

Melt More Fat – Your Workout Guide

Introduction	2
Chapter 1: Key Concepts To Success	8
Chapter 2: Why Weight Training Is The Best Fat Loss Exercise	11
Chapter 3: Cardio Training Techniques To Maximize Fat Loss	18
Chapter 4: Advanced Topics To Add Into Your Workout	20
Chapter 5: Your Six Week Workout Program	22
Conclusion	39

Introduction

If you're reading this sentence right now, you should give yourself a big pat on the back because you've just taken a huge step towards weight loss success. Those who choose to include a proper exercise program within their overall weight loss program are going to see extremely enhanced results over those who don't.

Basically, you are going to create the calorie deficit you need through a good diet plan, but then once that calorie deficit has been created, you are going to entirely reshape your body through the smart exercise strategies that we're going to be going through in this guide.

When you pair both of these elements together – diet and workout, along with your Wu Long Tea, you've just created an absolutely unbeatable combination that will get you the body you're after.

But before we dive into discussing exactly what you should be doing in order to see maximum success, let's first take a quick look at some of the problems with most workout programs today.

Don't let yourself be misled – putting time and effort in at the gym isn't necessarily going to be enough. If you really want to see results, you must be doing the *right type* of workout. If you aren't, progress will elude you. Instead, you'll just be killing hours each week and wondering why you aren't seeing the results you were hoping for.

It's a frustrating situation to say the least which is why it's so critical that you read through this guide and make sure that you get yourself started on the right foot.

Let's have a look at where most people go wrong.

Over-Reliance On Cardio Training

Potentially the single biggest reason why many people don't get the progress they are looking for from their workout is because they are showing an extreme over-reliance on cardio training.

Take a moment to think for a second what most people are doing in the gym.

When you walk in, what do you see?

In almost all gyms, when you go in you see the cardio section flooded with people and then a few of the 'muscle-heads' who frequent that location pumping weights in the free weight section.

Sound familiar? It should. This is a big problem and a problem that we're going to fix with your approach.

The big issue here is that cardio training, while it will help you burn off a few calories, it's not going to do all that much to totally reshape your body and create that new image that you're after. All it will do is make you a smaller version of your current self.

Some of you may be okay with this – all you want is to have a smaller waist – end of story.

But I have a sneaky suspicion that most of you out there want more than that. What you want is a complete body transformation where you really reshape your current body, adding more muscle tone and definition and making sure that you lose any 'jiggle' in places that currently trouble you (the underarms, the butt region, the 'love handles', and so on).

Isn't that your goal? If that's your goal, unfortunately cardio isn't going to do it. It simply does not provide enough of a stimulus for the body to react against that will cause the body to change the way it looks.

For that, you'll require weight training, which we'll be getting into in a later section. For now though, just note that the biggest reason most people don't get results is because they're so chained to those cardio machines and completely neglect to perform other elements of a well-rounded fitness program.

Make no mistake though, you will not be doing that in this program. And that is why you are going to get results this time around.

Let's move on and look at problem two.

High Rep 'Light Weight' Circuit Style Workouts

The second big issue that you'll commonly find occurring with many people who do actually manage to break free of the confines of the cardio section of the gym is that when they do proceed to do a strength training routine, it's all focused around high-rep, light weight circuit style of workouts.

You know the ones - the 'pump 'n tone' workouts. They move from one exercise to the next pumping out a good 30+ reps with each exercise using those flimsy 5-10 pound hand-held dumbbells.

Well, guess what?

While this workout may too burn off some calories and may provide slightly more muscle stimulation than the cardio workout they gave up, it's still not getting them the best results for their time invested.

If you really want to see results, the secret is to lift *heavier*. Now, I'm not saying lift so heavy you can only move the weight once and you're done. But as you're going to see shortly, lifting heavier weights is far superior for reshaping your body than lifting those lightweights that you're so comfortable with.

Remember, the body needs *discomfort*. If you want to get the body to change, you must kick it out of its comfort zone! Don't let it get comfortable with those 5-10 pounders. Do something that *challenges it*.

This is going to be key. It's when you challenge it in a way that pushes it past what it's used to that you'll ramp up your metabolism and become the fat burning furnace that you're looking to be.

