

Fat Loss Phase 1

The goal for this initial phase of training is to boost your metabolism with 3 total body-workouts in a German Body Composition format. Your third week is a de-load week where you will keep intensity (weight) heavy, but slightly decrease the training volume.



Fat Loss Phase 1 - Total Body Workout 1

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes	
A1	Low Pulley Split Squat - FFE 6"	1	3	12-15 ea	3110	75	Keep an upright torso and begin by breaking at the knees	
		2	3	12-15 ea	3110	60		
		Optional substitution - DB Split squat - FFE 6"	3	1	12-15 ea	3110		60
		4	4	10-12 ea	3110	45		
A2	Mid Pronated Grip Lat Pulldown	1	3	12-15	3011	75		
		2	3	12-15	3011	60		
		3	1	12-15	3011	60		
		4	4	10-12	3011	45		
B1	Lying Leg Curl - toes PF and IN	1	3	12-15	30X1	75		
		2	3	12-15	30X1	60		
		3	1	12-15	30X1	60		
		4	4	10-12	30X1	45		
B2	45 Degree Incline DB Press	1	3	12-15	31X0	75	Neutral grip	
		2	3	12-15	31X0	60		
		3	1	12-15	31X0	60		
		4	4	10-12	31X0	45		
C	Incline Garhammer Raise	1	3	12-15	3021	75	Hold a DB between your feet to increase resistance if you can meet the rep target	
		2	3	12-15	3021	60		
		3	1	12-15	3021	60		
		4	4	10-12	3021	45		

Fat Loss Phase 1 - Total Body Workout 2

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Leg Press - Feet Low and Narrow	1	3	12-15	3020	75	
		2	3	12-15	3020	60	
		3	1	12-15	3020	60	Optional substitutions - Hack Squat or DB Squat
		4	4	10-12	3020	45	
A2	Standing DB Hammer Curl	1	3	12-15	3011	75	
		2	3	12-15	3011	60	
		3	1	12-15	3011	60	
		4	4	10-12	3011	45	
B1	45 Degree Back Extension	1	3	12-15	2012	75	
		2	3	12-15	2012	60	
		3	1	12-15	2012	60	
		4	4	10-12	2012	45	
B2	Decline DB Triceps Extension	1	3	12-15	31X0	75	
		2	3	12-15	31X0	60	
		3	1	12-15	31X0	60	
		4	4	10-12	31X0	45	
C	Bent Over 1-Arm DB Trap 3 Raise	1	3	12-15	4010	75	
		2	3	12-15	4010	60	
		3	1	12-15	4010	60	
		4	4	10-12	4010	45	



Fat Loss Phase 1 - Total Body Workout 3

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	DB Step Up	1	3	12-15 ea	20X0	75	Keep an upright torso and begin by breaking at the knees
		2	3	12-15 ea	20X0	60	
		3	1	12-15 ea	20X0	60	
		4	4	10-12 ea	20X0	45	
A2	Standing 1-Arm DB Shoulder Press	1	3	12-15 ea	3011	75	Take a staggered stance and brace your non-working arm against a power rack post
		2	3	12-15 ea	3011	60	
		3	1	12-15 ea	3011	60	
		4	4	10-12 ea	3011	45	
B1	Low Cable Pull Through	1	3	12-15 ea	3111	75	
		2	3	12-15 ea	3111	60	
		3	1	12-15 ea	3111	60	
		4	4	10-12 ea	3111	45	
B2	1-Arm DB Row	1	3	12-15 ea	3011	75	
		2	3	12-15 ea	3011	60	
		3	1	12-15 ea	3011	60	
		4	4	10-12 ea	3011	45	
C	30 Deg. Shoulder External Rotation	1	3	12-15 ea	3020	75	Use a low pulley
		2	3	12-15 ea	3020	60	
		3	1	12-15 ea	3020	60	
		4	4	10-12 ea	3020	45	