



**Ladies Technical Lifting Class**  
**Lifting Weights For**  
**Fat Loss**

**By**

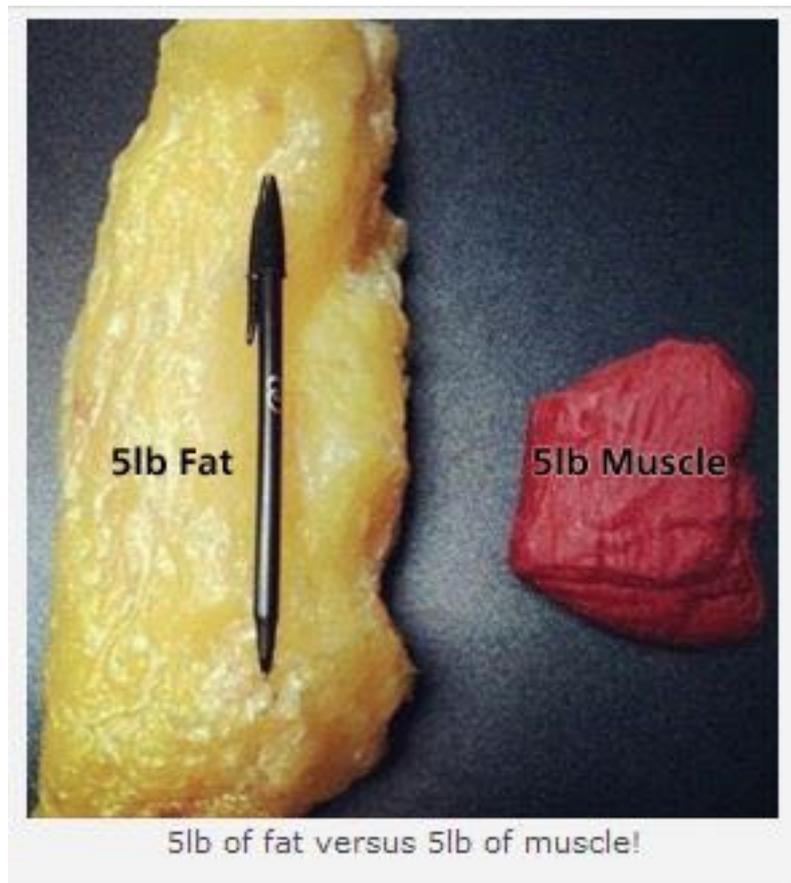
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### 3 Main Facts & Myths

Before I decided to write this PDF I thought I would start by putting 'women's weight training for fat loss' in google. I was shocked by the amount of misinformation still circulating around the internet on this subject. So I need to write this section first before I write the section on how to **Lift Weights For Fat Loss**. Don't get me wrong in the past 2 years alone I have notice a bigger trend in women who have gone outside of mainstream diets and exercise routines to research for themselves how to get into the best possible shape.

#### Myth 1

### **Muscle Weighs More That Fat / It makes you bulk (Not True)**



**Fact 1** Actually that is a really inaccurate analogy as 5kg of Muscle Weighs exactly the same as 5kg of Fat. Muscle is much denser tissue than Fat so on your body it will look smaller. This obviously dispels the '**Bulking Myth**' because if you carry more muscle than fat you will be leaner. In fact muscle is five times denser tissue than fat. It looks harder than fat and it is more energy demanding so it burns calories by just existing.

## Myth 2

### Just Eat Clean & Don't Worry About Calories (Cliche)



**Fact 2** Actually I'm being a bit unfair with this one. Eating clean is the latest trend and I picked on this because it won't be the last trend of eating. I actually think just from a health point of view it's encouraging people to eat fresh highly nutritious foods is actually a good thing. But even if eating too many highly nutritious foods, if it's over your calorie needs it will make you put on body fat.

I'm going to let you into the biggest secret in the diet industry "**All diets work to help you lose weight as they all create a calorie deficit**". If I released a book called "Just eat less than you need" it would sell one copy to my mum. This is because the truth isn't sexy and doesn't sell. Cutting out food groups like Carbohydrates, Fats or Proteins create a calorie deficit. Weight watchers point system creates a calorie deficit. A friend of mine became a Vegan and lost 9kg and attributed it to giving up animal products. Unfortunately I didn't have the heart to tell him the lack of animal products created a calorie deficit.

