

12 Week Fat Loss Program

Frequency: 6x a week.

Cardio Days: Monday, Wednesday, Friday

Light Weight Training days: Tuesday, Thursday, Saturday

Rest Day: Sunday

Week One-Four

Monday, Wednesday, Friday: Treadmill Work

Warm up- 7 min/7.5 incline/3.0 speed.

-20 jump squats, 20 jumping jacks, 20 pushups.

Run- 5 min/0 incline/6.0-8.0 speed.

-20 jump squats, 20 jumping jacks, 20 pushups.

Walk- 7 min/15 incline/3.0-3.5 speed.

-20 jump squats, 20 jumping jacks, 20 pushups.

Run- 5 min/0 incline/6.0-8.0 speed.

-20 jump squats, 20 jumping jacks, 20 pushups.

Cool down-7 min/7.5 incline/3.0-3.5 speed.

-20 jump squats, 20 jumping jacks, 20 pushups.

Tuesday, Thursday, Saturday

Superset 3x

Safety Squat. One minute.

Forward alternating lunges. One minute.

Circuit 3x

- Shoulder press with neutral grip.
One minute.
- Front plate lateral raise.
One minute.
- Lateral Raises
One minute.

Circuit 3x

- Dumbbell Hammer Curl
One minute
- Tricep Cable Press Down
One minute.
- Dips. Until Failure.
- Pushups. Until Failure. (knees on the floor for a more moderate variation.)

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Week Five-Eight

Monday, Tuesday, Wednesday, Friday. (steady state cardio. Done first thing in the morning on an EMPTY stomach.

- 20 min of stair master at level. 5-7.
- 20 min of elliptical machine with resistance and ramp both at level 10.

Tuesday, Thursday, Saturday: Light Weight Training days

Circuit 1 3x

- Tuck Squats
20 Reps
- Walking forward weighted lunges
20 Reps front and back
- Leg Press
25 Reps
- Romanian Dead lift using barbells
25 Reps

Circuit 2 3x

- Hammer Curls using dumbbells
20 Reps
- Sitting dumbbell Curls
20 reps
- Skull Crushers
20 Reps
- Seated Lat pull down
20 reps
- Bent over Chainsaws using dumbbell
20 reps

Circuit 3 3x

- Standing Shoulder Press using bar
20 Reps
- Alternating Horizontal Raises
20 Reps each arm
- Reverse Pushup Using Smith Machine
Until Failure

Frequency: 6x a week.

You will be doing this first routine Monday Through Friday
Saturday will be 45 minutes of any form of steady cardio machine.

Rest Day: Sunday

Week Nine-Twelve

Repeat 3x

(rest in between starting over 3 times but NO rest in between exercises.)

- One Minute 50 High Knees
- One Minute Jumping Jacks
- One Minute Mountain Climbers
- 30 Second Alternating Lunge
- 30 Second Side Lunge
- 30 Second Box Jumps
- 30 Second Pushups
- 30 Second 180 Jump Squats
- 30 Second Mummy Kicks
- 50 90 degree crunches
- 50 Russian Twist
- 60 Flutter-Kicks
- 60 Legs Raises
- 60 bicycles
- 60 second side plank (each side)
- One minute plank

Saturday:

45 minutes of steady cardio using
any machine. No Rest.