



Train Like an Alpha: The Proven Training Blueprint for Fat Loss & Muscle Gain

By Oubafitt | IFBB Pro & Online Coach

Transform your physique with proven strategies from a seasoned professional. No fluff, no gimmicks—just the exact methods that have helped over 500 clients achieve remarkable results.

Your Path to Physical Transformation Starts Here

Welcome to **Train Like an Alpha**—a no-nonsense guide to help you finally build a leaner, stronger body without wasting precious time on ineffective methods.

After 12 years in competitive bodybuilding and transforming over 500 clients' physiques, I've distilled my expertise into this comprehensive blueprint—the same structure I use in my renowned Alpha Optimization Method to deliver consistent results.

This guide cuts through the fitness industry noise to deliver exactly what works for real men seeking genuine physical transformation.



Fat Loss Isn't Just Diet – You Must Train Right



Metabolic Boost

Proper training elevates your resting metabolic rate, allowing you to burn more calories even when inactive, creating a physiological environment primed for fat loss.



Muscle Development

Strategic resistance training stimulates myofibrillar hypertrophy, increasing lean mass that reshapes your physique while improving functional strength and power.



Body Recomposition

Unlike random workouts or excessive our structured approach simultaneously strips fat and builds muscle, complex transforming your physical appearance.

Most blokes waste valuable gym time doing endless cardio sessions or following unstructured workouts with no strategic progression. The method changes everything.



The Winning Combo: Burn Fat Build Muscle.

Fat Loss Training

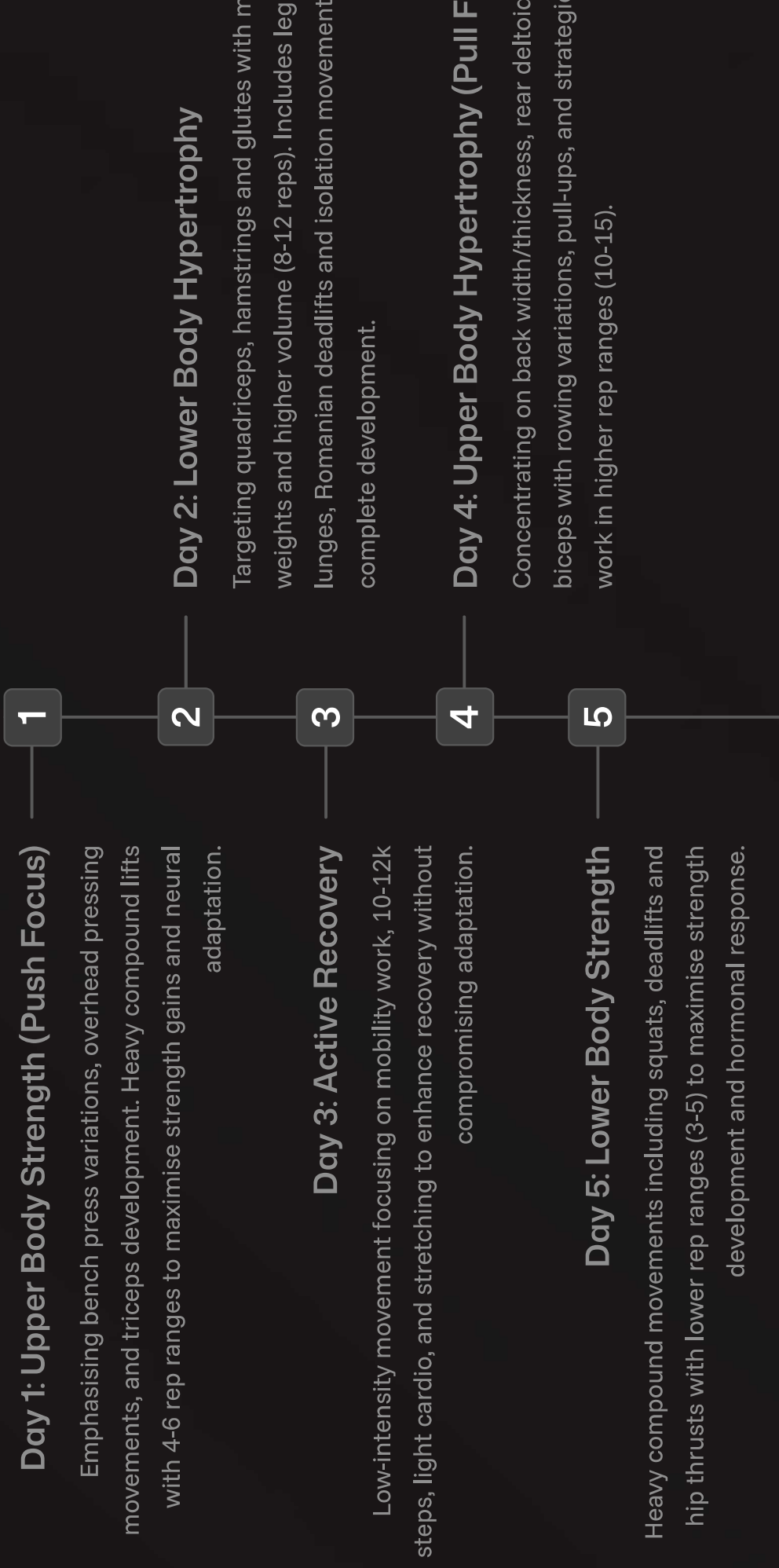
- High-intensity compound movements
- Strategically programmed supersets
- Abbreviated rest periods (30-60 seconds)
- Elevated movement volume for caloric expenditure
- Metabolic conditioning finishers