And trust me when I say 99% of you reading this are far stronger than you think. The fact is that most of you have just never cared to challenge yourself enough. With the workout programs we'll be giving you, you will be challenging yourself more though, potentially for the first time in your life, and you will be getting results because of it.

It's that simple.

Challenge. Overload. Results.

If this is not the sequence that you're currently following, you're not seeing the results you could be.

And don't you want to be seeing the maximum results possible?

Clearly you do.

Now, one big fear that I know many people reading this will have, especially the females, is that lifting heavier weights will make them big and bulky. Males, this may not be as much of a concern for you as naturally you're less scared off by the more muscular look.

But what the women reading this need to know is the fact that they do not have nearly enough of the hormone testosterone present in their body to really do some serious 'muscle building' damage.

Basically, it's literally impossible for you to get big and bulky from lifting heavier weights, especially considering the fact you'll be using a fat loss diet at the moment.

Since you can't build something out of nothing and right now you're supplying fewer calories to the body then you need to maintain your weight, you obviously won't be building up more muscle mass.

All you'll be doing is increasing your strength and further refining the muscle tissue that you do have.

Those women who you do see who do have more muscle mass (and could fit in with the description of being slightly 'bulky') have spent years and years trying to develop this muscle mass and if the truth is told, many of them have injected with outside sources of testosterone (which obviously we all know you won't be doing).

So get that fear of being big and bulky out of your mind. I promise you that the 15, 20, 25, even 30 pounders if you can manage it will not make you sprout into Arnold Schwarzenegger overnight.

It just will not happen. Coming to understand this so you can get past the fear and get onto a program design that is actually going to work is going to be imperative.

Lack Of Direction

Moving on, another key problem that occurs in many people's programs is a lack of direction. Essentially, they go into the gym and are ready to work hard but yet, they don't really know what they should be doing.

Sadly, when in doubt most people head for..... you guessed it, the cardio equipment. *Bad move.*

It's going to be vital that you have a plan of action for each and every session that you do in the gym. If you don't, it'd be like going to the grocery store without a shopping list. You think you know what you need but it's going to be hit and miss.

You might pick up a few of the items that you should but at the same time, you also might waste money on things that you don't.

By having a properly designed plan for each and every workout you do, you'll head to the gym with a purpose and this will also correspondingly also go a long way towards increasing the motivation that you see as well. Those who don't have a plan may find their workouts rather pointless and may stop going altogether.

If you want to get good results, get your plan in order. Fortunately, we're going to provide you one in this guide to help you overcome this obstacle with ease.

Far Too Much Exercise

Another problem that sometimes can arise with those who are extremely motivated and what that weight off NOW is too much exercise.

Too much exercise?

How can you have *too much* exercise?

I know that's what you might be thinking. If some is good, more must be better. But, let me tell you, in the case of exercise, more is not necessarily always better.

Here's why.

Whenever you go into the gym and put a stress on your body, you're going to create tiny tears in the tissues. Once these tears are created, you've actually just become weaker rather than stronger. Now what you need is some time to rest so that your body can rebuild those tears back up stronger than they were before.

If not enough rest time is given though, then the next time that you go back into the gym, you're literally working a broken down muscle.

Think of it this way. Let's say you were out driving your car when you noticed that the tire was becoming flat. It wasn't entirely flat yet, but it was on the verge of getting there.

What do you do? Do you fill it up again so it's no longer flat or do you just ignore it and keep driving?

Obviously if you know even a small amount about cars, you would fill it up. You don't want that tire to go completely flat or you won't be going anywhere!

This is the same situation with your muscles. If you go into the gym and try and exercise a muscle that's currently partially broken down still, rather than moving forward in progress, you'll be moving backwards. You'll just break it down further and further.

Continue to break that muscle down and eventually, you'll just lose it entirely. When you lose muscle mass, your metabolism slows down, you burn fewer calories during each minute of the day, and fat loss becomes that much harder.

If you want to get results from your workout program, that rest in between sessions is vital.

Another big problem with too much exercise is that if you are doing more than your body is able to handle, it's going to view this as a very stressful situation. It's also going to realize that it has a much higher energy requirement because of this exercise than what you're giving it through your food intake and because of this, it can actually go into 'protection' mode. It basically sees this as a threat to your survival (since if left to go on long enough starvation could occur) and it will slow down the metabolic rate because of it.

