

Feel the Burn Workout Gym 4day

This workout program uses techniques for increasing fat loss. Each workout starts with an explosive movement using fast-twitch muscle fibers that burn the most calories.

The workouts also incorporate a lot of multijoint exercises to burn more calories before and after the workout. They also employ both heavy weight for low reps to boost metabolic rate after the workout and lighter weight for high reps to boost calorie burn during the workout.

Rest periods are kept short to keep the calorie burn up during and after the workout, and some supersets are used to further the calorie burn during the workout and after. This workout program follows a four-day training split.

Workout 1 CHEST, TRICEPS, ABS		
Exercise	Sets/reps	Rest
Power push-up	3/5-8	30 sec
Bench press	3/6-8	1-2 min
Incline dumbbell press	3/6-8	-
Superset with incline dumbbell fly	3/20	1 min
Cable crossover	3/25	30 sec
Close-grip bench press	3/6-8	1-2 min
Cable lying triceps extension	3/20	-
Superset with triceps pressdown	3/20	30 sec
Hip thrust	4/to failure	-
Superset with crossover crunch	4/to failure	30 sec

Workout 2 LEGS AND CALVES		
Exercise	Sets/ reps	Rest
Squat jump	3-3/5	30 sec
Squat	4/6-8	1-2 min
Leg press	3/20	30 sec
Leg extension	3/25	-
Superset with leg curl	3/25	30 sec
Romanian deadlift	3/25	30 sec
Standing calf raise	4/10	-
Superset with seated calf raise	4/30	30 sec

Workout 3 SHOULDERS, TRAPS, ABS		
Exercise	Sets/ reps	Rest
Squat jump	2-3/5	30 sec
Medicine ball overhead throw	2-3/5	30 sec
Smith machine overhead press	3/6-8	1-2 min
Dumbbell overhead press	3/6-8	-
Superset with dumbbell lateral raise	3/20	1 min
Dumbbell bent-over lateral raise	3/25	30 sec
Barbell shrug	4/6-8	1-2 min
Cable crunch	3/10	-
Superset with plank	3/to failure	30 sec
Oblique cable crunch	3/20	-

Workout 4 BACK, BICEPS, CALVES		
Exercise	Sets/ reps	Rest
Dumbbell power row		30 sec
Barbell bent-over row	4/6-8	1-2 min
Pulldown	4/6-8	-
Superset with straight-arm lat	4/20	1 min
pulldown		
Seated cable row	3/25	30 sec
Smith machine curl throw	3/8	30 sec
Barbell curl	3/6-8	1-2 min
Incline dumbbell curl	3/20	-
Superset with prone incline dumbbell curl	3/20	30 sec
Seated calf raise	4/10	-
Superset with leg press calf raise	4/20	30 sec