

Fat Loss Phase 12

In this phase, we are going to shift to a body-part split routine and hit some agonist super-sets! We will be utilizing the heavy-light method where your first exercise in a superset is a heavy exercise and the second is a lighter, higher volume exercise. Make sure to choose a load that will cause you to hit technical failure within the prescribed repetition bracket. With agonist super-sets, many people mistakenly choose a load for their second exercise that is too light and just get the reps in without making it a true technical failure effort. You'll need to learn to embrace the pain on these routines and learn to love the discomfort of pushing your sets HARD to get a deep localized burn in the trained tissues. This series serves to build not only physical strength, but mental strength as well!

Fat Loss Phase 12 - Workout 1 - Chest and Back

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	30 Degree Barbell Incline Press	1	4	6-8	30X0	10 sec	
		2	4	5-7	30X0	10 sec	
		3	2	4-6	30X0	10 sec	
		4	5	4-6	30X0	10 sec	
A2	Paused Flat DB Bench Press	1	4	12-15	22X0	120 sec	
		2	4	11-14	22X0	120 sec	
		3	2	10-12	22X0	120 sec	
		4	5	10-12	22X0	120 sec	
B1	Mid Neutral Grip Lean-Away Pull Up	1	4	6-8	30X0	10 sec	
		2	4	5-7	30X0	10 sec	
		3	2	4-6	30X0	10 sec	
		4	5	4-6	30X0	10 sec	
B2	Prone Incline 2-Arm DB Row	1	4	12-15	2012	120 sec	
		2	4	11-14	2012	120 sec	
		3	2	10-12	2012	120 sec	
		4	5	10-12	2012	120 sec	
C1	Standing Pulley High to Low Pec Flye	1	2	20-25	2010	60 sec	
		2	3	20-25	2010	60 sec	
		3	1	15-20	2010	60 sec	
		4	3	15-20	2010	60 sec	
C2	DB Pullover	1	2	20-25	2010	60 sec	
		2	3	20-25	2010	60 sec	
		3	1	15-20	2010	60 sec	
		4	3	15-20	2010	60 sec	

Fat Loss Phase 12 - Workout 2 - Quad Dominant Lower Body

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Back Squat	1	4	6-8	30X0	10 sec	
		2	4	5-7	30X0	10 sec	
		3	2	4-6	30X0	10 sec	
		4	5	4-6	30X0	10 sec	
A2	Paused Hack Squat Machine	1	4	12-15	22X0	120 sec	
		2	4	11-14	22X0	120 sec	
		3	2	10-12	22X0	120 sec	
		4	5	10-12	22X0	120 sec	
B1	Low Pulley DB Split Squat - FFE	1	2	20-25 ea	2010	60 sec	
		2	3	20-25 ea	2010	60 sec	
		3	1	15-20 ea	2010	60 sec	
		4	3	15-20 ea	2010	60 sec	
B2	Seated Leg Curl	1	2	20-25	2010	60 sec	
		2	3	20-25	2010	60 sec	
		3	1	15-20	2010	60 sec	
		4	3	15-20	2010	60 sec	
C1	Standing Calf Raise	1	2	20-25	1111	60 sec	
		2	3	20-25	1111	60 sec	
		3	1	15-20	1111	60 sec	
		4	3	15-20	1111	60 sec	
C2	Kneeling AB Wheel or Barbell Rollouts	1	2	Max reps	3020	60 sec	
		2	3	Max reps	3020	60 sec	
		3	1	Max reps	3020	60 sec	
		4	3	Max reps	3020	60 sec	

Fat Loss Phase 12 - Workout 3 - Shoulders and Arms

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Standing Barbell Shoulder Press	1	4	6-8	30X0	10 sec	
		2	4	5-7	30X0	10 sec	
		3	2	4-6	30X0	10 sec	
		4	5	4-6	30X0	10 sec	
A2	Prone 45 Degree DB Lateral Raise	1	4	12-15	2011	90 sec	
		2	4	11-14	2011	90 sec	
		3	2	10-12	2011	90 sec	
		4	5	10-12	2011	90 sec	
B1	Narrow Grip EZ Bar Scott Curl	1	4	6-8	30X0	10 sec	
		2	4	5-7	30X0	10 sec	
		3	2	4-6	30X0	10 sec	
		4	5	4-6	30X0	10 sec	
B2	60 Degree Incline DB Hammer Curl	1	4	12-15	3011	90 sec	
		2	4	11-14	3011	90 sec	
		3	2	10-12	3011	90 sec	
		4	5	10-12	3011	90 sec	
C1	Weighted Dips	1	4	6-8	30X0	10 sec	
		2	4	5-7	30X0	10 sec	
		3	2	4-6	30X0	10 sec	
		4	5	4-6	30X0	10 sec	
C2	EZ Bar Triceps Ext to Chin	1	4	12-15	22X0	90 sec	
		2	4	11-14	22X0	90 sec	
		3	2	10-12	22X0	90 sec	
		4	5	10-12	22X0	90 sec	

Fat Loss Phase 12 - Workout 4 - Posterior Chain Dominant Lower Body

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Lying Leg Curl - toes DF and NEUT	1	4	6-8	30X0	10 sec	
		2	4	5-7	30X0	10 sec	
		3	2	4-6	30X0	10 sec	
		4	5	4-6	30X0	10 sec	
A2	Barbell RDL	1	4	12-15	22X0	120 sec	
		2	4	11-14	22X0	120 sec	
		3	2	10-12	22X0	120 sec	
		4	5	10-12	22X0	120 sec	
B1	45 Degree Back Extension	1	2	20-25	2010	60 sec	
		2	3	20-25	2010	60 sec	
		3	1	15-20	2010	60 sec	
		4	3	15-20	2010	60 sec	
B2	DB Step Up	1	2	20-25 ea	2010	60 sec	
		2	3	20-25 ea	2010	60 sec	
		3	1	15-20 ea	2010	60 sec	
		4	3	15-20 ea	2010	60 sec	
C1	Seated Calf Raise	1	2	20-25	1111	60 sec	
		2	3	20-25	1111	60 sec	
		3	1	15-20	1111	60 sec	
		4	3	15-20	1111	60 sec	
C2	Side Plank Hip Drop	1	2	Max reps ea	1018	60 sec	
		2	3	Max reps ea	1018	60 sec	
		3	1	Max reps ea	1018	60 sec	
		4	3	Max reps ea	1018	60 sec	