Translation, you burn fewer and fewer calories each day *and* fat loss becomes next to impossible. So while you thought you were doing yourself a favour by adding more and more exercise to burn more and more calories, you're actually just working against yourself. Sure, you may be burning more calories because of the exercise, but your natural metabolic rate is compensating right along with it by slowing its normal daily calorie burn down.

Believe me when I tell you this is not a situation you want to be in.

Finally, there's one other problem with too much exercise. Because exercise itself is a stressor for the body and creates these tiny microtears (which are a form of injury), the body reacts to this by invoking an inflammatory response.

In a normal situation, this response isn't all that great and disappears as recovery takes place. But in a situation where you're doing hours of exercise each and every day, it never has a chance to heal itself and recover.

And you don't need me to tell you that when some area of your body is inflamed (think of a badly twisted ankle) it will puff up.

So if you're getting puffed up in all areas of your body, how lean is this making you look?

I think you can see the picture. What's remarkable here is that those people who are used to doing hours of exercise each day who are experiencing this inflammation response, when they finally clue in and stop, magically within days they look 10 times leaner.

It's not that all of a sudden they've dropped 15 pounds of body fat, it's that all that inflammation is now gone. The swelling and 'puffiness' has been removed and finally they're looking the way they want.

So don't let yourself get caught up in the 'more is better' argument when it comes to exercise. Most of the time, more is not better.

If the truth is told on this, intensity will always trump volume as well, as you're going to learn in a short while, so there again, this illustrates how non-important it is to perform hours and hours of exercise each day.

All you're accomplishing by doing so is becoming a very well known 'regular' at the gym – and of course wasting your time that likely could have been spent elsewhere.

Little Variety

Finally, the last big problem with many people's programs is that they lack variety. They go into the gym day in and day out and each day they perform the exact same thing.

Sound familiar?

If you want to see the best results possible, you must kick your body out of its comfort zone as we explained earlier. You must shock the system and provide it with a new stimulus that it's just not used to.

Variety will do this. For instance, rather than performing squats each and every session, alternate between squats and lunges. Even though both of these exercises essentially work the exact same muscles in the body, the stress is coming at an entirely different angle and therefore, it's going to force the muscles to react far differently.

This change in stimulus is what will keep you progressing onwards and ensure that you don't hit that dreaded training plateau. For so many people, they'll be going along their workout and see absolutely fantastic results when they first start, but about three weeks in, those results just stop dead.

Is it because they aren't putting in any more effort? Are they slacking off on their workouts and only hitting the gym once instead of three times?

Definitely not. It's because that workout they are doing just doesn't challenge the body any longer. It's adapted to those stresses and now it no longer sees a reason to change.

If the body doesn't have a reason to change, it won't. Your job then is to give it that reason to change. It's when you do this that you will be on the road to success.

So there you have all the main issues that many people face as they go about their workout programs. Do any of these sound familiar to you?

If so, it's time to change your ways and start up on a new approach and thinking pattern that's going to deliver you far superior results and actually get you the changes that you're looking for.

Let's take a look now at what some of the key concepts to success are. You'll note that many of these tie directly into some of the mistakes that were made above.

Chapter 1: Key Concepts To Success

If you are going to put in the time and energy in the gym, you want to be absolutely sure that every single second you're in there is well spent. After all, you only have a limited time span each week and for most of us, we simply do not have enough time in the day to get done all we want to do.

Wasting time by doing things that aren't productive are not only going to set you back but also frustrate you very quickly. If you are going into the gym three times a week for three weeks (so say you've spent 9 hours total) and don't look any different at all, how likely do you think it is that you stay with the program?

When time is a hot commodity, not very likely at all. That's why you need to focus on only those things that will get you the results that you're looking for.

So let's take a look at what must be in place for you to have the most success with your program.

An Overloading Stimulus

The very first element that must be present is that overloading stimulus. An overloading stimulus can simply be defined as a stressor on the muscle cells that are going to challenge it with something that it's never experienced before.

