

Fat-Scorching, Muscle-Building Workout

The 12-week program is outlined below the workouts used during each phase of the program.

Equipment Needed:

- Jump rope
- Dumbbells (two sets)
- Medicine Ball

Workouts Used in the 12-Week Program:

Upper Body:

Each exercise should be performed at 12-15 reps for 3 sets.

- Dumbbell Sitting Shoulder Press
- Dumbbell Bicep Curl
- Dumbbell Triceps Kickback
- Dumbbell Standing Shoulder Press
- Dumbbell Overhead Triceps Extension
- Side Lateral Raise
- Pushups

Lower Body:

- Medicine Ball Squats 3x25 per leg
- Medicine Ball Lunges 3x25 per leg
- Calf raises 3x30

Cardio:

Cardio is included daily. You choose what you love. Every woman is different and every woman is at a different fitness level. Try walking, jogging, running, biking, or swimming. If you aren't a runner, consider walking the first 4 weeks, jogging the second 4 weeks, and running the last 4 weeks.

Circuit Workout:

The fusion workout was created by [Jennifer N Lee, a bodybuilder](#). It comprises of 6 circuits that are repeated three times. It is best to use the medicine ball for this workout. If there is anything that you cannot physically do, then swap in another exercise that you can do. Just keep up the rhythm. You can click the link to learn the moves, and then you will be ready for the program.

Warmup

Rope Jumping, 5 min

Circuit 1: 3x

Dumbbell Squat, 30 sec

Plyo Jumps, 30 sec

Circuit 2: 3x

Dumbbell Lunges, 30 sec

Snatch and Grabs, 30 sec

Circuit 3: 3x

Dumbbell Extenders, 30 sec

Hopscotch, 30 sec

Circuit 4: 3x

Romanian Deadlift, 30 sec

Criss Cross Jack, 30 sec

Circuit 5: 3x

Dumbbell Pulls, 30 sec

Titanium Tucks, 30 sec

Circuit 6: 3x

Squats with Leg Kick, 30 sec

Core and Quad Kicks, 30 sec

The 12-Week Schedule:

Weeks 1-4:

- Monday- Arms + 30 minutes cardio
- Tuesday- Fusion Workout
- Wednesday- legs+ 45 minutes cardio
- Thursday- 60 minutes cardio
- Friday- strength+30 minutes cardio
- Saturday- OFF
- Sunday- 45 minutes cardio+ arms

Weeks 5-8:

- Monday- 2 mile jog
- Tuesday- OFF
- Wednesday- 3-5 mile walk/jog in intervals

- Thursday- 30 minutes cardio
- Friday- 45 minutes of walking fast
- Saturday- OFF
- Sunday- 3 miles (jog 1200 meters/walk 400 meters, repeat thrice)

Weeks 9-12:

- Monday- 45 minutes cardio + 15 minutes ABS
- Tuesday- Arms + 30 minutes cardio
- Wednesday- Fusion
- Thursday- 45 minutes cardio (walk/jog)
- Friday- OFF
- Saturday- Legs + 45 minutes cardio
- Sunday- OFF