

## FREE WORKOUT PROGRAM%0A

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In the following workout routine I have placed 4 different, 3-week workout cycles back to back in order to make a 12 week workout program. This program requires you to workout 4 days per week. Ideally you would workout on Monday, Tuesday, Thursday, and Friday.

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Workout Plan Rule 1: Circuit training should include both weights and cardio. Circuit training is the best method of fat loss exercise you can do besides HIIT (high intensity interval training). Combining these methods in one workout will yield the best results.

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At home workout program Summary. Perhaps the most intimidating factor when deciding to add some exercise or fitness to your life can be stepping foot inside an actual gym, this is one primary reason we at FreeTrainers have created a complete full body workout plan that can be done in the comfort of your living room.

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For a beginner's workout to be effective, the full-body program should incorporate high-volume training, increased intensity, and workout splits to achieve significant muscular gains, also known as hypertrophy.

This will help you build muscle size and strength.

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