

Fat Loss Phase 13

In this cycle, we are beginning a new 12-week block of training designed to help you burn body fat, build muscle, and improve strength. You will train 3x per week in this phase with total-body workouts. We are using an undulating periodization scheme in this cycle, with moderate, heavy, and light days each week to tax a wide variety of muscle fibers and motor unit pools within the body. Warm up and start each exercise as heavy as possible, and then decrease load to match fatigue levels so that you can stay within the rep bracket. Your mind will want to give up before your body on these type of workouts, so make sure you aren't caving in and being too timid with your loads. Results will come to those who are willing to push! Make sure you are getting plenty of rest on non-training days. Stay active with easy walks, swimming, leisurely bike rides, etc as it will aid in recovery from these total body sessions.



Fat Loss Phase 13 - Workout 1 - Total Body Moderate

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Trap Bar Deadlift	1	3	10-12	31X0	75 sec	
		2	4	10-12	31X0	60 sec	
		3	2	10-12	31X0	60 sec	
		4	5	10-12	31X0	45 sec	
A2	Half-Kneeling Landmine Shoulder Press	1	3	10-12	31X1	75 sec	
		2	4	10-12	31X1	60 sec	
		3	2	10-12	31X1	60 sec	
		4	5	10-12	31X1	45 sec	
B1	Barbell Alternating Lunge	1	3	10-12 ea	20X0	75 sec	
		2	4	10-12 ea	20X0	60 sec	
		3	2	10-12 ea	20X0	60 sec	
		4	5	10-12 ea	20X0	45 sec	
B2	1-Arm DB Row	1	3	10-12 ea	3010	75 sec	
		2	4	10-12 ea	3010	60 sec	
		3	2	10-12 ea	3010	60 sec	
		4	5	10-12 ea	3010	45 sec	
C1	Diagonal Sledge Swings to Tire	1	3	10-12 ea	X	75 sec	Substitute diagonal medball slams if no sledge and tire
		2	4	10-12 ea	X	60 sec	
		3	2	10-12 ea	X	60 sec	
		4	5	10-12 ea	X	45 sec	
C2	1-Arm Farmer's Carry	1	3	30 sec ea	Fast	75 sec	
		2	4	30 sec ea	Fast	60 sec	
		3	2	30 sec ea	Fast	60 sec	
		4	5	30 sec ea	Fast	45 sec	

Fat Loss Phase 13 - Workout 2 - Total Body Heavy

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Wide Stance Back Squat with Chains	1	5	4-6	30X0	90 sec	Chains are optional based on availability
		2	6	4-6	30X0	75 sec	
		3	2	4-6	30X0	75 sec	
		4	7	4-6	30X0	60 sec	
A2	Thick Neutral Grip Pull Up	1	5	4-6	22X0	90 sec	
		2	6	4-6	22X0	75 sec	
		3	2	4-6	22X0	75 sec	
		4	7	4-6	22X0	60 sec	
B1	Glute Ham Raise from Parallel	1	5	4-6	2010	90 sec	
		2	6	4-6	2010	75 sec	
		3	2	4-6	2010	75 sec	
		4	7	4-6	2010	60 sec	
B2	Dips	1	5	4-6	3020	90 sec	
		2	6	4-6	3020	75 sec	
		3	2	4-6	3020	75 sec	
		4	7	4-6	3020	60 sec	

Fat Loss Phase 13 - Workout 3 - Total Body Light

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Narrow Stance Leg Press	1	3	12-15	30X0	60 sec	
		2	4	12-15	30X0	45 sec	
		3	2	12-15	30X0	45 sec	
		4	5	12-15	30X0	30 sec	
A2	Wide Pronated Lat Pulldown	1	3	12-15	2011	60 sec	
		2	4	12-15	2011	45 sec	
		3	2	12-15	2011	45 sec	
		4	5	12-15	2011	30 sec	
B1	Reverse Hyper	1	3	12-15	30X0	60 sec	If you don't have access to a reverse hyper machine, do them off of a back extension bench or swiss ball with a DB between your feet
		2	4	12-15	30X0	45 sec	
		3	2	12-15	30X0	45 sec	
		4	5	12-15	30X0	30 sec	
B2	Bear Crawl Push Up	1	3	Max reps	3011	60 sec	Do 5 push ups for every 5 yards of crawling
		2	4	Max reps	3011	45 sec	
		3	2	Max reps	3011	45 sec	
		4	5	Max reps	3011	30 sec	
C1	Kettlebell Swing	1	3	12-15	1111	60 sec	
		2	4	12-15	1111	45 sec	
		3	2	12-15	1111	45 sec	
		4	5	12-15	1111	30 sec	
C2	Alternating T-Push Up Roll	1	3	12-15 ea	1012	60 sec	Start in push up position. Keep your core braced and roll to one side so that you're posted on one down hand and the side of the foot in a high side plank.
		2	4	12-15 ea	1012	45 sec	
		3	2	12-15 ea	1012	45 sec	
		4	5	12-15 ea	1012	30 sec	