

50 Fat Loss Workouts For Busy People Who Want To Lose Weight, Get Fit And Prevent Boredom With Your Training.



Exercise Disclaimer.

You should be in good physical condition and be able to participate in the exercise. Human Design Health And Fitness is not a licensed medical care provider and represents that it has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition. You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Human Design Health and Fitness Pty Ltd. from any and all claims or causes of action, known or unknown, arising out of Human Design Health And Fitness' negligence.

The Workouts.

1. [Total Body HIIT Bodyweight workout](#)
2. [Total Body Fat Loss Weight Training Workout](#)
3. [Mini Indoor Triathlon Cardio Workout](#)
4. [Express Gym Workout](#)
5. [Full Body Kettle bell Workout](#)
6. [20 Min Rowing Fitness Workout](#)
7. [10-1 Express Workout](#)
8. [10-20 Min Quick fire Fat Loss Workout](#)
9. [Home Fitness Workout](#)
10. [15-1-15 Ladder: Post Easter Fitness Workout](#)
11. [Freestyle Cardio/Strength Workout](#)
12. [The 400 Rep Challenge](#)
13. [Home Bodyweight Cardio Workout](#)
14. [12 Minute Leg Toning Home Workout](#)

15. [Busy Gym Weight Training Workout](#)
16. [30 Minute Ultimate Bodyweight Resistance Workout](#)
17. [The 50-40-30-20-10 Workout](#)
18. [The Jack Of All Trades Workout](#)
19. [Fat Loss Workout For A Crowded Gym](#)
20. [The 8 x 250m Workout.](#)
20. [Roaring 40's Workout](#)
21. [Full Body Weight Training Gym Workout](#)
22. [Sweaty Cardio Workout To Burn Belly Fat And Lose Weight](#)
23. [Full Body Weight Training Fat Loss Workout](#)
24. [The Time Trial Cardio Workout](#)
25. [Total Body Weight Training Workout For A Busy Gym No. 3](#)
26. [Lower Body Home Fitness Workout](#)
27. [Pyramid Interval Training Workout](#)

28. [Home Fitness Workout - No Equipment Required.](#)

29. [Leg Burning - Lung Busting Cardio Workout](#)

30. [Home Body Toning Workout](#)

31. [Full Body Gym Weight Training Workout](#)

32. [Home Workout 2x2x2](#)

33. [Fast And Effective Home Cardio Workout](#)

34. [The 400 Rep Dumbbell Fat Loss Workout](#)

35. [Ascending Cardio Triathlon Workout.](#)

36. [30 Minute Home Strength Workout.](#)

37. [Full Body Muscle Toning Workout Day 1.](#)

38. [Full Body Muscle Toning Workout Day 2.](#)

39. [Home Fitness Workout.](#)

40. [9-9-9 HIIT Workout For All Fitness Levels](#)

41. [Bike Sprint Interval Workout.](#)

42. [20 Minute Home Fitness Workout.](#)

43. [Gym Strength Training Workout Day 1](#)

44. [Gym Strength Training Workout Day 2](#)

45. [Pyramid Rowing Workout](#)

46. [Home Strength And Conditioning Workout](#)

47. [Dynamic / Static Home Fitness Workout](#)

48. [Ascending Reps Home Fitness Workout](#)

50. [Total Body Athletic Gym Workout](#)

Stay tuned for a quick video showing you how to put the workouts together into a weekly sequence for increased results and less chance of injury.

These workouts are enough to last for 12-18 months.

Depending on your preference for training here is how to keep motivated.

For Example:

Every 4-8 weeks:

- Pick 1-2 strength workouts and 1-2 cardio workouts.
- Perform the workouts in week one.
- Try to better your performance in week 2, week 3 and week 4.
- After week 4-8, change the workouts.

If you feel that you are continuously improving your workouts and lifting more or going further and faster with your cardio, you can stick with those programs until you hit a plateau or you get bored.

Many people change their programs too quickly and don't give themselves a chance to measure their improvement in fitness.

Because of this, they try harder workouts and think they are not getting fitter. You need some form of standardisation to measure improvement.

Results comes from doing th enot so flashy stuff consistently over a period of time. Before you know it you'll be losing weight, dropping inches and massively improving your fitness and strength.

Always feel free to reach out by emailing john@humandesign.com.au if you need any help.

I look forward to seeing your progress with the workouts.