It's something new that the muscles will have to react and respond to. As they do this, they will get broken down as we mentioned earlier, but that then is going to invoke the stimulus for change.

If you don't challenge the muscles with an overloading stimulus, you're presenting them with something they can already handle and because of this, your body will just stay the same.

Now, since your primary goal is weight loss, it should be mentioned that a workout where there isn't an overloading stimulus isn't a complete waste. You will, after all, still burn off some calories doing it and since seeing success with weight loss does come down to burning off more calories than you consume, you will still be slightly further ahead.

But, and this is a big but, you won't get that post-workout calorie burn that's so helpful in the fat loss equation.

Basically, when you hit the body with that overloading stimulus and cause those tears to be created, immediately after the session is completed, the body is going to have to go about the repair process, getting those muscle tissues back to how they were before.

This rebuilding process takes up quite a significant amount of energy and that's energy that you otherwise wouldn't have spent. As you can hopefully imagine, that is going to go a long way towards upping your total daily calorie burn and thus helping you see a maximum amount of fat loss.

Plus, the overloading stimulus will ensure that you're working hard too, so in that right it's also important so that you are maximizing the calorie burn that you experience during the workout as well.

Proper Recovery

Second, the next thing that must be in place with your workout program if you're going to get the best results is a proper recovery period. This again relates back to the whole concept of building yourself back up before you get back into the gym.

If you don't give your body time off between sessions to allow this rebuilding process to take place, each and every time you hit the gym again you're just breaking the tissues down further and further.

For anyone who is concerned with actually improving their fitness level and getting stronger (and increasing their sports performance if you're involved in sporting activities), this recovery is imperative.

Without it, you really won't be making progress. You may burn calories and could still lose weight, but you won't be improving your fitness level, thus you're really only getting half the benefits that a proper workout program has to offer you.

Many people get into that 'more is better' thinking pattern though and fail to get the recovery that they need. You should always have at least one day off a week for complete rest and should never be working any give muscle using a resistance based program two days in a row. That muscle group will require 48 hours of rest to rebuild itself back up before you can go into the gym and target it again.

Depending on the type of workout set-up you use, this may require an additional day off after every weight lifting workout if using a full body approach.

Good Nutrition

Third up on our list of 'essentials' for a good and effective workout program is proper nutrition. Since you are still looking to lose body fat unfortunately you can't supply the body with everything that it wants after that hard workout session is completed, but that said, by making sure that you structure your overall diet to give it as much of what it needs at this point as you can, you will further enhance your results.

If you're just doing a moderate paced cardio workout, what you eat around the session won't matter all that much because your body can easily utilize fat as fuel for these and you won't really be depleting

muscle glycogen (the storage form of carbohydrates in the muscle cells) all that much thus won't need anything special after the workout either.

If you're doing a resistance based workout though or an interval cardio style routine, then you will need to be more careful about what you eat. Both of these types of activities will require that some carbohydrates are present in the system because the muscle tissues can only utilize glucose for fuel at this level of intensity.

What's more is that immediately after a resistance training workout because those muscle glycogen levels have been depleted, your body is essentially primed to take in more nutrients at this point in time and will use them to repair the muscles rather than convert them to body fat.

So by shifting some of the carbohydrates in your diet plan to immediately after the workout session, you're actually going to put those carbohydrates to better use and further help yourself stay lean on your diet plan.

You can almost guarantee that on a reduced calorie diet any carbohydrates that you do eat post-workout won't get converted into body fat (unless you eat like 2000 calories worth), so don't be afraid to eat. Your body needs it.

Likewise, it also requires some protein as well since protein is the nutrient that will supply the body with the amino acids that it needs to repair those muscle cells and build them back up stronger. Aim to take in about 20-30 grams of protein immediately after the workout (and before as well) for best results.

While they often say that breakfast is the most important meal of the day – and it is very important, the post workout meal is equally just as important as well. You must be doing things correctly here if you want to see the results you're after.

Plenty Of Variety

Finally, the last 'must' have for any exercise program will be plenty of variety. As we mentioned this is a big mistake many people make with their workouts and why it is listed as a requirement for success.

Any workout program that doesn't include enough variety is likely to have you hitting a plateau quite quickly so this is definitely not something to overlook and take lightly. Remember that even modest changes in the routine can have a huge impact, so it's not like you have to completely overthrow your entire program each and every week.

