

## Fat Loss Phase 6

**Now it's time to cycle to a split-body routine 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 the infamous 6-12-25 tri-set program in order to achieve both a fat loss and muscle building stimulus. You will begin with a heavy movement using a 4-6RM load. With only enough time to transition, you will then switch to a movement for the same body part using a 10-12RM load, before finishing the tri-set with a 20-25RM burnout! Take a long rest and then repeat again. Once you experience a 20% or greater drop in performance on any of the exercises in the series, it's time to move on, no matter how many prescribed work sets you have left.**



## Fat Loss Phase 6 - Workout 1 - Chest and Back

Order	Exercise	Cycle	Time	Reps	Tempo	Rest (s)	Notes
A1	30 Degree Incline Barbell Bench Press	1	3	4-6	30X0	10 sec	
		2	3	4-6	30X0	10 sec	
		3	1	4-6	30X0	10 sec	
		4	4	4-6	30X0	10 sec	
A2	Flat DB Bench Press - Pronating	1	3	10-12	30X0	10 sec	Supinate on the eccentric and pronate on the concentric
		2	3	10-12	30X0	10 sec	
		3	1	10-12	30X0	10 sec	
		4	4	10-12	30X0	10 sec	
A3	High to Low Cable Chest Flye	1	3	20-25	2011	120 sec	
		2	3	20-25	2011	120 sec	
		3	1	20-25	2011	120 sec	
		4	4	20-25	2011	120 sec	
B1	Mid Pronated Pull Up	1	3	4-6	30X0	10 sec	
		2	3	4-6	30X0	10 sec	
		3	1	4-6	30X0	10 sec	
		4	4	4-6	30X0	10 sec	
B2	Chest Supported 2-Arm DB Row	1	3	10-12	30X0	10 sec	
		2	3	10-12	30X0	10 sec	
		3	1	10-12	30X0	10 sec	
		4	4	10-12	30X0	10 sec	
B3	45 Deg Subscapularis Row w/ Rope	1	3	20-25	2011	120 sec	Attach a rope to a high pulley. Bend forward 45 degrees and row the rope to your ribcage. Then push the rope away from your torso and lower back to the start with straight arms.
		2	3	20-25	2011	120 sec	
		3	1	20-25	2011	120 sec	
		4	4	20-25	2011	120 sec	

## Fat Loss Phase 6 - Workout 2 - Quadriceps and Calves

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Heels Elevated Front Squat	1	3	4-6	30X0	10 sec	Use 8RM load
		2	3	4-6	30X0	10 sec	
		3	1	4-6	30X0	10 sec	
		4	4	4-6	30X0	10 sec	
A2	Alternating DB Drop Lunge	1	3	10-12 ea	20X0	10 sec	Stand on 1-3" step or plates
		2	3	10-12 ea	20X0	10 sec	
		3	1	10-12 ea	20X0	10 sec	
		4	4	10-12 ea	20X0	10 sec	
A3	Narrow Stance Leg Press with Bands	1	3	20-25	2011	180 sec	Attach bands to weight pegs and handles for more resistance at end range.
		2	3	20-25	2011	180 sec	
		3	1	20-25	2011	180 sec	
		4	4	20-25	2011	180 sec	
B1	1-Leg DB Calf Raise - Double Pause	1	3	4-6 ea	1212	10 sec	Use 16RM load
		2	3	4-6 ea	1212	10 sec	
		3	1	4-6 ea	1212	10 sec	
		4	4	4-6 ea	1212	10 sec	
B2	Leg Press Calf Raise w/ Bands	1	3	10-12	1111	10 sec	Leave the leg press set-up from your "A" series for calf raises
		2	3	10-12	1111	10 sec	
		3	1	10-12	1111	10 sec	
		4	4	10-12	1111	10 sec	
B3	Two Leg Ankle Hops for Height	1	3	20-25	2011	120 sec	
		2	3	20-25	2011	120 sec	
		3	1	20-25	2011	120 sec	
		4	4	20-25	2011	120 sec	

