

# B<sup>3</sup> HOME FAT-LOSS WORKOUT GUIDE

## No-Equipment, Evidence-Informed Training

These workouts are designed to help you burn calories, improve fitness, and maintain muscle using only your bodyweight and basic household items.

### Workout A – Lower Body + Conditioning

- Reverse lunges – 3 sets of 10–12 reps per leg
- Bodyweight squats – 3 sets of 15–20 reps
- Glute bridges – 3 sets of 15–20 reps
- Calf raises – 3 sets of 20–25 reps

Finisher: 5 rounds – 30 seconds fast marching in place, 30 seconds rest

### Workout B – Upper Body + Core

- Push-ups – 4 sets close to failure (RPE 8–9)
- Incline push-ups (hands on a table or counter) – 3 sets of 10–15 reps
- Chair dips – 3 sets of 8–12 reps
- Plank – 3 sets of 30–45 seconds
- Dead bug or hollow hold – 3 sets of 8–12 reps per side

### Workout C – Full-Body Circuit

Complete 3–4 rounds:

- Squats – 15–20 reps
- Push-ups – 10–15 reps
- Step-ups (onto a stable surface) – 10–12 reps per leg
- Mountain climbers – 20–30 seconds

Rest 60–90 seconds between rounds.

## Weekly Template

- Monday: Workout A
- Wednesday: Workout B
- Friday: Workout C

Optional: Add extra walking on non-training days.