All it takes is a swap of exercises here and there, working in a slightly different rep range, using a different weight, adding in a more advanced technique into the program (which we'll discuss in a coming chapter), and so on.

One small change = big results. Always keep that in mind. All of the workouts in this plan are going to vary slightly, be it in the rep, rest, or exercises that you utilize and that is why a plateau should never occur.

The last thing you want to be doing is going into the gym and not making any further progress so we're taking every step we can to prevent this.

So there are the main requirements for a properly designed workout program. Fail to meet these requirements and you will not get the results you could be.

Fortunately, they shouldn't be too much to ask for for anyone to include in the set-up so you should have no problem accomplishing them.

Obviously after the requirements have been met the next real requirement is that you actually *do* the workout program, but that's more of an issue of motivation than it is of design and you can see the goal setting guide for more information on this topic.

Now let's move forward to our next topic of discuss and that is the importance of a weight training routine to lose fat and the factors to know about workout design.

Chapter 2: Why Weight Training Is The Best Fat Loss Exercise

Hopefully by now after reading through the introduction and first chapter you've come to get a sense of how important strength training is within a workout design.

We pointed out that one of the biggest mistakes made is an over-reliance on cardio training and sadly, this comes at the expense of a proper weight training plan. There's no question about it that if you are interested in reshaping that body, weight training will be vital.

To illustrate this concept, think for a moment about your favorite athlete – whether it's a gymnast, a sprinter, or a swimmer. What is one thing that all of these athletes have in common?

Plenty of muscle definition. And trust me, they definitely did not get this way by doing hours upon hours of cardio training. There's no question some cardio was involved in their workouts as it's still vital to success but more importantly, they spent hours in the gym lifting weights as well.

Compare this to an athlete such as a marathon runner who hardly does any weight lifting at all (and if they do, they often use very light weights) and you'll quickly see the difference in body types.

Resistance training is going to offer a whole slew of benefits for someone who is looking to lose fat and maximize body composition, so let's take a look at a few of those right now.

Boost To The Metabolism

The very first reason why weight training should be part of a fat loss workout plan is because it's going to go a long way towards boosting your metabolism and helping you burn calories each and every day.

How does it go about doing this?

First, we've already discussed the concept that when you break those muscle tissues down through an overloading stimulus supplied through resistance training the body is going to have to expend calories after this takes place building the tissues up again. This is often referred to as the 'post-workout calorie burn', or EPOC as some know it.

But second, if you actually begin to build small amounts of muscle from your weight lifting workout, that new muscle mass is also going to help to increase the metabolic rate. Basically, the more lean muscle mass you have on your body, the faster you will burn calories at rest.

So by having a larger degree of muscle tissue you will actually not only lose weight faster but you will be able to maintain the weight loss that much easier as well. If you want the absolute best approach to long term weight maintenance, adding more lean muscle mass is it.

Retention Of Lean Muscle Mass

Second, another big reason why weight training on a fat loss diet will be a must is because it's also going to help you retain your lean muscle mass. When you're using a very low calorie diet (if that's the approach you're taking), you are at a higher risk of losing lean muscle.

This is due to the fact that if not enough protein and carbs are coming in through the diet, you may start to utilize protein for energy and thus there will not be enough protein left over to support all your muscle tissues.

Muscle mass loss begins to take place and as a result of this, the metabolism slows down. Just as building more muscle mass will increase your chances of success with your fat loss program, decreasing your muscle mass loss will decrease your chances of success.

If you're on a very low calorie diet and are not performing resistance training, the chances you lose muscle mass become quite great.

By providing the weight training stimulus to the muscle cells however, you essentially send the message to the muscles that it better hold onto that tissue since it's going to need it.

Greater Strength Levels

Third, this one should be fairly obvious but by performing in a regular strength training workout program you're also going to help increase your strength levels. Now this may not be all that important as far as fat loss is concerned but keep in mind the stronger you are, the less chance of injury you'll have and that means the greater the chance you can keep on with your exercise program for a long time into the future.

Likewise, the stronger you are the easier it'll be to execute everyday physical activity, which will then also up your total calorie burn moving you closer to the body you're after.

