

New England Muscle Thor Workout (B-day)

Goal: Build strength and lean muscle, torch fat!

Part 1: Select a combination of lower body squat, deadlift, lunge variations and stretched. Using a weight that is your **4-8 RM**, perform a total of **25-30 reps for each exercise**. Do as many sets as it takes and move the weight as fast as possible. Stop each set when the rep slows down considerably.

Date:					
Exercise #1					
Exercise #2					
Choice					

For more information, visit NeMuscle.com

Part 2: Perform this circuit 1 or 2 times. If it's too easy, add 10 seconds of work and subtract 10 seconds of rest.

Work/Rest (start with 30s/30s)					
Mountain Climber w/ knee cross over					
Squat Thrusts (aka Burpees)					
T-Push up w/ DB's					
Side plank + leg abduction					
Side plank + leg abduction					
Underhand grip bent over row (or inverted)					
Goblet Squats					
Plank Dogs					
Explosive Jump push press					

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