

B³ 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.