Don't buy into trends to improve body composition. Google **BMR calculator** and find out your calorie needs then create a small deficit of about 15% which you wouldn't probably notice after a few days and you will lose fat. Compliancy is key. Extreme calorie deficits will force the body to give up energy from muscle which slows metabolism. Eat the right amount of food predominantly from nutritious foods and you will lose body fat.

## Myth 3

### Cardio : Eat Less & Move More



**Fact 3** Before I start I have nothing against cardio as it has many benefits for health and simply some people just enjoy doing cardio. I also think cardio can be an additional tool to use in the latter stages of fat loss.

What I'm referring to in this booklet is excessive cardio to lose fat. Many years ago gym goes have been told about the Fat Loss benefits of cardiovascular exercise. I agree it can help to shift Fat. Unfortunately we as a species often think more is better. So instead of doing a weights workout for 35 to 45 minutes and include 15 to 25 minutes of cardio activity. We heard Fat Loss and thought more is better.

There are several reasons excessive cardio can be detrimental to long term Fat Loss. If you are looking to take up distance running or another form of competitive cardio then additional cardio is a must.

The problem with excessive cardio for Fat Loss is we adapt to it really quickly and then we just sweat for the sake of sweating. Our bodies become really efficient at the adaption of a cardiovascular stress. That's where we have to ramp up the intensity or duration of the exercise further to illicit a result. It is also highly stressful on the body and stress hormones are catabolic which mean they eat into muscle tissue. Training is stressful but after a period of time the elevation of the stress hormone cortisol can have adverse effect on fat burning. It only raises calorie output a small amount where weight training continues to burn calories throughout the day.



## Reasons Why Weight Training Helps You Lose More Fat

Weight training is far more effective at making the body utilise its fat reserves. The added benefit is if you build muscle you get lean and stay lean. Muscle in itself is demanding tissue that requires a large amount of calories to exist. Obviously one of the main questions I get is '**Will it make me bulky?**' which I answered earlier. There is an initial stage when you first build muscle that makes a lot of women feel bulky. This as a trainer I call the **make or break** section as psychologically it can be tough for a women to understand the process. This is because magazines have been lying to women for a long time. You have to build muscle first for it to become active tissue to make you lean. **Plus throw away the scales as they don't tell you anything worth knowing. In fact they play mind tricks on you.**





## Sophie's Story

Above is a picture of my client Sophie's 18 week progression. Sophie by the end picture actually **gained 4.2Kg of total bodyweight**. She also lost **16cm from her waist and dropped 2 dress sizes and dropped 11.8% body fat** according to calliper readings. Why I like this as an example is it shows how over time it's not a linear process of losing a pound or half a kilo per week like many mainstream diets will have you believe. Lets be honest if they told you the truth you would lose the fat and never return to buy anymore of their companies products. The progression also shows how at around 8 weeks Sophie looked bulky. I was really lucky with Sophie as she trusted me and the process and after the muscle was built we used the systems and approached I will show you today to get Sophie lean. Sophie spent years doing 1200 calorie diets and worked with a trainer who gave her loads of cardio and circuits she couldn't recover from. I might also add Sophie did less than 2% cardio during the whole 18 weeks of the program.



# How To Weight Train For Fat Loss

**The question isn't how? but why?** to use weight training for Fat Loss. Research unearth by strength a coach Hala Rambie, a Romanian exercise scientist who defected to West Germany in East German in 1968. Then made popular by Canadian Strength Coach Charles Poliquin. He discovered that through the Lactic Pathways there was a much more effective way of reducing body fat than the aerobic pathways. It's theorised that increasing Lactic Acid alters the ph level of blood and in turn signals to the brain to allows a much larger release of growth hormone. Growth hormone helps mobilise fat from fat cells (lipolysis).

When training we will use systems of training that increase the bodies production of Lactic Acid. This is the catalyst to the reaction I discussed in the last paragraph. All the weight training methods come under the banner of Lactic Training. If you haven't generated a large amount of Lactic Acid before it can be a quite uncomfortable at first. It's actually not unusual to feel sick or actually vomit. That's because Lactic Acid registers as a toxin in the stomach like if you ate a poisonous berry in the wild and as a survival mechanism will empty your stomach by vomiting. You do build a bit of tolerance to it and eventually it just feels like burning.

