

## Fat Loss Phase 5

**Now it's time to cycle to an upper / lower body part split for your training. Your third week is a de-load week where you will keep intensity (weight) heavy, but slightly decrease the training volume. In this cycle, we will utilize escalating density training (EDT) in order to achieve a fat loss and muscle building stimulus. You will choose a load that has an RM that is DOUBLE the rep count for each exercise. For example, if you are doing sets of 4 reps, you will be using an 8RM load. You will be given a total amount of time and a rep number and your goal is to complete as many work sets as possible in that time frame. Each week, strive to achieve more and more sets within your targeted timeframes. The more mechanical work you do in a fixed amount of time means a bigger metabolic boost and more muscle!**

## Fat Loss Phase 5 - Workout 1 - Upper Body A

Order	Exercise	Cycle	Time	Reps	Tempo	Rest (s)	Notes
A1	15 Degree Incline Barbell Press	1	20 min	4	30X0	Minimal	Use 8RM load
		2	20 min	4	30X0	Minimal	
		3	8 min	4	30X0	Minimal	
		4	20 min	4	30X0	Minimal	
A2	Narrow Supinated Chin Up	1	20 min	4	30X1	Minimal	Use 8RM load
		2	20 min	4	30X1	Minimal	
		3	8 min	4	30X1	Minimal	
		4	20 min	4	30X1	Minimal	
B1	Standing Barbell Shoulder Press	1	15 min	8	20X0	Minimal	Use 16RM load
		2	15 min	8	20X0	Minimal	
		3	6 min	8	20X0	Minimal	
		4	15 min	8	20X0	Minimal	
B2	Bent Over Supinated Barbell Row	1	15 min	8	2010	Minimal	Use 16RM load
		2	15 min	8	2010	Minimal	
		3	6 min	8	2010	Minimal	
		4	15 min	8	2010	Minimal	
C1	Standing Mid Reverse Grip EZ Curl	1	10 min	10	2010	Minimal	Use 20RM load
		2	10 min	10	2010	Minimal	
		3	4 min	10	2010	Minimal	
		4	10 min	10	2010	Minimal	
C2	Triceps Pressdown with Rope	1	10 min	10	2011	Minimal	Use 20RM load
		2	10 min	10	2011	Minimal	
		3	4 min	10	2011	Minimal	
		4	10 min	10	2011	Minimal	

## Fat Loss Phase 5 - Workout 2 - Lower Body A

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Front Squat	1	20 min	4	30X0	Minimal	Use 8RM load
		2	20 min	4	30X0	Minimal	
		3	8 min	4	30X0	Minimal	
		4	20 min	4	30X0	Minimal	
A2	Lying Leg Curl - toes DF and NEUT	1	20 min	4	30X1	Minimal	Use 8RM load
		2	20 min	4	30X1	Minimal	
		3	8 min	4	30X1	Minimal	
		4	20 min	4	30X1	Minimal	
B1	Hack Squat Machine	1	15 min	8	20X0	Minimal	Use 16RM load
		2	15 min	8	20X0	Minimal	
		3	6 min	8	20X0	Minimal	
		4	15 min	8	20X0	Minimal	
B2	Snatch Grip Barbell 45 Degree Back Ext	1	15 min	8	2010	Minimal	Use 16RM load
		2	15 min	8	2010	Minimal	
		3	6 min	8	2010	Minimal	
		4	15 min	8	2010	Minimal	
C1	Standing Calf Raise	1	10 min	10	2010	Minimal	Use 20RM load
		2	10 min	10	2010	Minimal	
		3	4 min	10	2010	Minimal	
		4	10 min	10	2010	Minimal	
C2	Hanging Garhammer Raise	1	10 min	10	2011	Minimal	Bodyweight or 20RM load held between feet
		2	10 min	10	2011	Minimal	
		3	4 min	10	2011	Minimal	
		4	10 min	10	2011	Minimal	

### Fat Loss Phase 5 - Workout 3 - Upper Body B

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Inertia Bench Press from Pins	1	20 min	3	22X0	Minimal	Use 6RM load - Set pins so bar is 1-2" off chest in power rack
		2	20 min	3	22X0	Minimal	
		3	8 min	3	22X0	Minimal	
		4	20 min	3	22X0	Minimal	
A2	Mid-Neutral Grip Lean Away Pull Up	1	20 min	3	40X0	Minimal	Use 6RM load
		2	20 min	3	40X0	Minimal	
		3	8 min	3	40X0	Minimal	
		4	20 min	3	40X0	Minimal	
B1	Dips	1	15 min	5	30X0	Minimal	Use 10RM load
		2	15 min	5	30X0	Minimal	
		3	6 min	5	30X0	Minimal	
		4	15 min	5	30X0	Minimal	
B2	Seated Supinated Grip Cable Row	1	15 min	5	2010	Minimal	Use 10RM load
		2	15 min	5	2010	Minimal	
		3	6 min	5	2010	Minimal	
		4	15 min	5	2010	Minimal	
C1	Seated DB Hammer Curl	1	10 min	7	2010	Minimal	Use 14RM load
		2	10 min	7	2010	Minimal	
		3	4 min	7	2010	Minimal	
		4	10 min	7	2010	Minimal	
C2	EZ Bar French Press	1	10 min	7	21X0	Minimal	Use 14RM load
		2	10 min	7	21X0	Minimal	
		3	4 min	7	21X0	Minimal	
		4	10 min	7	21X0	Minimal	

### Fat Loss Phase 5 - Workout 4 - Lower Body B

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A	Snatch Grip Deadlift on Podium	1	20 min	3	22X0	Minimal	Use 6RM load
		2	20 min	3	22X0	Minimal	
		3	8 min	3	22X0	Minimal	
		4	20 min	3	22X0	Minimal	
B1	Inertia Back Squat from Pins	1	20 min	3	22X0	Minimal	Use 6RM load - set pins at belly button height
		2	20 min	3	22X0	Minimal	
		3	8 min	3	22X0	Minimal	
		4	20 min	3	22X0	Minimal	
B2	Seated Leg Curl	1	20 min	5	30X0	Minimal	Use 10RM load
		2	20 min	5	30X0	Minimal	
		3	8 min	5	30X0	Minimal	
		4	20 min	5	30X0	Minimal	
C1	Leg Press	1	10 min	5	2010	Minimal	Use 14RM load
		2	10 min	5	2010	Minimal	
		3	4 min	5	2010	Minimal	
		4	10 min	5	2010	Minimal	
C2	Dumbbell RDL	1	10 min	7	3010	Minimal	Use 14RM load
		2	10 min	7	3010	Minimal	
		3	4 min	7	3010	Minimal	
		4	10 min	7	3010	Minimal	