

APEX NUTRITION

4 DAY FAT LOSS WORKOUT

Great start to the fat loss season.



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Start your fat loss journey in the gym with these easy circuits.

The 15 Min Burner: 4 Day Fat Loss Workout Program

Release Your APEX

Workout Description

Short on time but still want to look absolutely shredded? The 15 Min Burner uses circuits and barbell complexes to get you in and out of the gym fast!

Day 1: Upper Body Circuit

Exercise	Sets	Reps
Pull Up	3	1 Min
Push Up	3	1 Min
Dumbbell Row	3	1 Min
Dumbbell Military Press	3	1 Min

Day 2: Lower Body Circuit

Exercise	Sets	Reps
Dumbbell Stiff Legged Deadlift	3	1 Min
Dumbbell Goblet Squat	3	1 Min
Bodyweight Lunges	3	1 Min
Bodyweight Lateral Lunges	3	1 Min

Day 3: Upper Body

Exercise	Sets	Reps
Bent Over Barbell Row	3	1 Min
Bench Press	3	1 Min
Inverted Row	3	1 Min
Overhead Press	3	1 Min
This set-up will be challenging and may require multiple barbells. If you can't get all the equipment doing Day 1 is a viable option.		

Day 4: Lower Body

Exercise	Sets	Reps
Deadlift	3	1 Min
Barbell Squat	3	1 Min
Barbell Lunge	3	1 Min
Stiff Legged Deadlift	3	1 Min
This set-up will be challenging and may require multiple barbells. If you can't get all the equipment doing Day 1 is a viable option.		