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AIFA – Fitness Artificial Intelligence

LOGO

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Gain Mass Tips

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FIGCAPTION

7 Creative Hacks To Improve Classic Exercises

SECTION AUTHOR

FIGURE

IMG

Nick.jpg

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ARTICLE

A Fat-Loss Five sequence consists of five exercises performed back to back in a circuit. This circuit is developed to be a simple—but not easy—training formula to follow. It's designed to be a fully comprehensive training formula that covers all of the bases. There are two basic components to the Fat-Loss Five circuit: four strength exercises and one total-body cardio exercise.

While you cycle through strength exercises, the sequencing of the Fat-Loss Five circuit creates a constant cardiorespiratory effect. Whenever you perform any strength exercise, your body pumps more blood to the muscles involved in the movement. By performing an upper-body exercise, followed by a lower-body exercise, followed by a core exercise, you constantly change where your body must increase blood flow.

Additionally, finishing each circuit of strength exercises with a burst of total-body cardio interval exercise keeps this cardio-respiratory effect going even longer.

Here are the five categories that make up a Fat-Loss Five circuit:

1. Upper-body pushing exercise
2. Upper-body pulling exercise
3. Lower-body leg- or hip-oriented exercise
4. Core exercise
5. Cardio exercise

The beauty of the Fat-Loss Five circuit is its simplicity and versatility. As I explain in my new book "[Strength Training for Fat Loss](http://www.amazon.com/exec/obidos/ASIN/1450432077/bodybuildingco05)," you can plug in virtually any exercise you want as long as it fits in the five categories.

SECTION

### Ingredient 1: Upper-Body Pushing Exercise

The purpose of these exercises is to incorporate the muscles of the chest, shoulders, triceps, and torso in order to maintain a stable body position.

Here's a list of the top five exercises I suggest for this category:

1. [Lunge and band chest press](https://www.youtube.com/watch?v=CW5nbMv4BMs)
2. [Break-dancer push-up](https://www.youtube.com/watch?v=TmcWvlQdQbE)
3. [Push-back push-up](javascript:pop('pushups'))
4. [Box crossover push-up](https://www.youtube.com/watch?v=eumuXqVcYvE)
5. [Uppercut (with dumbbells)](https://www.youtube.com/watch?v=T0eXGAYl6xg)

#### Forward Lunge + Chest Press Exercise With Resistance Bands Watch The Video - 01:16

<iframe width="420" height="315" src="https://www.youtube.com/embed/CW5nbMv4BMs" frameborder="0" allowfullscreen></iframe>

SECTION

### Ingredient 2: Upper-Body Pulling Exercise

The purpose of these exercises is to incorporate the muscles of the back, shoulders, biceps, and torso in order to maintain a stable body position.

Here's a list of the top five exercises I suggest for this category:

1. [Wide-grip band row](javascript:pop('upright-row-with-bands'))
2. [Band swimmers](https://www.youtube.com/watch?v=vaqArj6M9zo)
3. [Alternate-arm band row](javascript:pop('one-arm-dumbbell-row'))
4. [Suspension row](javascript:pop('suspended-row')) (low elbow or wide elbow)
5. [Suspension Y-pull](https://www.youtube.com/watch?v=mLXVYGIV_p0)

#### Suspension Y Lift Watch The Video - 00:11

<iframe width="560" height="315" src="https://www.youtube.com/embed/mLXVYGIV\_p0" frameborder="0" allowfullscreen></iframe>

SECTION

### Ingredient 3: Lower Body Exercise

You can choose either a leg-oriented or hip-oriented lower-body exercise to fill this category. The purpose of these exercises is to incorporate the muscles of the legs, glutes, and torso in order to maintain a stable body position.

Here's a list of the top five exercises I suggest for this category:

1. [Front](javascript:pop('front-barbell-squat')) or [back squat](javascript:pop('barbell-squat')) (with barbell)
2. [Swing](javascript:pop('one-arm-kettlebell-swings')) (with kettlebell or dumbbell)
3. [Lateral lunge](javascript:pop('barbell-side-split-squat'))
4. [Frog jump](https://www.youtube.com/watch?v=2EaDGI2nFcM)
5. [Alternate-leg step-up](javascript:pop('dumbbell-step-ups')) (with dumbbell)

#### Push Up with Frog Jump Watch The Video - 00:10

<iframe width="420" height="315" src="https://www.youtube.com/embed/2EaDGI2nFcM" frameborder="0" allowfullscreen></iframe>

SECTION

### Ingredient 5: Cardio Exercise

Although I don't recommend using these exercises as long-duration, steady-state cardio in the workout programs provided in my book, they are added in short duration within Fat-Loss Five circuits to boost their effectiveness.

They are kept to short 1-2-minute intervals, which drastically reduces the impact on your joints that they create when performed for extended lengths of time.

The cardio options for the Fat-Loss Five include shadowboxing or kickboxing, rope jumping, running, stationary bike (an Airdyne bike is preferred), rower, reaction ball, elliptical trainer, and VersaClimber.

ASIDE

SECTION

FIGURE

Loss-ingredients.jpg

#### 5 ingredients for the perfect fat loss circuit

Too often, metabolic circuits are little more than a mess of randomly paired movements. Here's the formula for a precise fat-loss workout that will test your limits while providing results!

SECTION

FIGURE

Image map

#### [Gym Hacks You Need To Know](http://www.bodybuilding.com/fun/7-gym-hacks-you-need-to-know.html)

Think outside the box, and your reward will be a better, more efficient workout. Use these 'hacks' to your advantage to become the envy of the weight room

SECTION

FIGURE

Image map

#### [Smart Dumbbell Lifting: Iso-Dynamic Training](http://www.bodybuilding.com/fun/smart-dumbbell-lifting-iso-dynamic-training.html)

Isometric training can be difficult and tedious, but you can reap its benefits with this overload technique. Pick up two dumbbells and start moving one of them!

SECTION

FIGURE

Burn-fat-like-crazy.jpg

#### [Burn Fat Like Crazy With 3 Unconventional Cardio Styles!](http://www.bodybuilding.com/fun/burn-fat-like-crazy-with-3-unconventional-cardio-styles.html)

Traditional cardio can be boring, unproductive cardio. Stop walking the treadmill like a zombie and try these alternative workouts that scorch fat and build strength!

SECTION

FIGURE

Hit.jpg

#### [HIIT Can Get You Huge, Especially If You Are A Meathead!](http://www.bodybuilding.com/fun/hiit-can-get-you-huge-especially-if-you-are-meathead.html)

The cardio devil details the effectiveness of HIIT cardio, breaking it down to the cellular level. Learn all you need to know about the science of slim.

SECTION

FIGURE

Hit.jpg

#### 5 keys to doing high-intesity intervals the right way

Cardio may be boring, but at least you'll burn far more calories when you follow these 5 rules for making HIIT workouts vastly more effective.

SECTION

FIGURE

Mistakes-back.png

#### 5 Mistakes Holding Back Your Gains

Don't let your muscle growth be limited by gains-killing mistakes. Easily dodge these 5 common roadblocks with MVP tips from the Twinlab Muscle Militia!