

# Fat Loss 12 Week Workout Program

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I want you to close your eyes and imagine that you are on the beach. The weather is hot and the ocean air is ever so soothing. You are lying on your beach towel, oblivious to any problems you may have at work or school. Bathing in the warm glow of the sun, you open your eyes for just a second and peak down at yourself, slowly a smile creeps over your lips as you admire your lean and hard midsection. Yes, all those hours in the gym have paid off. Simply put, you have arrived.

Now I am not going to lie to you, my program is not going to be easy, but it will produce better results than you ever thought possible! You might cuss me out a few times in the middle of your workouts, but you will be thanking me when you are living the scene that you just played out in your mind! And to me that is what counts.

As you no doubt have realized, bodybuilding is a backwards sport. They say eat three square meals a day, we say to eat 6 meals a day. What you have to realize is this--The bodybuilder is a master at creating an aesthetically pleasing appearance. Its what we do. We know our bodies inside and out, we can almost hear them talking to us throughout the day. My point is simple, the program I am designing for you is meant to produce several results from your body, results that I have not only produced in myself, but in many others as well. Results such as increased metabolism, increased definition, and best of all, a lean hard mid section that you can proudly show off at the beach. Without further ado, here is your 12 weeks to a leaner body workout program!

Ingredients:

**Aerobics:** Aerobics are an extremely important part of any fat loss program. I will only include cardio twice a week for a total of 30 minutes a session. This will give you great fat burning effects and rev your metabolic rate in the process instead of slowing it. If you get stuck in a rut, consider increasing this to 4-5 sessions per week. But closely monitor your weight room performance, and signs of overtraining.

**Weight Training:** Too many people exclude weight training from their routines when trying to burn fat. This is a costly mistake! Weight training spares and conditions our muscle mass. If you didn't weight train while dieting then you would end up burning up a lot of your muscle as energy. This is a dieters worst enemy, muscle needs a lot of calories too maintain itself. Quite simply put, the more muscle you have, the more fat you will burn. If you don't lift you can kiss your muscle goodbye, along with your metabolic rate. Not only that, but weight lifting doesn't stop by burning calories in the weight room. It actually raises our metabolism significantly for hours following our workouts! Therefore, we are actually still burning major calories even after we have left the gym! My weight lifting routine will be the backbone of this fat loss program. It will be fast pace and furious. It's results will be equally furious, though!

### Overview of Weekly Routine

**Monday:** chest, shoulders, triceps,

**Tuesday:** cardio, abs

**Weds day:** Quads, Hamstrings, and Calves

**Thursday:** cardio, abs

**Friday:** back, biceps, forearms

**Weekends Off**

### Day 1: Chest, Shoulders, Triceps

#### Chest:

- A. [Barbell Flat Bench Press](#) 3 sets to failure ( 10,8,6 ) After three weeks I want you to switch this exercise to [Dumbbell Flat Bench Press](#), then after three weeks of that switch back to the barbell again.
- B. [Barbell Incline Bench Press](#) 3 sets to failure ( 10, 8, 6 ) Just as I wrote above switch to [Dumbbell Incline Bench Press](#) after three weeks.
- C. [Dumbbell Flys](#) 1 set of 10 reps to failure
- D. [Incline Dumbbell Flys](#) 1 sets 10 reps to failure
- C. [Dumbbell Flys](#) Pick a very light weight on this one, don't go to failure just stretch your chest nice and easily for 12 repetitions.

#### Shoulders:

- A. Seated [Dumbbell Presses](#): 3 sets to failure 10-8-6
  - B. [Standing Lateral Raises](#): 3 sets to failure 10-8-6
- After three weeks of performing seated dumbbell presses and standing lateral raises, I want you to stop doing these exercises and switch to upright rows for 5 sets to failure at this many repetitions ( 10, 10, 8, 6, 6 ) then after 4 weeks of [Upright Rows](#) switch back to dumbbell presses and laterals.

#### Triceps:

- A. [Triceps Cable Pressdowns](#): 3 sets to failure 10-8-6 ( after three weeks of this I want you to switch to [Lying Triceps Extensions](#), then switch back after three weeks to triceps cable pressdowns)
- B. [Dumbbell Kickbacks](#) 3 sets to failure

**How to carry out workout:**

Notice that I say take the exercises to failure. This means that you are to lift the weight all the way up to the point where you cannot get another rep no matter how hard you try. When I put this ( 10, 8, 6 ) I mean that in your first set you should pick a weight in which you fail in the 10 rep range, your second set pick a weight in which you fail in the 8 rep range and your third in the 6 rep range.

**Lifting Speed:** Lift under control, don't just throw around the weights. Take one second to lift the weight and one to two seconds to lower it.

**Rest in Between Sets:** Rest about a minute to a minute and a half between sets. Rest Two to three minutes between muscle groups.

**Notes:** Nothing; and I mean nothing will raise your metabolism more effectively than the challenging workout that I have laid out above! This face paced workout is definitely meant to get you cut up and lean!

**Cardio, Abs, Tues Thursday**

30 minutes [Fitness Heart Zone 60-70 percent of Maximum Heart Rate](#) using any type of aerobic machine (i.e. stair master, stationary bike )

**Abs:**

- A.** Lying leg raises work your way up to 30 lying leg raises and then hold your legs for 30 seconds about 6 to 8 inches off of the ground
- B.** [Crunches](#) start with 20 and work your way up to 50
- C.** [Twisting Crunches](#) one set on each side, start with 20 and work your way up to 50
- D.** [Crunches](#) again 20 and work your way up to 50

Rest about 30 seconds between sets

**Notes:** Cardio is a very important aspect of your workout routine. As it burns fat at an extremely high level. It is vital to always keep your body on its' toes as it responds at a higher rate this way. You see if your body gets used to working out a certain way it will burn less calories and your results will come slower. In order to avoid this I would change the exercise you perform every workout. Example:

**Cardio week one:** The Elliptical Cross Trainer exercise machine

**Cardio week two:** A Stationary bike

**Cardio week three:** The Stair Master

**Cardio week four:** Start over

My point is simple, if you change your cardio routine every workout your body

will be on it's toes and will have to adapt and burn fat faster than you ever though possible! If you can't switch every week, than at least switch every 3 weeks.

