

# Fat loss

## Density training

This is best done two- three days per week with 48 hours rest in between trainings. All of the exercises are timed sets. The work/ rest periods are as follows:

Beginner (you're just starting out) 20 seconds work/40 seconds rest.

Intermediate (you've been exercising for 6 months) 30 seconds work/30 seconds rest.

Advanced (you've been getting after it for a year or more) 24 seconds work/16 seconds rest.

It is a five-exercise circuit (one after the other). The exercises are –

1A. Squat variation – [BW squat](#), [Goblet](#) or [Sumo](#)

1B. Push variation- [Incline push up](#), [Push up](#) or [Dumbbell bench press](#).

1C. Single leg exercise- [Reverse lunge](#), [Forward lunge](#) or [Side lunge](#)(Alternating sides).

1D. Pull variation- [Dumbbell bent over row](#), [Standing cable row](#) or [Single arm row](#)

1E. Core- [Alternating side plank](#), [Mountain climbers](#) or [Front plank](#).

You will complete two- four circuits (depending on how much you have in the tank on training day) for a total training time of between 10-20 minutes.

## Training tips

1. Have all the equipment you need close to you, so you don't need to move much and to minimize transition time between exercises.
2. Keep track of your reps and weight to measure improvement.
3. Do as many reps as possible within your time frame with correct technique.

4. Choose a weight which allows you to complete all your reps with good form.
5. Choose a different variation from week to week to keep things fresh.

### **Training example**

- 1A. Dumbbell Goblet squat
- 1B. Dumbbell bench press
- 1C. Bodyweight reverse lunge
- 1D. Dumbbell bent over row
- 1E. Mountain climbers

### **Strength Fat loss training**

You'll start with a strength exercise, lifting a heavier weight for lower repetitions to help you keep muscle and strength while you're losing weight. You'll alternate between an upper and lower body strength exercise on each training day.

Then you will go into a 5-exercise circuit alternating between lower and upper body to help maximize calorie burn. Please allow 24-28 hours of recovery between trainings for best results.

**1. Strength exercise (Squat, push, pull or hinge) 3 sets 3-6 reps Rest 2 minutes between sets.**

2A. [Squat variation](#)

2B. [Pull variation](#)

2C. [Hinge variation](#)

2D. [Push variation](#)

2E. [Carry variation](#)

## **Instructions**

**Note-** Do the strength exercise first and alternate between upper and lower body days. Choose a weight that leaves a rep or two in the tank. How many circuits you do is dependent on how much time you have.

**Day 1**– Complete 8 reps (select a weight that allows you to do 8 repetitions with good form) of each exercise 2A-2D in the circuit fashion. If you're doing the standing single arm row, do 8 reps on each side. For farmer's walk, walk 20 yards and then walk back for 20 yards for a total of 40 yards.

Each set will take you 1 minute to complete and each circuit 5 minutes to finish. Rest 90 seconds after each circuit and do a total of 2-4 circuits.

**Day 2** – Choose a lighter weight than day one. Do as many repetitions of each exercise 2A-2D in 30 seconds with good form (for the single arm row do 15 seconds on each side). For the farmer's walk, walk 20 yards and then walk back for 20 yards for a total of 40 yards. Rest for 30 seconds at the end of each exercise.

Rest 90 seconds at the end of each circuit and do a total of 2-3 circuits.

**Day 3** – Do 15 reps of each exercise (with a lighter weight) 2A-2D in a circuit fashion. For the farmer's walk, walk 20 yards there and back for a total of 40 yards. Rest as little as possible between exercises and rest 60 seconds at the end of each circuit. Do a total of 2-3 circuits.

## **Training Example- Day one**

1. [Seated row](#) 3 sets 6 reps

2A. Goblet squat 8 reps

- 2B.** Lat pulldown- 8 reps
- 2C.** Single leg hip extension 8 reps on both sides
- 2D.** Single arm bench press- 8 reps on both sides
- 2E.** Farmers carry

## **Day 2**

- 1.** [Sumo squat](#) 3 sets 6 reps
- 2A.** Body weight squat 30 seconds
- 2B.** Resistance band row 30 seconds
- 2C.** Body weight hip extension 30 seconds
- 2D.** Resistance band chest press 30 seconds
- 2E.** Farmers carry 40 yards

## **Day 3**

- 1.** [Dumbbell single arm floor press](#) 3 sets of 6 reps on both sides
- 2A.** Goblet squat 15 reps
- 2B.** Single arm cable row 15 reps on both sides
- 2C.** [Body weight hip thrust](#)- 15 reps
- 2D.** Single arm cable chest press- 15 reps on both sides
- 2E.** Suit case carry 40 yards on both hands

**Any questions? Hit me up [here](#)**