

## Beginner Basic Fat-Loss Program Gym 3day

From one segment to the next, increases are made in terms of volume (number of sets performed) or intensity. Rep ranges stay moderate to high throughout (anywhere from 10-20 reps) with little variability. As you progress through the program, increase the resistance on as many exercises as possible while still ensuring proper technique; this is how you'll progress even though rep ranges are fairly consistent. Perform the cardio routine after lifting weights.

In the last official segment of the program (**Week 1 & 2 & 3 Workout 3**), supersets are introduced to increase intensity and thus calorie burning. Muscle group pairings are as follows: chest and back, legs and shoulders, triceps and biceps, and calves and abs.

Superset training is a method that pairs exercises for agonist and antagonist muscle groups, such as biceps and triceps, and involves performing a set for each muscle group back to back with no scheduled rest between exercises.

Superset training offers several advantages over straight-set training. The most obvious advantage is time. Because of the limited rest between exercises, superset workouts are generally quicker to perform than other training methods that allow rest periods between sets and exercises.

Another benefit to superset training is enhanced recovery. When you alternate every set of triceps with a set of biceps, you increase blood flow to those muscles because when you're doing curls, your triceps are still contracting, which increases blood flow to them and aids in recovery. This helps your body remove waste products and damaged muscle tissue as a result of exercise.

Keep rest periods short between supersets (1-2 min) and normal (2-3 min) in the other workouts routines.

<b>Week 1 &amp; 2 &amp; 3 Workout 1</b>		
<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>
Dumbbell bench press	3	15-20
Dumbbell bent-over row	3	15-20
Squat	3	15-20
Dumbbell shoulder press	3	15-20
Triceps pressdown	3	15-20
Dumbbell curl	3	15-20
Standing calf raise	3	15-20
Crunch	3	15-20

Week 1 & 2 & 3 Workout 2		
Exercise	Sets	Reps
Dumbbell bench press	3	15-20
Incline bench press	2	12-15
Dumbbell bent-over row	3	15-20
Lat pulldown	2	12-15
Squat	3	15-20
Lunge	2	12-15
Dumbbell shoulder press	3	12-15
Dumbbell upright row	2	12-15
Triceps pressdown	2	12-15
Barbell curl	3	20-30 sec
Seated calf raise	3	20-30 sec
Plank	3	20-30 sec

<b>Week 1 &amp; 2 &amp; 3 Workout 3</b>		
<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>
Incline bench press	3	12-15
Dumbbell bench press	2	10-12
Lat pulldown	3	12-15
Dumbbell bent-over row	2	10-12
Lunge	3	12-15
Squat	2	10-12
Dumbbell upright row	3	12-15
Dumbbell shoulder press	3	10-12
Dumbbell lying triceps extension	3	10-12
Cable curl	3	10-12
Leg press calf raise	3	10-12
Hanging leg raise	3	10-12

<b>Week 1 &amp; 2 &amp; 3 Day 1</b>		
<b>Exercise ( Superset )</b>	<b>Sets</b>	<b>Reps</b>
Incline bench press Lat pulldown	3	12-15 12-15
Dumbbell bent-over row Dumbbell bench press	2	10-12 10-12
Squat Dumbbell shoulder press	3	10-12 10-12
Lunge Dumbbell upright row	2	12-15 12-15
Dumbbell lying triceps extension Cable curl	3	10-12 10-12
Leg press calf raise Hanging leg raise	3	10-12 10-12