Muscle Gain Training

- Systematic progressive overload principles
- Precise technical execution movements
- Strategic volume distribution muscle groups
- Optimal recovery protocol sessions
- Periodised intensity techniques

The key insight: You don't need to choose between these goals. With intelligent programming, you can simultaneously shed fat whilst building quality muscle.

Alpha Weekly Split (4-5 Days)



5 Golden Rules of Alpha Training

Prioritise Compound Lifts

Make squats, deadlifts, presses and pulls the foundation of your programme. These multi-joint movements recruit the most muscle fibres, stimulate the greatest hormonal response, and deliver the most efficient results.

Quality Over Quantity

Execute each repetition with deliberate control and proper technique. Six perfect repetitions stimulate more growth than twelve sloppy ones, whilst significantly reducing injury risk.



Progressive Overload

Systematically increase training demands weekly—whether through weight, repetitions, sets or decreased rest. This progressive challenge is the fundamental stimulus for continuous adaptation.

Strategic Rest Periods

Manipulate rest intervals based on training goals. Primary goal: 30-60 seconds for strength emphasis, 2-3 minutes for strength-power development. This single variable dramatically alters training outcomes.

Meticulous Tracking

Record every workout parameter: weights, repetitions, rest periods, subjective intensity ratings. This data-driven approach enables precise progression and prevents plateaus.

When & How to Use Cardio



The Alpha Cardio Protocol

Cardio is a tool—not the entire toolbox. Deploy it strategically to maximise fat loss while preserving hard-earned muscle.

Daily Foundation:

- 8,000-12,000 steps spread throughout the day
- Morning fasted walking for enhanced fat oxidation
- Post-meal short walks to improve nutrient partitioning

Strategic Cardio Sessions:

- 2-3 weekly sessions, never exceeding 30 minutes
- HIIT: 10-15 minutes of 20-30 second all-out efforts
- LISS: 20-30 minutes at 65-70% max heart rate

Walking remains the most underrated fat loss tool—zero recovery cost with significant caloric output when accumulated consistently.

Common Training Mistakes That Kill Progress



Chasing Fatigue Over Progression

Being completely destroyed after every session doesn't equate to results. Sustainable progression on key lifts trumps temporary muscle soreness or exhaustion. Focus on beating logbook numbers, not seeking pain.

Additional pitfalls include excessive training volume without adequate recovery and failing to track workouts, which prevents objective assessment of progress.



Neglecting Lower Body Training

The most common mistake among men is inadequate leg development. Your lower body contains over 60% of your muscle mass and drives hormonal responses that benefit your entire physique. Skipping leg day sabotages overall results.



Programme Hopping

Constantly switching programmes by allowing insufficient time for adaptation kills meaningful progress. Most training programmes require 8-12 weeks of consistent implementation before their effectiveness can be properly assessed.

Debunking BS You See on Social Media

1

"Lifting Makes Women Bulky"

This persistent myth ignores basic physiology. Women have approximately 15-20 times less testosterone than men, making significant muscle bulk virtually impossible without pharmaceutical assistance. Weight training actually creates the lean, toned aesthetic most women desire.

2

"You Must Train 6-7 Days Per Week"

Research consistently shows that training frequency is far less important than overall volume, intensity and recovery. A properly structured 4-day programme can deliver superior results to a 7-day split, particularly for natural trainees who require adequate recovery between sessions.

3

"Fat Loss Requires Hours of Cardio"

This outdated approach ignores the superior efficiency of resistance training for long-term fat loss. Training creates a 48-72 hour boost through EPOC (Excess exercise Oxygen Consumption) whereas cardio's caloric benefit is short-lived, dropping significantly shortly after the session concludes.

Ready to Build Your Alpha Body?

You now possess the exact blueprint that has transformed hundreds of men's physiques. The principles in this guide aren't theory—they're battle-tested strategies refined through years of competitive bodybuilding and client success.

If you're ready to apply these concepts with a fully personalised plan tailored to your specific body type, starting point, and goals, I'm here to guide you every step of the way.

Take Action Now:

- Book a complimentary consultation call to discuss your transformation goals
- DM "ALPHA" on Instagram for exclusive training resources
- Join the Alpha community for ongoing support and accountability

Book Your Free Call

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