

Fat Loss Phase 10

This phase marks the first cycle of a new 12-week block designed to push your fat loss and body composition results to the next level. We are starting with 3 total body workouts per week utilizing timed sets in alternate exercise fashion. Rather than counting reps, you'll set a timer and do each exercise for 40 seconds, followed by 20 seconds of transition rest to get set up on the next exercise. You should aim for a fast tempo, getting as many reps in 40 seconds as possible while still staying in control of the weight. Start with approximately a 20RM load. If you get part of the way through the 40 second interval and you cannot lift the weight any more, simply hold it in the advantageous position, keeping tension on the targeted muscle groups.



Fat Loss Phase 10 - Workout 1 - Total Body

Order	Exercise	Cycle	Time	Reps	Tempo	Rest (s)	Notes
A1	Alternating DB Lunge	1	5	40 sec	Fast	20 sec	
		2	6	40 sec	Fast	20 sec	
		3	7	40 sec	Fast	20 sec	
		4	8	40 sec	Fast	20 sec	
A2	Push Ups	1	5	40 sec	Fast	20 sec	
		2	6	40 sec	Fast	20 sec	
		3	7	40 sec	Fast	20 sec	
		4	8	40 sec	Fast	20 sec	
B1	Horizontal Back Extension	1	5	40 sec	Fast	20 sec	
		2	6	40 sec	Fast	20 sec	
		3	7	40 sec	Fast	20 sec	
		4	8	40 sec	Fast	20 sec	
B2	Bent Over 2-Arm DB Row - elbows in	1	5	40 sec	Fast	20 sec	
		2	6	40 sec	Fast	20 sec	
		3	7	40 sec	Fast	20 sec	
		4	8	40 sec	Fast	20 sec	
C1	Jump Rope	1	5	40 sec	Fast	20 sec	
		2	6	40 sec	Fast	20 sec	
		3	7	40 sec	Fast	20 sec	
		4	8	40 sec	Fast	20 sec	
C2	Front Plank	1	5	40 sec	Fast	20 sec	
		2	6	40 sec	Fast	20 sec	
		3	7	40 sec	Fast	20 sec	
		4	8	40 sec	Fast	20 sec	

Fat Loss Phase 10 - Workout 2 - Total Body

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Wide Stance Leg Press	1	5	40 sec	Fast	20 sec	
		2	6	40 sec	Fast	20 sec	
		3	7	40 sec	Fast	20 sec	
		4	8	40 sec	Fast	20 sec	
A2	Standing DB Shoulder Press	1	5	40 sec	Fast	20 sec	
		2	6	40 sec	Fast	20 sec	
		3	7	40 sec	Fast	20 sec	
		4	8	40 sec	Fast	20 sec	
B1	Lateral DB Step Up	1	5	40 sec	Fast	20 sec	
		2	6	40 sec	Fast	20 sec	
		3	7	40 sec	Fast	20 sec	
		4	8	40 sec	Fast	20 sec	
B2	Lean Away Neutral Grip Lat Pulldown	1	5	40 sec	Fast	20 sec	
		2	6	40 sec	Fast	20 sec	
		3	7	40 sec	Fast	20 sec	
		4	8	40 sec	Fast	20 sec	
C1	Leg Extension	1	5	40 sec	Fast	20 sec	
		2	6	40 sec	Fast	20 sec	
		3	7	40 sec	Fast	20 sec	
		4	8	40 sec	Fast	20 sec	
C2	Lying Leg Curl - toes PF and IN	1	5	40 sec	Fast	20 sec	
		2	6	40 sec	Fast	20 sec	
		3	7	40 sec	Fast	20 sec	
		4	8	40 sec	Fast	20 sec	

Fat Loss Phase 10 - Workout 3 - Total Body

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	DB Goblet Squat	1	5	40 sec	Fast	20 sec	
		2	6	40 sec	Fast	20 sec	
		3	7	40 sec	Fast	20 sec	
		4	8	40 sec	Fast	20 sec	
A2	Seated Cable Row - Wide Neutral Grip	1	5	40 sec	Fast	20 sec	
		2	6	40 sec	Fast	20 sec	
		3	7	40 sec	Fast	20 sec	
		4	8	40 sec	Fast	20 sec	
B1	Snatch Grip Barbell RDL	1	5	40 sec	Fast	20 sec	
		2	6	40 sec	Fast	20 sec	
		3	7	40 sec	Fast	20 sec	
		4	8	40 sec	Fast	20 sec	
B2	Dips	1	5	40 sec	Fast	20 sec	
		2	6	40 sec	Fast	20 sec	
		3	7	40 sec	Fast	20 sec	
		4	8	40 sec	Fast	20 sec	
C1	Standing Barbell Curl	1	5	40 sec	Fast	20 sec	
		2	6	40 sec	Fast	20 sec	
		3	7	40 sec	Fast	20 sec	
		4	8	40 sec	Fast	20 sec	
C2	Triceps Pressdown with Rope	1	5	40 sec	Fast	20 sec	
		2	6	40 sec	Fast	20 sec	
		3	7	40 sec	Fast	20 sec	
		4	8	40 sec	Fast	20 sec	