

Fat Loss Phase 7

In this cycle, we are going to continue with a body part split using one of Charles's favorite methods for fat loss and hypertrophy, the Gironda Method. Named after legendary bodybuilder Vince Gironda, this method relies on increasing exercise DENSITY as the guiding principle by squeezing a lot of work into a short timeframe. After warming up, you'll start with the heaviest weight you can lift for 6-8 reps. There will be a very short rest before your next set. Try to keep your original load for as many sets as possible, but do not allow yourself to fall outside of the 6-8 rep bracket. Reduce the load as you fatigue so that you can still get 6-8 reps on each set. We will be decreasing your rest interval by 5 seconds each week. Be prepared to humble your ego, this type of training is not for the faint of heart! Gironda called this the "honest" workout because he felt that it kept you honest and forced you to put in the work required to become successful. There are no shortcuts!

Fat Loss Phase 7 - Workout 1 - Chest and Back

Order	Exercise	Cycle	Time	Reps	Tempo	Rest (s)	Notes
A	Chest Press Machine	1	8	6-8	31X0	45 sec	Do mid-neutral grip pull ups if you can perform 20 reps or more with your bodyweight.
		2	8	6-8	31X0	40 sec	
		3	3	6-8	31X0	35 sec	
		4	8	6-8	31X0	30 sec	
B	Mid Neutral Grip Lat Pulldown	1	8	6-8	30X1	45 sec	
		2	8	6-8	30X1	40 sec	
		3	3	6-8	30X1	35 sec	
		4	8	6-8	30X1	30 sec	
C	Flat DB Pronated Unrolling Chest Flye	1	8	6-8	3110	45 sec	
		2	8	6-8	3110	40 sec	
		3	3	6-8	3110	35 sec	
		4	8	6-8	3110	30 sec	
D	Neutral Grip Cable Row to Waist	1	8	6-8	3010	45 sec	
		2	8	6-8	3010	40 sec	
		3	3	6-8	3010	35 sec	
		4	8	6-8	3010	30 sec	

Fat Loss Phase 7 - Workout 2 - Quadriceps and Calves

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A	Back Squat	1	8	6-8	31X0	45 sec	
		2	8	6-8	31X0	40 sec	
		3	3	6-8	31X0	35 sec	
		4	8	6-8	31X0	30 sec	
B	Standing Calf	1	8	6-8	1111	45 sec	
		2	8	6-8	1111	40 sec	
		3	3	6-8	1111	35 sec	
		4	8	6-8	1111	30 sec	
C	Leg Extension	1	8	6-8	3011	45 sec	
		2	8	6-8	3011	40 sec	
		3	3	6-8	3011	35 sec	
		4	8	6-8	3011	30 sec	
D	Seated Calf	1	8	6-8	1212	45 sec	
		2	8	6-8	1212	40 sec	
		3	3	6-8	1212	35 sec	
		4	8	6-8	1212	30 sec	



Fat Loss Phase 7 - Workout 3 - Arms

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A	Reverse Grip EZ Scott Curl	1	8	6-8	31X0	45 sec	
		2	8	6-8	31X0	40 sec	
		3	3	6-8	31X0	35 sec	
		4	8	6-8	31X0	30 sec	
B	EZ Bar Triceps Extension to Chin	1	8	6-8	31X0	45 sec	
		2	8	6-8	31X0	40 sec	
		3	3	6-8	31X0	35 sec	
		4	8	6-8	31X0	30 sec	
C	30 Degree Incline DB Curl	1	8	6-8	3011	45 sec	
		2	8	6-8	3011	40 sec	
		3	3	6-8	3011	35 sec	
		4	8	6-8	3011	30 sec	
D	10 Deg Incline Low Pulley Triceps Ext	1	8	6-8	3111	45 sec	Use rope handle if possible
		2	8	6-8	3111	40 sec	
		3	3	6-8	3111	35 sec	
		4	8	6-8	3111	30 sec	

Fat Loss Phase 7 - Workout 4 - Posterior Chain and Abs

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A	45 Degree Back Extension	1	8	6-8	2012	45 sec	Snatch grip with barbell if you are strong enough.
		2	8	6-8	2012	40 sec	
		3	3	6-8	2012	35 sec	
		4	8	6-8	2012	30 sec	
B	Decline Sit Up	1	8	6-8	30X0	45 sec	
		2	8	6-8	30X0	40 sec	
		3	3	6-8	30X0	35 sec	
		4	8	6-8	30X0	30 sec	
C	Lying Leg Curl - Omni Toe Position	1	8	6-8	30X0	45 sec	Sets 1-3: Toes PF and IN // Sets 4-6: Toes PF and OUT / Sets 7-8: Toes DF and NEUT
		2	8	6-8	30X0	40 sec	
		3	3	6-8	30X0	35 sec	
		4	8	6-8	30X0	30 sec	
D	Low Pulley Swiss Ball Crunch - Eccentric	1	8	6-8	5010	45 sec	Use rope handle. Crunch up and then extend your arms overhead to create a long lever arm before lowering down under control.
		2	8	6-8	5010	40 sec	
		3	3	6-8	5010	35 sec	
		4	8	6-8	5010	30 sec	



Fat Loss Phase 7 - Workout 5 - Deltoids and Remedial

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A	Prone 45 Degree Incline DB Front Raise	1	8	6-8	2012	45 sec	Palms down
		2	8	6-8	2012	40 sec	
		3	3	6-8	2012	35 sec	
		4	8	6-8	2012	30 sec	
B	Low Pulley X-Pulley Lateral Raise	1	8	6-8	2011	45 sec	
		2	8	6-8	2011	40 sec	
		3	3	6-8	2011	35 sec	
		4	8	6-8	2011	30 sec	
C	Low Pulley X-Pulley Bent Over Lateral Raise	1	8	6-8	2011	45 sec	
		2	8	6-8	2011	40 sec	
		3	3	6-8	2011	35 sec	
		4	8	6-8	2011	30 sec	
D	Pulley Face Pull with External Rotation	1	8	6-8	3012	45 sec	
		2	8	6-8	3012	40 sec	
		3	3	6-8	3012	35 sec	
		4	8	6-8	3012	30 sec	