

FOR MEN  
**FITNESSRx**™ **PRINT AND GO**  
YOUR ULTIMATE PRESCRIPTION FOR THE PERFECT BODY

# THE BODY FAT SHOCKER WORKOUT

EXERCISE	TIME/REPS
ROW	5 MINUTES FOR MAX DISTANCE
PULLUPS	15 REPS
NO LEGS ROPE CLIMB	1 TRIP (10-15 FEET)
SQUAT	20 REPS (95-135 POUNDS, DEPENDING ON YOUR LEVEL)

\*Repeat this circuit for 3-4 sets with as little rest as possible in between