

Fat Loss Training Program



ORIGINAL GYMSTERS

— Your Teammates in Fitness —

This program is designed for men and women looking to lose fat and tone their muscles to gain a more appealing physique. Beginners and intermediate level men can benefit from this program. You must have access to a gym to complete this program. You must also be able to workout for an hour 4 times a week with an additional (optional) day for more gains! The program is designed to help lose 1 to 3 lbs of fat per week.

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Your Body

This program will help anyone with the determination to stay on track lose weight. You must work hard and push yourself. Follow the program for 4 weeks at least to see progress and allow your body to adapt.

To bring your body to a fat loss state you must:

1. Increase lypolysis (fat breakdown)
2. Decrease lypogenesis (fat accumulation)
3. Burn free fatty acids with exercise
4. Maintain muscle tissue
5. Maintain metabolic rate and optimal hormone function

There are a few essentials that you'll need to complete in order to see progress with this program, as it is not specifically geared toward your goals:

1. Consult a doctor about starting a fitness program
2. Consult a nutritionist about specific foods that you can eat to help achieve your goals
3. Drink $\frac{2}{3}$ your bodyweight in ounces of water plus 16 oz per 30 minutes of exercise daily
4. Sleep a least 7 hours per night
5. Supplements: Multivitamin, Omega fats, caffeine in the morning (optional)
6. Track your progress!!!!!!!!!!!!!!
7. Consistency

The next section will include various diet strategies that will help improve the appearance of your physique and help choose which foods to include in your diet to do so.

Diet Strategies

Here are a few pointers to help you lose weight and tone your muscles:

1. Eliminate breads, flour and gluten grains including wheat, barley and rye.
2. Eliminate grain and vegetable extracted cooking oils: instead cook with butter, animal fats and coconut oil.
3. Eat more animal protein.
4. Eat when hungry and don't binge. Overeating and stuffing your face is counterproductive.
5. Eat 4 to 5 meals a day with the heaviest meals coming before and after your workouts.
6. Eat every 2 to 4 hours. Try not to exceed 4 hours without eating.
7. Only consume simple carbohydrates like fruits early or around your workouts.
8. Consume adequate omega fats and vitamins.
9. Lower calorie intake by 200-300 calories every 2 weeks.
10. Have ONE CHEAT MEAL on a training day every 2 weeks.
11. Track Your Food - MyFitnessPal.

TIP: Diet is the most important aspect of losing weight. Simply following the training program will not give optimal results. Follow the diet strategies while constructing your diet. You do not have to be extremely restricting with your diet. If you crave a cookie, have a cookie, but do not binge! Also, if you do mess up one night and see that you've gained a ton of weight, DON'T WORRY! Most of the weight is water weight. NOT A BIG DEAL. Just make sure to get back on track and keep moving forward.

Macronutrient Guide: use MyFitnessPal

1. Calories: bodyweight (lbs) x 10-12
2. Protein: 1g/lb of bodyweight
3. Fats: 1g/2.2 lbs of bodyweight
4. Carbohydrates: The remainder of the calories which usually equates to about 1g/lb of bodyweight
5. Sodium: 500-750mg per liter of water

Weight Training Program

This training program is designed to stimulate muscle growth and repair while on a calorie deficit. It is essential that you work very hard and practice proper form and full range of motion. You should be sweating during your workouts. The reps in this program are not prescriptions. Every set should be difficult.

Please refer to the B.E.A.S.T Fit Training program for proper warm up and preparation techniques such as dynamic warm ups and foam rolling. Each workout is to occur after proper warm up of the relevant joints and muscles.

1. Day 1: Legs

Exercise	SxR	Rest	Notes
Squat Variation	5x10	60s	Back Squat/ Leg Press/ Goblet Squat
Dumbbell Romanian Deadlift	3x15	60s	
Walking Lunges	3x12/ea	0s	No Rest, Go at your own pace
Seated Leg Curl	4x15	60s	Or Lying Leg Curl
Leg Extensions	4x20	60s	
Calf Raise	3x15/ 3x25	30s	Seated or Standing

CARDIO: After the strength training, perform 20 minutes of cardio with 16 minutes being HIIT and 4 minutes steady state.

HIIT Ex: 8 20 second bike sprints with 100 seconds rest

2. Day 2: Chest/Back

Exercise	SxR	Rest	Notes
Machine Rows	5x10	60s	
Flat Dumbbell Bench Press	5x10	60s	
Bent Over Barbell Row	4x8	60s	
High Cable Crossover	4x15	60s	Or Chest Fly Machine
Superset: One Arm Dumbbell Row and Push-Ups	3x12/ea / 3x15	60s	
Superset 2 ab exercises	3x25/ 3x25	30s	Choose an ab crunch and a leg raise

3. Day 3: Rest

4. Day 4: Shoulders and Back

Exercise	SxR	Rest	Notes
Wide Grip Pull Downs	4x10	60s	
Parallel Grip Pull Downs	4x12	60s	
Military Press	4x10	60s	Machine, barbell or dumbbell
Superset: Bent Over Lateral Raise and Side Lateral Raise	3x15/ 3x15	60s	
Seated Cable Row	3x10	60s	
Calf Raise	3x15/ 3x25	30s	Seated or Standing

CARDIO: After the strength training, perform 20 minutes of cardio with 16 minutes being HIIT and 4 minutes steady state.

HIIT Ex: 8 20 second bike sprints with 100 seconds rest

5. Day 5: Chest and Legs

Exercise	SxR	Rest	Notes
Squat Variation	5x10	60s	Back Squat/ Leg Press/ Goblet Squat
Flat Barbell Bench Press	5x10	60s	
Superset: Single Leg Extension and Seated Leg Curl	4x15/ea/ 4x15	60s	
Chest Press Machine	4x15	60s	
Incline DB Flyes	4x12	60s	
Superset 2 Ab exercises	3x25/ 3x25	30s	Choose an ab crunch and a leg raise

CARDIO: After the strength training, perform 20 minutes of cardio with 16 minutes being HIIT and 4 minutes steady state.

HIIT Ex: 8 20 second bike sprints with 100 seconds rest

6. Day 6: Rest or Optional ARM Day

Exercise	SxR	Rest	Notes
Close Grip Smith Machine Press	5x10	60s	
Barbell Curl	5x10	60s	
Superset: DB Hammer Curl and Overhead DB Tricep Extension	3x15/ea/ 3x15	60s	
Preacher Curl	3x15	60s	
Cable Rope Pull Down	3x12	60s	

7. Day 7: Active Rest : B.E.A.S.T Fit Program

FINAL NOTE: Try to progress every workout. Each workout should be harder than the last. Stay on track and trust the process. Schedule a FREE Consultation to find out what you need to achieve your fitness goals.