

Fat Loss Phase 2

We are going to continue training 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. This phase progresses from your previous phase with a slightly higher overall training volume and decreased recovery as you get in better and better shape. We are also going to begin undulating the rep ranges from workout to workout to hit a wider variety of motor units and to ensure the rep brackets stay appropriate for the exercises chosen.



Fat Loss Phase 2 - Total Body Workout 1

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	DB Split Squat - FFE 4"	1	4	12-15 ea	3010	60	Keep an upright torso and begin by breaking at the knees
		2	4	12-15 ea	3010	45	
		3	1	12-15 ea	3010	45	
		4	5	10-12 ea	3010	30	
A2	30 Degree Incline DB Press	1	4	12-15	30X0	60	
		2	4	12-15	30X0	45	
		3	1	12-15	30X0	45	
		4	5	10-12	30X0	30	
B1	Kneeling Leg Curl - toes PF and NEUT	1	4	12-15	30X1	60	Toes plantarflexed and neutral. Start with your weakest leg and match the reps for your strongest leg.
		2	4	12-15	30X1	45	
		3	1	12-15	30X1	45	
		4	5	10-12	30X1	30	
B2	1-Arm Neutral Grip Lat Pulldown	1	4	12-15	3010	60	Start with your weakest side and match the reps with your strongest side.
		2	4	12-15	3010	45	
		3	1	12-15	3010	45	
		4	5	10-12	3010	30	
C	Incline Garhammer Raise	1	4	12-15	3021	60	Hold a DB between your feet to increase resistance if you can meet the rep target
		2	4	12-15	3021	45	
		3	1	12-15	3021	45	
		4	5	10-12	3021	30	
	Steeper bench angle than last cycle						

Fat Loss Phase 2 - Total Body Workout 2

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes	
A1	Barbell Back Squat - Heels Elevated	1	4	8-10	40X0	60		
		2	4	8-10	40X0	45		
		Optional substitutions - DB Squat or Leg Press	3	1	8-10	40X0	45	
		4	5	6-8	40X0	30		
A2	Mid Reverse Grip EZ Bar Curl - Standing	1	4	8-10	30X1	60		
		2	4	8-10	30X1	45		
		3	1	8-10	30X1	45		
		4	5	6-8	30X1	30		
B1	Dumbbell RDL	1	4	8-10	5010	60		
		2	4	8-10	5010	45		
		Optional substitutions - 45 degree back extension or horizontal back extension	3	1	8-10	5010	45	
		4	5	6-8	5010	30		
B2	EZ Bar Triceps Extension to Nose	1	4	8-10	31X0	60		
		2	4	8-10	31X0	45		
		3	1	8-10	31X0	45		
		4	5	6-8	31X0	30		
C	Bent Over 1-Arm DB Lateral Raise	1	4	8-10	3011	60		
		2	4	8-10	3011	45		
		3	1	8-10	3011	45		
		4	5	6-8	3011	30		



Fat Loss Phase 2 - Total Body Workout 3

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Front Rack Barbell Step Up	1	4	15-20 ea	20X0	60	Keep an upright torso and begin by breaking at the knees
		2	4	15-20 ea	20X0	45	
		3	1	15-20 ea	20X0	45	
		4	5	12-15	20X0	30	
A2	Prone Incline 2-Arm DB Row	1	4	15-20	3011	60	
		2	4	15-20	3011	45	
		3	1	15-20	3011	45	
		4	5	12-15	3011	30	
B1	Seated Barbell Good Morning	1	4	15-20	3111	60	
		2	4	15-20	3111	45	
		3	1	15-20	3111	45	
		4	5	12-15	3111	30	
B2	Standing 2-Arm DB Shoulder Press	1	4	15-20	3011	60	
		2	4	15-20	3011	45	
		3	1	15-20	3011	45	
		4	5	12-15	3011	30	
C	Seated DB External Rotation	1	4	15-20 ea	3020	60	Elbow on Knee
		2	4	15-20 ea	3020	45	
		3	1	15-20 ea	3020	45	
		4	5	12-15 ea	3020	30	