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June 7, 2018

Training for Fat Loss Assignment

Superset =

- Prowler pull/push (pull 2 lengths)
- Sled push (pull 2 lengths)
- TRX cable squats
- KB deadlift
- Elevated lunges
- Landmine press
- Push ups
- Tire flip x2

10 reps each, rest 90s after superset, try to do 3+ sets in 40 minutes

Part 2: Evaluation

The exercise routine I created was tough but fair for me as it was easy on the knees and elevated my heart rate quite high. I was able to do 3 rounds/supersets of my 8 exercises in just under 40 minutes. I would add another exercise if I were to repeat this exercise, perhaps an arm exercise like arm curls.

Post training circuit has no lasting effect at this moment of writing my response, however I do suspect my muscles will be sore the following days.