Having higher levels of strength is definitely going to come in handy on a day to day basis proving weight training to not only be beneficial in terms of fat loss but everyday life as well.

More Self Confidence

Finally, the last reason to add strength training to the mix is because it'll also help to boost up your levels of self-confidence.

Those who do participate regularly in strength training programs very often do report they feel much more confident on a daily basis because they love the way their body is looking. They see greater muscle tone and definition and have really come to appreciate all their body does for them.

You're going to see gains in fitness much faster with a good strength training workout program than you would with a bland old cardio workout so that can improve your self-esteem very quickly.

When you have higher levels of self-confidence and feel good about where you're headed with your program, this will also go a long way towards keeping you with the program and pushing onwards.

So as you can see, weight training really is something that's going to be a must if you want to lose fat and totally change the way your body looks and functions.

Now let's look at a few of the elements that need to be focused on when designing a weight lifting routine. By understanding these you will be better able to navigate through the workouts that we've provided to you.

Compound Lifts

The very first thing to note with your weight lifting workout program is that it should be mostly composed of compound lifts. What's a compound lift?

A compound lift is essentially any exercise where you are going to be using more than one muscle group at once. In addition to that, most of these lifts will also span across two different joints in the body. So for instance, when you perform the bench press, you'll be stimulating the chest muscles, the shoulder muscles, the tricep muscles, as well as the biceps to a very small degree.

Now compare that to a standard tricep extension.

Which exercise do you think will burn more calories and prove to be more effective?

The choice should be fairly clear – the bench press would. The more muscle fibers that you can work in an instant at any point during your workout program, the faster you're going to see results. The bench press will also utilize both the shoulder and elbow joints, so you can see that dual joint factor coming into play there as well.

The top compound lifts that you can perform include:

- Chest press/bench press
- Bent over row
- Pull-up
- Push-up
- Shoulder press
- Squats
- Deadlifts
- Lunges
- Step-ups
- Split squats

The more often you can incorporate these into your workout program, the faster you'll see your results. While they don't need to be the *only* exercise you do, as you'll see in the program we've created that there are some isolation exercises included to help enhance muscle definition, they should definitely make up the foundation of your program.

This will ensure you not only see the greatest gains in strength, but that you also get the biggest boost to your metabolism as well.

To top things off, since you work so many muscle groups at once when you perform these exercises, that's also going to mean that you have to spend that much less time doing the actual workout session so you can get in and get out all while seeing really great results.

Determining Reps, Sets, and Weight Lifted

The second thing that needs to be looked at and explained in any weight lifting workout program is the number of reps and sets you're doing as well as the amount of weight lifted.

As far as reps and weight lifted go, these are going to be on an inverse relationship with each other. Essentially, the more reps you plan on completing, the lighter the weight you're going to have to use.

This should make sense because if you find 3 pounds to be incredibly heavy for instance, then you're not going to be able to lift it ten times in a row. You might be able to lift it 3-4 times, but after that you're far too fatigued.

If you were trying to lift 20 pounds though, then that would be more reasonable for you to achieve the rep range of 10-12 reps.

For the purposes of this program, we'll mostly be using two rep ranges, the 8-10 rep range and the 10-12 rep range.

In some cases you may want to take the rep range a little bit lower to 6-8 reps if you're really focusing on strength increases and if you're a male who is lifting very heavy, but for the most part the 8-10 rep range will be your primary strength building zone.

Then on the 10-12 rep range you will still be building some strength, but during this rep range we'll be slightly more focused on toning the muscle (by bringing out greater definition) and really increasing the metabolism.

Also note that you'll be using the lower rep range when you're doing your compound exercises since these are the movements where you'll naturally be lifting much heavier and then you'll be using the higher rep range on the isolation lifts where you will lift lighter.

As sets relate to this, typically you'll want to do more sets on the exercises where you're using a lower rep range and fewer total sets on exercises where you're using a higher rep range.

Ideally you should be aiming to keep the *total reps performed per exercise* somewhere between the 20-30 range, or right around there.

So if you're doing sets of 8, you would perform 3 sets (24 reps). If you're doing sets of 12, you would only need 2 sets for that exercise.

