

# 2 QUICK FAT-MELTING WORKOUTS

by Nick Holtzman

For this article I have included 2 awesome fat burning strength and conditioning workouts that I have done with my clients as well as myself. As always, any questions or comments please email me at [Nanthony13@yahoo.com](mailto:Nanthony13@yahoo.com), and beginner participants be sure to perform under the care of a fitness professional; enjoy!

## WORKOUT #1

This is a great workout that I think effectively blends great basic full body strength work with basic conditioning drills geared towards elevating the heart rate. The only equipment you will need is a fairly heavy resistance band, a jump rope, and a medicine ball or dumbbell. The goal is to get through the circuit 3x, with as little rest as possible.

1. BAND CHEST PRESS- Place exercise band around a sturdy object, stand in a split stance and perform 10 chest presses, place the opposite leg in front, and perform 10 more.

2. JUMP ROPE- 1 minute continuous.

3. BAND PULLS OR PULLUPS- Place band around a sturdy object, stand in a half squat and pull both arms straight back; perform 15-20 reps. More advanced athletes can perform pullups in place of this exercise.

4. BURPEES- 1 minute continuous.

5. 1 LEG SQUATS- Place opposite leg on a bench, perform full 1 leg squats. 15 each.

6. MOUNTAIN CLIMBERS- 1 minute continuous.

**7. MEDICINE BALL OR DUMBBELL ROTATIONS (LOW TO HIGH)- Perform 15 reps each side.**

**8. SEATED ROTATIONS- Sit upright on an exercise mat or soft surface; keep back straight. Form hands together as a fist and rotate side to side. Perform 20 full rotations; be sure to keep the eyes straight ahead! Elevate the legs for an increased challenge.**

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### **WORKOUT #2**

**This is a fast paced workout that can usually be completed within 15 minutes. It is a great start to your workout, or if you only have 15 minutes to exercise it is perfect! This workout is best performed in a gym setting, since you will need a Smith machine and heavier dumbbells or kettle bells. It only consists of the following exercises:**

- 1. Pushup-Use pushup handles to increase difficulty.**
- 2. Incline Pulls- Lay on your back (on a mat) underneath a Smith rack. Grip the bar like you would for a bench press, pull body up, attempting to touch the chest to the bar every time.**
- 3. Dumbbell or Kettle Bell Squat- Grip a reasonably heavy pair of dumbbells or kettle bells, hold at your sides with shoulders rolled back. Be sure to descend into a full squat- full range of motion is essential here!**

**Set up these exercises in clockwise positions on the floor. Perform all 3 exercises consecutively with 9 reps each, then repeat with 8 reps each, and keep progressing until you perform only 1 rep each. The challenge is to get through all 9 rounds without rest, and remember to use perfect technique and go through the full range of motion!**