

Field House

Program A: Burning Fat & Building Muscle

Day 1: Upper Body 1

1. Cable Face Pulls (3x10)
2. Cable Lat Pulldown (4x12)
3. DB Bench Press (5x8)
4. DB Shoulder Press (3x15)
5. Cable Triceps Pushdown w/Rope (5x10)
6. DB Biceps Curls (5x10)

Day 2: Lower Body 1

1. BW Bridges (3x15)
2. Leg Press (5x10)
3. Leg Curl Machine (3x15)
4. Leg Extension Machine (3x15)
5. Incline Treadmill Walk (7 minutes)

Day 3: Cardio & Core

1. Sit-ups (5x15)
2. Med-Ball Slams (4x10)
3. Mountain Climbers (3x30 seconds)
4. Planks (3x30 seconds)
5. Elliptical (15 minutes)

Day 4: Upper Body 2

1. Cable Row Machine (4x12)
2. Chest Press Machine (4x8)
3. DB Front Raises (4x10)
4. Battle Ropes (3x30 seconds)
5. Band-Assisted Dips (5x15)

Day 5: Lower Body 2

1. DB Romanian Deadlift (4x8)
2. DB Goblet Squat (5x8)
3. Sled Push (3 laps)
4. Seated Calf Raises (5x10)
5. Stair Master (10 minutes)

Key:

#x# = # sets of # reps

BW = Body Weight

DB = Dumbbell