At times performing more or fewer sets can be helpful if you're trying to target a certain muscle or have other training priorities but generally speaking this is a fairly good goal to follow. When you first start out in the program you may perform slightly fewer sets total just since it is new to you and you must gradually build up the volume, but as long as you don't sway too far from this guideline, you can be sure that you're right on track.

How Long Should You Rest?

Rest is another topic that many people start to question as they go about their workout programs. In order to ensure that you can maintain a decent amount of weight lifted, it's going to be very essential that you are taking long enough to rest. If you don't give the body a chance to recover after performing the first set, you'll notice that you may not even make it through that second set unless the weight lifted goes down.

But at the same time, you can't let yourself take *too* much rest otherwise you won't keep up the pace and momentum of the workout and rest is something that's highly correlated with the metabolic boosting benefits of the workout session.

The less rest you can take, generally speaking, the greater the post-calorie burn will be from that session, so this is something that you'll want to pay some close attention to.

You must note though that you should never bring the rest periods so low that you can't maintain a reasonable weight though. There will come a time when a shorter rest period will necessitate that you use a lighter weight and if it's too much of a weight reduction on what you normally would use, you'd be far better off to just increase the rest slightly so you can maintain the weight.

Generally speaking, for the compound lifts where you are going to be lifting heavier you'll be aiming for a rest period of between 45 seconds and two minutes (depending on where you are in the program) and then for the isolation exercises you'll be aiming for a rest period of between 30 seconds and one minute.

Unless you're someone who is going to be lifting extremely heavy and using a 5-6 rep range (as some males reading this may want to do), there's no reason to go beyond a two minute rest period. If this is the case though, three minutes may be more appropriate since you are lifting such a heavier weight and will require that additional minute to recover.

Rest is one factor that's very easy to modify throughout time to quickly adjust the intensity of the workout and prevent a plateau from setting in. If you ever reach a point where you can't lift any more weight on a given exercise, then the best way to overcome that 'stuck point' is to start decreasing the rest to strengthen the muscles in that regard and then once that becomes easier you should then be able to increase the weight at that point.

The Overall Workout Split And Design

Finally, the last thing to think about when referring to your weight lifting program design is the type of workout split that you're going to use. There are three main types of workouts: full body workouts, upper/lower body workouts, or bodypart split workouts.

A full body workout, like the name suggests, is where you are going to work the entire body in that single workout. This type of set-up tends to work very well for those who are looking for fat loss because of the fact that you will target so many muscle fibers each and every session. Plus, you'll also be working the muscles at a very high rate of frequency (3 times per week) but yet, still allowing for plenty of rest days for recovery (4 days off).

This will allow you to have plenty of time to get your cardio training in without risking moving into overtraining syndrome.

The upper/lower split workouts are also a popular choice among many, especially those that have been training for a longer period of time, and are going to have you breaking the body in half so you train the lower body on one day and then the upper body on another.

Then after both areas have been targeted, you'll take one day off to recover and then repeat the cycle again before the two day weekend break.

This type of design also works relatively well since you'll still target each muscle twice per week, and still have three days off for recovery.

You will be required to be in the gym at least four days a week with this set-up however, so that may be something that could pose a problem for those who have very busy schedules. If you work a busy job and are involved in numerous other extra-curricular activities, this could discourage you from continuing if sessions get skipped.

On the plus side though, since you are only trying to target half of the body in a single session, this allows you to perform a few more exercises for each muscle group thus you can specialize a little more with your training.

For instance if you really want to firm up your thighs and butt region, doing an upper/lower split lets you dedicate a whole day to that area rather than only half of the time like you would with a full body session.

Finally, the body part split workout design is where you're going to hit just one or two muscle groups each session you do and progress to work the entire body over the course of the week. Usually people using this type of design will go in and work the chest muscle on Monday, the legs on Tuesday, the shoulders on Wednesday, the back on Thursday, and then finish up with arms, calves, and abs on Friday.

While this approach does let you really specialize in on a single muscle per session, the drawback is that there is very little frequency with this set-up (since you only hit each muscle once per week) and that you won't burn all that many calories per session.

Going back to our comparison of the bench press versus the bicep curl and which one burns more calories, you can clearly see that your chest workout would theoretically burn more than the arms workout.

