

# FAT BLAST DAY 2 WORKOUT

	EXERCISE	ROUNDS	REPS	TEMPO	REST	ROUNDS/WEIGHT
A1	Dead-Lift	↓	8	NA		
A2	Stiff Legged Dead-Lift		8	NA		
A3	Bent Over Rows		8	NA		
A4	Back Squats		8	NA		
A5	Thrusters		10	8	NA	30 SEC

**NOTE:** Start off with (2) 10 pound plates on the barbell or 15-20 pound dumbbells. Set the clock for 20 minutes and complete as many rounds as possible (goal is 10 rounds) moving from one exercises to the other WITHOUT rest. Once you complete one round, rest for 30 sec and repeat. If you are able to complete ALL 10 rounds within 20 minutes, increase the weight on the bar by 10 more pounds using (2) 5 pound plates or 5 more pounds for dumbbells.