So how do you generate Lactic Acid from weight training. The methods I cover below are proven systems. All the systems use -

- **Blood Shunting or Create Peripheral Heart Action** (Moving blood from one end of the body to the other)
- **Time Under Tension (TUT)** which is using concentric, eccentric and isometric contraction to keep continual tension on the muscle. Ideally between 40 to 70 seconds.
- **Incomplete Rest** this requires you to jump into the next set of exercises before you have fully recovered. The intensity of the exercise must be dropped to enable enough working volume to be complete.
- **Energy Systems Usage** creating a workout that yes uses the Energy system Lactic Acid but also Creatine Phosphate and Aerobic System. Preferable used in one go.

**Lactic Acid>PH Balance>Growth Hormone (GH)  
>Metabolic Stress**

## Proven Methods Of Lactic Training

All the methods below I have used in the past with clients and they all work if done correctly.

### **6-12-25 Method**

The clue is in the name with this one as it's a rep scheme. It's an agonist workout meaning you work the same muscle group. Select 3 exercises and put them in order of difficulty or neural demand. Lets say for argument sake you want to train legs. You select for you first exercise A1 a squat as it's the most neutrally demanding and requires more balance and stabilising muscles to complete. You'd do this exercise for 4-6 reps heavy with good form and slower tempo and select the weight accordingly. Then make a quick transition to the next exercise say no more than 10 to 15 seconds. Your next exercise A2 would be a walking lunge with Dumbbells. Do this for 10-12 reps and again quick transition to the last exercise which would be a machine based exercise as this requires less demand. This should be a light weight which you complete for 25 reps. Use machine based exercise as it reduces risk of injury. If you selected weight accordingly you probably won't make all 25 reps or it will be a 90-100% effort. 15-20 reps would be ok on last set. Rest for 90 seconds and repeat. This system uses **energy systems, incomplete rest, time under tension** as the main stressor to accumulate Lactic Acid. Here is an example of a Leg 6-12-25.

**A1]** Squats, 4 x 4-6, Tempo 5010, Rest 10-15 Seconds

**A2]** Dumbbell Walking Lunges, 4 x 10-12, Tempo 3010, Rest 10-15 Seconds

**A3]** Leg Press, 4 x 15-25, Tempo 2010, Rest 90 Seconds



## GBC German Body Composition Training

This is one of my go to methods for fat loss with both beginner and advanced clients. It combines a lower body compound movement and an upper body compound movement together in a superset or a push & pull movement together in a superset. This **shunts blood up and down** the body creating a lactic response. Plus I use **incomplete rest** and slightly higher reps to create more **TUT**. Depending on the person the lactic build up can be high. A great system to increase strength and lose body fat at the same time.

Here is an example **GBC-**

**A1]** Trapbar Deadlift, 4 x 8-10, Tempo 3010, Rest 10-15 Seconds

**A2]** Neutral Medium Grip Pulldown, 4 x 12-15, Tempo 3011, Rest 60 Seconds

There is also **The GBC Double Method** for more advance trainees. In this variation we use a tri-set of Lower Body compound followed by Upper Body Compound and followed again by lower body compound. This creates even more Lactic Build Up through blood shunting plus longer TUT.

Here is an example of **GBC Double Method-**

**A1]** Trapbar Deadlift, 4 x 8-10, Tempo 3010, Rest 10-15 Seconds

**A2]** Neutral Medium Grip Pulldown, 4 x 12-15, Tempo 3011, Rest 10-15 Seconds

**A3]** Trapbar Deadlift, 4 x 8-10, Tempo 3010, Rest 60 Seconds



## Ascending Velocity Training (AVT)

Ascending Velocity Training is another form of GBC. The main difference here is we use a tri-set and the tempo of the lift increases in velocity as the series progresses. Your A1] Tempo 5010 A2] Tempo 3010 A3] Tempo 10X0. This would also have an increase in reps and a decrease in intensity. Working different strength qualities.

Here is an example of **Ascending Velocity Training (AVT)**-

**A1]** Trapbar Deadlift, 4 x 4-6, Tempo 5010, Rest 10-15 Seconds

**A2]** Neutral Medium Grip Pulldown, 4 x 8-10, Tempo 3010, Rest 10-15 Seconds

**A3]** Dumbbell Vertical Jumps, 4 x 12-15, Tempo 10X0, Rest 90 Seconds



## Modified Strongman Training (MST)



Anyone who knows me will tell you that **MST** is my choice of Fat Loss and Lactic inducing system. It's fun, challenging and you feel like you've accomplished something by the end. My bias aside it's a really great way to work through every energy system which is applicable to most sports and you also build strength and muscle. Although we associate Strongman with the worlds strongest man athletes that seem a little bit over weight. Modified Strongman Training is similar events with reduced weights using similar events. It's now used in top level sports like Rugby and in one study in 2014 showed significant increase in strength and conditioning over conventional barbell and dumbbell work.

