

3 DAY FULL BODY BARBELL AND DUMBBELL WORKOUT FOR FAT LOSS

Day 1

DB Squat to Overhead Press

Bent-over Barbell Row

Dumbbell Lunges

Kneeling DB Woodchop

Barbell Romanian Deadlift

Incline DB Plank Rowing

Reps: 10-15

Day 2

Barbell Bench Press

DB Lunges to Rotation

Barbell Thruster

Dumbbell Lateral Raises

Dumbbell Overhead Squat

Barbell Landmine Oblique Twist

Sets: 3-4

Day 3

Conventional Deadlift

One-arm Kneeling Landmine Press

Sumo Cossack Squat

Kneeling DB Low to High Chop

Incline DB Plank Rowing

Seated Rear Delt Dumbbell Raise

Rest: 45-sec to 2-minute

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The Hotel Monthly John Willy,1918 **Digest; Review of Reviews Incorporating Literary Digest** ,1919 **The Complete Idiot's Guide to Losing Weight** Susan McQuillan,Edward J. Saltzman,1998 Common sense strategies for losing weight and keeping it off *Women's Employment* ,1921 *Hotel/motor Hotel Monthly* ,1918 Bond's Franchise Guide - 1998 Edition Robert E. Bond,1998-05 The bible for anyone who is interested in a franchise this guide lists over 2 300 franchise opportunities in 54 categories and gives background capital requirements details on support and training and specifics on expansion in the U S and Canada Charts tables **Literary Digest** ,1919 *The Cosmopolitan* ,1921 **The Hotel/motor Hotel Monthly** ,1917 **Hotel Monthly** ,1917 Hearst's International Combined with Cosmopolitan ,1927 Popular Science Monthly and World's Advance ,1919 **Carpenter** Peter James McGuire, Frank Duffy,1923 **The Popular Science Monthly** ,1919 **Popular Mechanics Magazine** ,1924 **National Guide to Funding in Health** ,1993 System ,1918 *The Georgia Code, 1926* Georgia,1926 **American Illustrated Magazine** ,1921 **American Magazine** ,1918

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