

Fat Loss Phase 11

Building on from the last cycle, we are going to make things heavier and harder with a phase of EDT, or Escalating Density Training. In this style of training, you will pair 2 exercises (1 lower body and 1 upper body) back to back. You will set a timer for a given amount of time, and complete as many sets of your exercises that you can in the designated time. Rest as needed, but really push the tempo and aim to get more and more sets with the same load in each passing week. You'll chose a load that is roughly a 6RM load and you'll do as many sets of 2 reps of each of these exercises as possible in a given time frame. For your B series of exercises, you'll choose a 10RM load and do as many sets of 5 reps in each exercises as you can within that timeframe. You'll progress from week to week by doing more and more sets with the same load in the same time frame. By the end of the cycle it's possible that you could **DOUBLE the amount of sets you do in the same time, creating a tremendous metabolic effect and more strength to boot!**



Fat Loss Phase 11 - Workout 1 - Total Body

Order	Exercise	Cycle	Time	Reps	Tempo	Rest (s)	Notes
A1	Snatch Grip Deadlift	1	20 min	2	31X0	Min	
		2	20 min	2	31X0	Min	
		3	5 min	2	31X0	Min	
		4	20 min	2	31X0	Min	
A2	Barbell Shoulder Press	1	20 min	2	31X0	Min	
		2	20 min	2	31X0	Min	
		3	5 min	2	31X0	Min	
		4	20 min	2	31X0	Min	
B1	Mid Neutral Grip Chin Up	1	20 min	5	20X0	Min	
		2	20 min	5	20X0	Min	
		3	5 min	5	20X0	Min	
		4	20 min	5	20X0	Min	
B2	Back Squat	1	20 min	5	20X0	Min	
		2	20 min	5	20X0	Min	
		3	5 min	5	20X0	Min	
		4	20 min	5	20X0	Min	

Fat Loss Phase 11 - Workout 2 - Total Body

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Front Squat	1	20 min	2	31X0	Min	
		2	20 min	2	31X0	Min	
		3	5 min	2	31X0	Min	
		4	20 min	2	31X0	Min	
A2	Supinated Chin Up	1	20 min	2	31X0	Min	
		2	20 min	2	31X0	Min	
		3	5 min	2	31X0	Min	
		4	20 min	2	31X0	Min	
B1	Close Grip Incline Press	1	20 min	5	20X0	Min	
		2	20 min	5	20X0	Min	
		3	5 min	5	20X0	Min	
		4	20 min	5	20X0	Min	
B2	Barbell RDL	1	20 min	5	20X0	Min	
		2	20 min	5	20X0	Min	
		3	5 min	5	20X0	Min	
		4	20 min	5	20X0	Min	



Fat Loss Phase 11 - Workout 3 - Total Body

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Glute Ham Raise	1	20 min	2	31X0	Min	
		2	20 min	2	31X0	Min	
		3	5 min	2	31X0	Min	
		4	20 min	2	31X0	Min	
A2	Standing Dumbbell Shoulder Press	1	20 min	2	31X0	Min	
		2	20 min	2	31X0	Min	
		3	5 min	2	31X0	Min	
		4	20 min	2	31X0	Min	
B1	Bent Over Barbell Row to Waist	1	20 min	5	20X0	Min	
		2	20 min	5	20X0	Min	
		3	5 min	5	20X0	Min	
		4	20 min	5	20X0	Min	
B2	Heels Elevated DB Squat	1	20 min	5	20X0	Min	
		2	20 min	5	20X0	Min	
		3	5 min	5	20X0	Min	
		4	20 min	5	20X0	Min	