmill - Running	30 seconds
Dumbbell Arnold Press	10
Treadmill - Walking	30 seconds
Lying Leg Raises	20
Treadmill - Running	30 seconds
Dumbbell Lunges	10
Treadmill - Walking	30 seconds
Floor Toe Reach	20
Treadmill - Running	30 seconds
Dumbbell Curls	10 each
Treadmill - Walking	30 seconds
Abdominal Air Bike	20
Treadmill - Running	30 seconds



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Part 02

EXCERSICE	REPS
Dumbbell Flyes	10
Treadmill - Walking	30 seconds
Weighted Sit Ups	20
Treadmill - Running	30 seconds
Pull Ups	10
Treadmill - Walking	30 seconds
Plank	30 seconds
Treadmill - Running	30 seconds
Side Dumbbell Laterals	10
Treadmill - Walking	30 seconds
Lying Leg Raises	20
Treadmill - Running	30 seconds
Goblet Squats	10
Treadmill - Walking	30 seconds
Floor Toe Reach	20
Treadmill - Running	30 seconds
Two Arm Seated Dumbbell Extension	10 each
Treadmill - Walking	30 seconds
Abdominal Air Bike	20
Treadmill - Running	30 seconds

Article link : <https://waleedalmadawy.com/the-complete-guide-to-lose-weight-with-nutrition-and-exercises/>