

Fat Loss Phase 3

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 heavier weights to ensure we build and maintain muscle mass as you get in better and better shape. We will continue to undulate 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	Barbell Split Squat - FFE 2" Optional substitution - DB Pulley Split squat - FFE 2"	1	5	10-12 ea	3010	45	Keep an upright torso and begin by breaking at the knees
		2	5	8-10 ea	3010	30	
		3	1	8-10 ea	3010	30	
		4	6	6-8 ea	3010	20	
A2	Flat DB Bench Press	1	5	10-12	30X0	45	Neutral Grip
		2	5	8-10	30X0	30	
		3	1	8-10	30X0	30	
		4	6	6-8	30X0	20	
B1	Standing Barbell Good Morning	1	5	10-12	30X1	45	
		2	5	8-10	30X1	30	
		3	1	8-10	30X1	30	
		4	6	6-8	30X1	20	
B2	1-Arm DB Row	1	5	10-12 ea	3010	45	Start with your weakest side and match the reps with your strongest side.
		2	5	8-10 ea	3010	30	
		3	1	8-10 ea	3010	30	
		4	6	6-8 ea	3010	20	
C	Hanging Garhammer Raise	1	4	Max reps	3021	45	Hold a DB between your feet to increase resistance if you can meet the rep target
		2	4	Max reps	3021	45	
		3	1	Max reps	3021	45	
		4	5	Max reps	3021	45	

Fat Loss Phase 2 - Total Body Workout 2

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes	
A1	Barbell Back Squat	1	5	7-9	30X0	60		
		2	5	6-8	30X0	60		
		Optional substitutions - DB Squat or Leg Press	3	1	6-8	30X0	45	
		4	6	5-7	30X0	45		
A2	Close Grip Supinated Chin Up	1	5	7-9	30X0	60		
		2	5	6-8	30X0	60		
		Optional substitution - Close grip supinated lat pulldown	3	1	6-8	30X0	45	
		4	6	5-7	30X0	45		
B1	Glute Ham Raise from Parallel	1	5	7-9	30X0	60		
		2	5	6-8	30X0	60		
		Optional substitutions - Lying leg curl or swiss ball leg curl	3	1	6-8	30X0	45	
		4	6	5-7	30X0	45		
B2	Dips	1	5	7-9	30X0	60		
		2	5	6-8	30X0	60		
		3	1	6-8	30X0	45		
		4	6	5-7	30X0	45		
C	Bent Over 1-Arm DB Trap 3 Raise	1	4	8-10	4010	45		
		2	4	8-10	4010	45		
		3	1	8-10	4010	45		
		4	5	6-8	4010	45		



Fat Loss Phase 2 - Total Body Workout 3

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Hack Squat	1	3	20-25	20X0	45	
		2	4	15-20	20X0	30	
		3	1	12-15	20X0	20	
		4	5	12-15	20X0	15	
Equipment substitutions - Leg press or DB Squat							
A2	Supinated Grip Bent Over EZ Bar Row	1	3	20-25	20X0	45	
		2	4	15-20	20X0	30	
		3	1	12-15	20X0	20	
		4	5	12-15	20X0	15	
B1	Snatch Grip Barbell RDL	1	3	20-25	20X0	45	
		2	4	15-20	20X0	30	
		3	1	12-15	20X0	20	
		4	5	12-15	20X0	15	
B2	Dumbbell Push Press	1	3	20-25	20X0	45	
		2	4	15-20	20X0	30	
		3	1	12-15	20X0	20	
		4	5	12-15	20X0	15	
C	1-Arm Pulley External Rotation	1	3	15-20 ea	3020	45	Arm abducted to 90 degrees
		2	4	15-20 ea	3020	45	
		3	1	15-20 ea	3020	45	
		4	5	12-15 ea	3020	45	