

# Sweat-Inducing, Fat-Burning Workout

Sometimes you have to sweat to really feel the workout. And sometimes, you don't have time to complete an entire workout. What do you do?

You split it up throughout the day. This workout is designed so you can either complete it in one go, or split it up throughout the day. All you need for this workout out is a nice pair of shoes and a pair of dumbbells.

Repeat the workout for 4-6 weeks, or keep it up for longer being sure to increase your weight load every few weeks.

Monday:

- Run for 10 minutes
- Bicep Curls: 3 x 10
- Tricep Kickbacks: 3 x 10
- Shoulder Presses: 3 x 10

Do this 3 times. It should take you less than an hour to complete. You could break this up into three parts during the day (early am, lunchtime, before dinner) to add added boosts throughout the day.

Tuesday:

- Run for 45 minutes (all at once or broken up into high-intensity 15-minute intervals)
- 20 crunches
- 20 bicycle crunches
- Plank, hold for 30 seconds, repeat twice
- Side Plank, hold for 30 seconds, repeat twice
- 30 squats (trust me, you'll thank me later)

Thursday:

- 10 minutes of cardio
- 10 lunges
- 10 squats
- 30 calf raises
- 10 jump squats

Repeat three times.

Friday:

- 45 minutes of cardio

Yep, that's it. Lucky me. Lucky you.

Saturday:

- Cardio 30 minutes
- 30 push ups
- 30 dips
- 45 calf raises
- 25 squats