### Fat Loss Phase 6 - Workout 3 - Arms

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes	
A1	Standing Mid-Reverse Grip EZ Curl	1	3	4-6	30X0	10 sec		
		2	3	4-6	30X0	10 sec		
		3	1	4-6	30X0	10 sec		
		4	4	4-6	30X0	10 sec		
A2	45 Degree Incline DB Hammer Curl	1	3	10-12	30X0	10 sec		
		2	3	10-12	30X0	10 sec		
		3	1	10-12	30X0	10 sec		
		4	4	10-12	30X0	10 sec		
A3	Standing Supinated EZ Curl	1	3	20-25	2011	120 sec		
		2	3	20-25	2011	120 sec		
		3	1	20-25	2011	120 sec		
		4	4	20-25	2011	120 sec		
B1	60 Deg Incline EZ Bar Triceps Ext	1	3	4-6	30X0	10 sec		
		2	3	4-6	30X0	10 sec		
		3	1	4-6	30X0	10 sec	Bring bar behind head	
		4	4	4-6	30X0	10 sec		
B2	Flat DB Triceps Extension	1	3	10-12	30X0	10 sec		
		2	3	10-12	30X0	10 sec		
		3	1	10-12	30X0	10 sec		
		4	4	10-12	30X0	10 sec		
B3	High Pulley Triceps Pressdown w/ Rope	1	3	20-25	2011	120 sec		
		2 3 4	3	20-25	2011	120 sec		
			1	20-25	2011	120 sec		
			4	20-25	2011	120 sec		

## Fat Loss Phase 6 - Workout 4 - Posterior Chain and Abs

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Eccentric Nordic Curl	1	3	4-6	60X0	10 sec	Hold barbell at arm's length over eyes
		2	3	4-6	60X0	10 sec	
		3	1	4-6	60X0	10 sec	
		4	4	4-6	60X0	10 sec	
A2	Clean Grip RDL	1	3	10-12	30X0	10 sec	
		2	3	10-12	30X0	10 sec	
		3	1	10-12	30X0	10 sec	
		4	4	10-12	30X0	10 sec	
A3	Wide Stance Low Cable Pull-Through	1	3	20-25	2011	180 sec	
		2	3	20-25	2011	180 sec	
		3	1	20-25	2011	180 sec	
		4	4	20-25	2011	180 sec	
B1	Barbell Sit Up	1	3	4-6	30X0	10 sec	
		2	3	4-6	30X0	10 sec	
		3	1	4-6	30X0	10 sec	
		4	4	4-6	30X0	10 sec	
B2	Swiss Ball Knee Tuck	1	3	10-12	2110	10 sec	
		2	3	10-12	2110	10 sec	
		3	1	10-12	2110	10 sec	
		4	4	10-12	2110	10 sec	
B3	Swiss Ball Crunch	1	3	20-25	2011	120 sec	
		2	3	20-25	2011	120 sec	
		3	1	20-25	2011	120 sec	
		4	4	20-25	2011	120 sec	



## Fat Loss Phase 6 - Workout 5 - Deltoids and Remedial

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Neutral Grip DB Shoulder Press	1	3	4-6	5011	10 sec	
		2	3	4-6	5011	10 sec	
		3	1	4-6	5011	10 sec	
		4	4	4-6	5011	10 sec	
A2	Prone 45 Deg Incline DB Lateral Raise	1	3	10-12	2011	10 sec	
		2	3	10-12	2011	10 sec	
		3	1	10-12	2011	10 sec	
		4	4	10-12	2011	10 sec	
A3	Seated Row to Forehead with Rope	1	3	20-25	2010	120 sec	
		2	3	20-25	2010	120 sec	
		3	1	20-25	2010	120 sec	
		4	4	20-25	2010	120 sec	
B1	Pulley 45 Degree External Rotation	1	3	12-15 ea	3011	60 sec	
		2	3	12-15 ea	3011	60 sec	
		3	1	10-12 ea	3011	60 sec	
		4	3	10-12 ea	3011	60 sec	
B2	1-Arm Side Pulley Scapular Retraction	1	3	6-8 ea	1016	60 sec	Frontal plane. Stand sideways to a pulley at shoulder height. With a straight arm, adduct and retract your shoulder blade and pause for a 6-count on each rep.
		2	3	6-8 ea	1016	60 sec	
		3	1	4-6 ea	1016	60 sec	
		4	3	4-6 ea	1016	60 sec	