

TOTAL BODY WORKOUT

Warm up - 20 minute Jog.

Cardio and Weights		
Exercise	Sets	Reps
Medium Pace Treadmill - 1:30		
30 Second Sprint		
Bench Press	1	10-12
Pull Ups or Lat Pull Down	1	10-12
Bodyweight Squat	1	20
Medium Pace Treadmill - 1:30		
30 Second Sprint		
Powerclean and Press	1	10
Stiff Leg Deadlift	1	10
Push Ups	1	10
Medium Pace Treadmill - 1:30		
30 Second Sprint		
Bent Over Row	1	12
Walking Lunge (Reps are per leg)	1	12
Military Press	1	12
Barbell Curl	1	12
Medium Pace Treadmill - 1:30		
30 Second Sprint		

5 minute cool down on treadmill.

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You can switch the [exercises](#) and make them whatever you would like, but this particular program has worked well for most people I have suggested it to. It has boosted their fat loss and made them enjoy their time in the gym more.

The key to the program is to keep the rest periods as short as possible. The best way to do it is to have no rest at all. You should walk briskly from your treadmill to the exercise and then move to the next one as soon as the repetitions are completed. If the workout seems too short for you, you can go through it twice. As you get into better shape try to add more exercises or add reps. Progression is still the key to this workout as it is in any workout. There are many different ways to progress, but my favorite is to time how long it takes you to complete one round. Then try to beat your time the next time you do it, but make sure to use good form on [exercises](#). Where you can cut down on time is your rest periods.

There are also other ways to progress, you can add weight to the exercises or add repetitions to each exercise. Another great way to progress would be to add exercises to make each round a little bit longer. Make this work out your own include your favorite exercises, but try to focus on compound movements because these will burn the most calories.

Don't take my word for it, give it a try it is intense but works!

Reference Link where I got this article

<http://www.muscleandstrength.com/workouts/cardio-and-weights-workout.html>