

GET RID OF BACK FAT WORKOUT



Equipment needed: Hand weights, yoga mat

Participate at your own risk.

Weeks 1 – 3
15 reps

Weeks 4 – 6
12 reps

Weeks 7 – 10
10 reps

Weeks 11 – 12
8 reps

Exercise

Bent Over Rows with Rear Flyes

Single Arm Back Rows

Jumping Jacks

Supermans

Bent Over Rows

REPEAT 3X

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