**Please read:**

[Warming Up For a Cardiovascular Workout](#)  
[Very Important! How to take Your Heart Rate](#)  
[How To Determine Your Maximum Heart Rate](#)

Day 3: Legs

**Quads and Hamstrings**

**A.** [Legg Presses](#) or [Squats](#): 3 sets to failure ( 10, 8, 6 )

**B.** [Leg Extensions](#) 3 sets ( 10, 10, 10 ) to failure After three weeks switch to [Sissy Squats](#) for 3 sets of 10 repetitions, then after three weeks of that switch back.

stretch completely for about 3 minutes using these exercises:

[Basic Groin Stretch](#)

[Basic Thighs Stretch](#)

**C.** Lying [Leg Curls](#): 3 sets ( 10, 10, 8 ) After three weeks switch to [Standing Leg Curls](#) for 3 sets of (10, 8, 6),

then after three weeks of that switch back.

again stretch out using this stretch:

[Basic Hamstrings Stretch](#)

**Calves**

**A.** 5 sets of [Seated Calf Raises](#) ( 10, 10, 10, 8, 6 ) After three weeks switch to [Standing Calf Raises](#), then after three weeks of that switch back to seated calf raises.

Notice that I say take the exercises to failure. This means that you are lift the weight all the way up to the point where you cannot get another rep no matter how hard you try. When I put this ( 10, 8, 6 ) I mean that your first set you should picka weight in which you fail in the 10 rep range, your second set pick a weight in which you fail in the 8 rep range and your third in the 6 rep range.

**Lifting Speed:** Lift under control, don't just throw around the weights. Take one second to lift the weight and one to two seconds to lower it. To read more on lifting tempo [click here](#)

**Rest in Between Sets:** Rest about a minute to a minute and a half between sets. Rest Two to three minutes between muscle groups.

**Notes:** Great workout, your legs will look fantastic for the summer time.

Day 5: Back, Biceps, Forearms

**Back:**

**A.** [Lat Machine Pull downs](#) to the front 5 sets to failure (10-8-6) After three weeks switch to close grip lat pull downs, then after three weeks of that switch back to wide grip.( P.S.) If you prefer [Wide Grip Chins to the Front](#) that will work as well

**B.** [One Arm Dumbbell Rows](#) 3 sets 10-8-6 reps then after 3 weeks switch to [Seated Cable Rows](#) for ( 10, 8, 6 )

**C.** [Bent Over Dumbbell Laterals](#) 3 sets 10-10-10 standing, then after 3 weeks perform this same exercise seated then again switch back to standing after 3 weeks.

**Biceps:**

**A.** 3 sets [Standing Barbell Curls](#) ( using curl bar or normal barbell ) curls to failure 10-8-6 after 3 weeks switch to [Seated Dumbbell Curls](#).

**B.** 3 sets [Concentration Curls](#) to failure 10-8-6 after 3 weeks switch to seated [Alternate Dumbbell Curls](#).

**Forearms:**

**A.** [Barbell Wrist Curls](#) 3 sets to failure ( 10, 8, 6 )

**B.** [Reverse Barbell Wrist Curls](#) 3 sets to failure ( 10, 8, 6 )

**How to carry out workout:**

Notice that I say take the exercises to failure. This means that you are lift the weight all the way up to the point where you cannot get another rep no matter how hard you try. When I put this ( 10, 8, 6 ) I mean that your first set you should pick a weight in which you fail in the 10 rep range, your second set pick a weight in which you fail in the 8 rep range and your third in the 6 rep range.

**Lifting Speed:** Lift under control, don't just throw around the weights. Take one second to lift the weight and one to two seconds to lower it. To read more on lifting tempo [click here](#)

**Rest in Between Sets:** Rest about a minute to a minute and a half between sets. Rest Two to three minutes between muscle groups.

**Notes:** Again great workout for conditioning and strengthening your back and biceps. Will probably burn more calories than any workout you performed all week.

**Alternative Training Splits**

I realize that each individual likes to workout at different times and also different days. Here are two alternative training splits. You will still use the same routines, just simply adapt them to the following days.

**Alternative Split One:**

**Monday:** chest, shoulders, triceps,  
**Tuesday:** cardio, abs  
**Weds day:** Quads, Hamstrings, and Calves  
**Thursday:** cardio, abs  
**Friday:** back, biceps, forearms  
**Saturday:** off

Sunday: Start The Cycle Over

**Alternative Split Two:**

**Monday:** chest, shoulders, triceps  
**Tuesday:** cardio, abs  
**Wednesday:** back, biceps, forearms  
**Thursday:** Quads, Hamstrings Calves  
**Friday:** off  
**Saturday:** Start the Cycle over

**Conclusion:**

This is no easy workout, but it will definitely produce great results when combined with my fat loss diet. The key is to ask yourself if having a great body is worth it to you. In fact in my mind part of getting something is knowing what you will have to give up to get it. If you decide to follow my program then you feel that showing off at the beach is far better than missing a workout. We will be here to support you! If you have any questions feel free to ask. And good luck.

Sincerely

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