Exercises like Log Press, Tyre Flips, Loaded Carries, Farmers Walks, Drags & Pulls of Sledges and prowlers all generate not only a high **Lactic** concentration but a **huge calorie out put** during the session. In addition when the session is over you create an **Excessive Post Exercise Oxygen Consumption (EPOC)** this is also known as '**The After Burn Effect**'. This is something that is thrown around a lot. It simply means that demand of the exercise will make you carry on burning calories for up to 16 hours after exercise.

## High Intensity Interval Training (HIIT)



Unfortunately a lot of people who tell me they do HIIT are very much mistaken. You're not doing HIIT training no matter what the latest internet exercise guru is telling you. I'm sorry to be the bearer of bad news but it's a marketing tool used by some people in fitness to sell you their cook books, exercise regimes and home workout DVD's. What you are doing is a circuit or exercises. If you google HIIT training you will read about the research associated with HIIT training like fat loss, improved health and glucose metabolism. Most people I see in the gym where I work seem to believe they are doing HIIT are actually performing a circuit. Even trainers market themselves as HIIT trainers. Then I see them giving their clients a circuit, not HIIT.

Before I go any further I also need to explain what the meaning of the words **Intensity** means. I see the word Intensity thrown around a lot and thrown around wrongly. If someone does a few exercises together with little rest they say that was a really intense workout. It was in fact a dense workout where volume is the main stressor not intensity. Intensity is an expression that is used for something that can only be completed once. One Rep Max **1RM**. The closer something is to a heavy lift that can only be completed once the more

intense an exercise is by definition. So half hour of throwing around 4kg dumbbells is not intense its dense.

Someone said to me the other day it doesn't really matter what you do in the gym as you are burning calories. Really? Actually you are burning calories asleep does that mean it doesn't matter how you sleep as you are burning calories. I'm a great believer in training to elicit a desired result. Not exercise to sweat aimlessly. If you look at my consistent results and look at other trainers results then there is a very big difference between exercise and training. Weight training burns less calories than running a 10k but you get leaner and more toned doing weights.

I was first introduced to **High Intensity Intervals Training (HIIT)** about 9 years ago. I'd found an obscure article about research on Sprint training that talked about increased insulin sensitivity more than standard cardio in the fat burning zone or as it's been named **Low Intensity Steady State (LISS)**, increased athletes Vo2 Max more than endurance training, plus had greater benefits for fat loss. The first time I tried the sprint routine on a bike I was nearly sick. This was great for 2 reasons. One I started losing weight because I was on the borders of type 2 diabetes so the improved glucose uptake was a benefit. Two I had plateaued in my fat loss and wanted to see if this actually worked as it went against the 'You don't start burning fat until 20 mins into your workout camp'.

There are several variations of HIIT or **Sprint Interval Training (SIT)** the **Tabata Method** invented Izumi Tabata, the Timmons Method invented by Jamie Timmons at Loughborough University. They all look at tapping into the Creatine Phosphate Energy System which is used for about 15-20 seconds during a sprint before exhausting it self. This creates an **Exercise Oxygen Consumption (EPOC)** effect which can make your metabolism rise for anything up to 16 hours after training.

It included a warm up of 5 minutes then **short 20 second sprints at 90-100% of maximum output** for 6 sets. I don't think Ive felt as beaten as I did after that 1st HIIT workout and a little sick. Having said that an hour after the workout I felt euphoric. All the trainers at the gym told me it won't work as I'm not performing cardio long enough (Some trainers still believe that). Within about 6-8 weeks I lost a large amount of fat. I looked great and my overall performance was amazing. Then all the people that told me it wouldn't work started doing sprints. That is why I keep an open mind to other methods of training.

I like this method of training but it isn't for everyone. Some people literally find it traumatic. That's probably why the internet gurus sell an extremely watered down version that actually isn't HIIT. I will say it can be demanding on the body and I don't think it should be used for too long. You should periodise the use of it for 6 weeks and maybe use other methods.

