

TTT Fat Burner of the Month

Review the following guidelines to learn the proper technique for safely completing your Fat Burner.

Dumbbell Full Body Attacks: Complete up to 10 repetitions as fast as you can with good form. Always swing with a flat back and with your head looking forward. Rest 60 seconds & repeat.

Start & Finish



Step #2



Step #3



Step #4



Dumbbell Full Body Attacks

How To:

1. Place a dumbbell on the floor in front of your feet
2. Stand up straight with your feet shoulder width apart
3. Raise both arms overhead

Step #2:

4. Get down into a push up position by placing your hands on the floor & kicking your feet back
5. Lower chest down towards the dumbbell

Step #3:

6. Bring both feet back in towards your hands
7. Grab the weight off the floor with a flat back and your head looking forward

Step #4:

8. Swing the dumbbell up by squeezing your glutes and driving your hips forward
9. Place the weight back on the floor in front of your feet & repeat
10. Keep your core engaged & do not round out your back during the set
11. Rest for 60 seconds after you complete up to 10 repetitions
12. Repeat 2 more times