



Weight-Lifting for Weight Loss Super Sets

Super Set 1 - Do 3 Total Rounds Before Moving to the Next Super Set

Exercise	Suggested Reps	Suggested Sets	Weight Used / Reps You did
Squat + Curl	12	3	
Push-Ups *on toes to failure, then knees	15	3	
DB Row + Fly	12	3	

Super Set 2 - Do 3 Total Rounds Before Moving to the Next Super Set

Bench Step-Ups	12/side	3	
Lunge with Front Raise	12/side	3	
Renegade Row *on toes to failure, then knees	12/side	3	

Super Set 3 - Do 3 Total Rounds

Incline DB Press	12	3	
Tricep Dips	15	3	
Plank Shoulder Tap	12/side	3	

Now Stretch it Out!