



Workouts for Fat Loss Over 40 by Brad Borland

Day 1

	Warm-up sets	Work sets	Rest (in seconds)
Box jump	1 x 5	3 x 10-15	20-30
Superset: Feet-elevated push-up Wide-grip pull-up	1 x 5	3 x as many as possible	30 between each superset
Superset: Farmer's carry Walking lunge	-	3 rounds of a predetermined length	30 between each superset
Superset: Incline bench dumbbell press Single-arm dumbbell row	-	3 x 8-12	30 between each superset
Superset: Goblet squat Dumbbell Romanian deadlift	-	3 x 10-15	30 between each superset
Ab Circuit: Hanging leg lift Floor crunch Plank	-	3 x 10-15 and 30 seconds for planks	-
15 minutes of interval cardio on choice of equipment: bike, treadmill, outdoors, etc.	2 min of moderate intensity	1 min low intensity, 1 min high intensity	-

Day 2

	Warm-up sets	Work sets	Rest (in seconds)
Floor clean and press	2 x 8	3 x 5-10	30
Superset: Barbell back squat Bodyweight reverse lunge	2 x 10	3 x 10-15	30 between each superset
Superset: Rope face pull Dumbbell shrug	-	3 x 8-12	30 between each superset
Superset: Barbell or dumbbell curl Parallel bar dip	1 x 10	3 x 8-12	30 between each superset
Superset: 3-way sit-up Lying leg lift	-	3 x 20	30 between each superset
20 minutes of low to moderate intensity cardio of choice	-	-	-

Day 3

	Warm-up sets	Work sets	Rest (in seconds)
Superset: Bench step-up Burpees	1 x 5	3 x 10 (each leg)	30 between each superset
Superset: Incline bench barbell press Inverted row	1 x 12	3 x 8-12	30 between each superset
Superset: Barbell front squat Single-leg calf raise	1 x 12	3 x 10-15	30 between each superset
Superset: Plyo push-up Barbell row	-	3 x 8-12	30 between each superset
Circuit: Bicycle crunch Scissor kicks Planks	-	3 x 10-15 and 30 seconds for planks	-
15 minutes of interval cardio on choice of equipment: bike, treadmill, outdoors, etc.	2 min of moderate intensity	1 min low intensity, 1 min high intensity	-

Day 4 (Optional)

**Perform 3-5 rounds of the following circuit.
Rest 1-3 minutes between rounds.**

Movement	Distance/Reps
Slow Jog	~400m
Jumping Jacks	10
Burpees	10
Prisoner squats	10
Push ups	10
Lunges	10 each leg
Pull ups or inverted rows	10
Squat jumps	10
Diamond push ups	10
Floor or bicycle crunches	10