

## Full-Body Intermediate Fat-Loss Workouts 5day

For each exercise, start with your 10-rep max (10RM) and go to failure. Without resting, immediately drop the weight significantly and do 10 more reps (drop set 1); drop the weight again with no rest and do 10 more reps (drop set 2).

If on either (or both) of the drop sets you aren't able to reach 10 reps initially, rest—pause until you reach 10. Make sure you reach 30 total reps on each exercise.

Rest—pause is a lifting technique that involves stopping during a set, resting for a short period, and then continuing with the set. Its major advantage is that it allows for more total reps to be done with a given weight. That's because it takes advantage of the muscles' ability to recover rapidly. In simple terms, it allows the muscles time to replenish phosphocreatine (PCr)—the same molecule that creatine supplements boost. With this shot of extra energy, the muscle can contract more strongly, producing greater force and getting more reps. The greater the force your muscle can produce and the more reps you can perform, the greater the stimulus the muscles receive and the greater the gains in strength that you can expect.

In Rest—pause you simply hold the weight and rest for three to five seconds then complete another rep. Do this for a total of three reps. Stopping at three reps allows you to do three sets at the same weight, which maximizes the stimulus the muscle receives

| <b>Workout 1</b>        |             |             |
|-------------------------|-------------|-------------|
| <b>Exercise</b>         | <b>Sets</b> | <b>Reps</b> |
| Bench press             | 3           | 10          |
| Lat pulldown            | 3           | 10          |
| Squat                   | 3           | 10          |
| Dumbbell shrug          | 3           | 10          |
| Standing calf raise     | 3           | 10          |
| Lying triceps extension | 3           | 10          |
| Barbell curl            | 3           | 10          |
| Barbell wrist curl      | 3           | 10          |
| Smith machine crunch    | 3           | 10          |

| <b>Workout 2</b>           |             |             |
|----------------------------|-------------|-------------|
| <b>Exercise</b>            | <b>Sets</b> | <b>Reps</b> |
| Incline dumbbell fly       | 3           | 10          |
| Straight-arm pulldown      | 3           | 10          |
| Romanian deadlift          | 3           | 10          |
| Dumbbell lateral raise     | 3           | 10          |
| Straight-arm pushdown      | 3           | 10          |
| Seated calf raise          | 3           | 10          |
| Triceps pressdown          | 3           | 10          |
| Incline dumbbell curl      | 3           | 10          |
| Barbell reverse wrist curl | 3           | 10          |
| Smith machine hip thrust   | 3           | 10          |

| <b>Workout 3</b>                  |             |             |
|-----------------------------------|-------------|-------------|
| <b>Exercise</b>                   | <b>Sets</b> | <b>Reps</b> |
| Dumbbell bench press              | 3           | 10          |
| Seated cable row                  | 3           | 10          |
| Leg press                         | 3           | 10          |
| Standing dumbbell shoulder press  | 3           | 10          |
| Smith machine shrug               | 3           | 10          |
| Smith machine standing calf raise | 3           | 10          |
| Close-grip bench press            | 3           | 10          |
| Smith machine drag curl           | 3           | 10          |
| Smith machine wrist curl          | 3           | 10          |
| Rope cable crunch                 | 3           | 10          |

| <b>Workout 4</b>                 |             |             |
|----------------------------------|-------------|-------------|
| <b>Exercise</b>                  | <b>Sets</b> | <b>Reps</b> |
| Low-pulley cable crossover       | 3           | 10          |
| Straight-arm pullback            | 3           | 10          |
| Romanian deadlift                | 3           | 10          |
| Dumbbell lateral raise           | 3           | 10          |
| Behind-the-back barbell shrug    | 3           | 10          |
| Seated calf raise                | 3           | 10          |
| Overhead cable triceps extension | 3           | 10          |
| Dumbbell concentration curl      | 3           | 10          |
| One-arm wrist curl               | 3           | 10          |
| Cable oblique pushdown           | 3           | 10          |

| <b>Workout 5</b>                    |             |             |
|-------------------------------------|-------------|-------------|
| <b>Exercise</b>                     | <b>Sets</b> | <b>Reps</b> |
| Machine bench press                 | 3           | 10          |
| Reverse-grip lat pulldown           | 3           | 10          |
| Deadlift                            | 3           | 10          |
| Machine shoulder press              | 3           | 10          |
| Straight-arm dip                    | 3           | 10          |
| Leg press calf raise                | 3           | 10          |
| Triceps dip                         | 3           | 10          |
| Dumbbell curl                       | 3           | 10          |
| Standing behind-the-back wrist curl | 3           | 10          |
| Smith machine crunch                | 3           | 10          |