

## Fat Loss Phase 8

**In this cycle, we are going to continue with the body part split that you have been training with the past several cycles. In this phase we are going to shift to pure, full-recovery hypertrophy work to change the stimulus to your body. Basic hypertrophy training is one of the best tools in the toolbox for losing body fat, because the style of training that helps you gain muscle in a calorie surplus is the same type of training that helps you retain muscle when you are on a fat-shredding calorie deficit. Under certain conditions, you may actually INCREASE muscle while dropping body fat, which is the goal of incorporating this cycle at this time. There is nothing fancy in this workout, just hard, basic work. Use a load that is super challenging and take it to the brink on each work set, then take a nice long recovery before you do it again. For unilateral exercises, the reps listed are for each side.**



### Fat Loss Phase 8 - Workout 1 - Chest and Back

Order	Exercise	Cycle	Time	Reps	Tempo	Rest (s)	Notes
A1	Flat DB Bench Press	1	5	12,12,10,10,8	31X0	120	
		2	5	10,10,8,8,6	31X0	120	
		3	3	10,8,6	31X0	120	
		4	5	8,8,6,6,4	31X0	120	
A2	Narrow Supinated Chin Up	1	5	12,12,10,10,8	30X1	120	
		2	5	10,10,8,8,6	30X1	120	
		3	3	10,8,6	30X1	120	
		4	5	8,8,6,6,4	30X1	120	
B1	30 Degree Incline DB Bench Press	1	4	12-15	3110	120	
		2	4	10-12	3110	120	
		3	2	10-12	3110	120	
		4	5	8-10	3110	120	
B2	1-Arm DB Row	1	4	12-15	3010	120	
		2	4	10-12	3010	120	
		3	2	10-12	3010	120	
		4	5	8-10	3010	120	

## Fat Loss Phase 8 - Workout 2 - Quadriceps, Calves, Abs

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Paused Heels Elevated Back Squat	1	5	12,12,10,10,8	31X0	120	
		2	5	10,10,8,8,6	31X0	120	
		3	3	10,8,6	31X0	120	
		4	5	8,8,6,6,4	31X0	120	
A2	Seated Calf	1	5	12,12,10,10,8	1212	120	
		2	5	10,10,8,8,6	1212	120	
		3	3	10,8,6	1212	120	
		4	5	8,8,6,6,4	1212	120	
B1	Front Rack Barbell Split Squat	1	4	12-15	30X0	120	
		2	4	10-12	30X0	120	
		3	2	10-12	30X0	120	
		4	5	8-10	30X0	120	
B2	Standing Pulley Pallof Press	1	4	12-15	2012	120	
		2	4	10-12	2012	120	
		3	2	10-12	2012	120	
		4	5	8-10	2012	120	Feet parallel



### Fat Loss Phase 8 - Workout 3 - Arms

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Dips	1	5	12,12,10,10,8	30X0	90	
		2	5	10,10,8,8,6	30X0	90	
		3	3	10,8,6	30X0	90	
		4	5	8,8,6,6,4	30X0	90	
A2	30 Deg Incline DB Hammer Curl	1	5	12,12,10,10,8	30X1	90	
		2	5	10,10,8,8,6	30X1	90	
		3	3	10,8,6	30X1	90	
		4	5	8,8,6,6,4	30X1	90	
B1	Decline DB Triceps Extension	1	4	12-15	31X0	90	
		2	4	10-12	31X0	90	
		3	2	10-12	31X0	90	
		4	5	8-10	31X0	90	
B2	Thick Bar Close Grip Scott Curls	1	4	12-15	30X0	90	
		2	4	10-12	30X0	90	
		3	2	10-12	30X0	90	
		4	5	8-10	30X0	90	

## Fat Loss Phase 8 - Workout 4 - Posterior Chain, Abs, Calves

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Romanan Deadlift	1	5	12,12,10,10,8	4010	120	
		2	5	10,10,8,8,6	4010	120	
		3	3	10,8,6	4010	120	
		4	5	8,8,6,6,4	4010	120	
A2	Hanging Garhammer Raise	1	5	AMRAP	3020	120	
		2	5	AMRAP	3020	120	
		3	3	AMRAP	3020	120	
		4	5	AMRAP	3020	120	
B1	Kneeling Leg Curl - toes PF and IN	1	4	12-15	30X0	120	
		2	4	10-12	30X0	120	
		3	2	10-12	30X0	120	
		4	5	8-10	30X0	120	
B2	Standing Calf Raise	1	4	12-15	1111	120	
		2	4	10-12	1111	120	
		3	2	10-12	1111	120	
		4	5	8-10	1111	120	



## Fat Loss Phase 8 - Workout 5 - Deltoids and Remedial

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	30 Deg Incline 1-Arm DB Lateral Raise	1	3	12-15	3010	60	Side Lying
		2	3	10-12	3010	60	
		3	1	10-12	3010	60	
		4	3	8-10	3010	60	
A2	Lean-Away 1-Arm DB Lateral Raise	1	3	12-15	2011	60	
		2	3	10-12	2011	60	
		3	1	10-12	2011	60	
		4	3	8-10	2011	60	
B1	Seated DB External Rotaton	1	3	12-15	4010	60	Seated on floor / elbow supported on bench at 90 degrees shoulder abduction
		2	3	10-12	4010	60	
		3	1	10-12	4010	60	
		4	3	8-10	4010	60	
B2	Flat Powell Raise	1	3	12-15	4010	60	
		2	3	10-12	4010	60	
		3	1	10-12	4010	60	
		4	3	8-10	4010	60	