When you pair all the muscles in the body together though, that's when you get the very best calorie burn, even over just a straight chest workout, thus when you will see maximum benefits.

For the purposes of our design you'll be utilizing a full body program performed three times per week. This will allow you to achieve fast weight loss, increased strength levels, and keep the time commitment to minimum.

Now that you understand the concepts of program design however, if you wish to change it around slightly and customize it to your needs and preferences, you can definitely do so.

Now let's move on and say a few words on cardio training. Just because weight training is the far superior choice of exercise to be doing in your workout program that does not mean that you should forgo cardio altogether.

The key is to perform the right types of cardio that will give you the best return on your time invested.

Chapter 3: Cardio Training Techniques To Maximize Fat Loss

When it comes to cardio training, the primary thing that you want to be thinking about is intensity. The more intense you can make your cardio training, the more calories you'll burn not only during the workout but after the workout is done as well.

The problem at times though can be that some people are simply not in good enough shape to be able to work at the intensity level required for very intense cardio workouts. When that's the situation at hand, then moderate forms of cardio will be more appropriate.

Additionally, due to the fact that the body can only handle so much intense exercise per week, if you're attempting to perform intense cardio workouts three or four times a week and then plan to couple that with three full body weight training workouts as well, this very likely will just be a little too much for your body to handle.

During the first week you may be fine with this but then as time goes on, eventually you'll quickly burn out and may also find yourself getting injured.

It's vital that you strike a good balance between enough intense exercise to accomplish the goals you have set for yourself and too much intense exercise where your body becomes unable to cope with it.

Looking at the cardio training itself, there are two primary types of cardio workouts, interval cardio training, and steady state cardio training.

Interval Cardio Training

Interval cardio training workouts are those that are going to have you working at a very intense pace for a very brief period of time (the interval) and then backing off that pace to perform a period of active rest. You'll continue to alternate between the work and rest intervals six to twelve times throughout the session depending on how long the intervals are scheduled to be and begin and finish-off with a five minute warm-up and cool down.

The intense intervals should range in length from a very brief 20 seconds to a longer 60 seconds and the sheer intensity that you exercise at is also directly related to this length. The shorter the interval, the more intense it needs to be.

The longer the interval, the less intense it will be. Note that a longer interval doesn't mean you won't be working at a high intensity – you will, it will just be that rather than giving a full 100% of your effort, you may only give 95% instead.

Since you have to maintain that interval for a slightly longer time period, it's going to be important that you have enough 'juice' in you to maintain it. At a max all-out pace, you won't have that and you'll tire out before the one minute is up.

The rest interval that you take in conjunction with the interval should typically be of the same length (for one minute intervals) or two to three times in length (for 20-30 second intervals).

Here's how the set-up should look.

If you are doing:

1 minute intervals take 1 minute of rest

30 second intervals take 60-90 seconds of rest

20 second intervals take 40-60 seconds of rest

Once you've figured out how long you want the intervals to be, then adjust the total number of repeats that you perform so that your total session lasts anywhere from 12 to 20 minutes. Add in the five minute warm-up and five minute cool-down before and after and you'll be all set and ready to go with that workout.

The big benefits to interval style of training are that it's fast (you're only in there for 20-30 minutes max) and that you'll really see a high amount of post-exercise calorie burn.

Essentially, if you want to become a fat burning furnace, this is how you go about doing it.

Finally, interval style of cardio training tends to reduce the risk of lean muscle mass loss when you're on a reduced calorie diet, so as you can remember from before, that's yet another big reason why these are so beneficial.

Now let's look at the second form of cardio training.

Steady State Cardio Training

Steady state cardio training, as the name suggests, is cardio training where you're going to be working at a single steady state the entire way through. This type of cardio is a great option for those who are just looking to get started into exercise and are still at a very beginner level of fitness as well as for those who do tend to have slower recovery systems and can't handle a lot of additional interval training workouts along with their strength training workouts.

Because steady state cardio training doesn't push you too far out of your comfort zone and you're only working at an intensity level of about 4-7 on a scale of one to ten, this is going to be perfect for almost anyone to do.

How long you are going to perform this steady state cardio training will be directly related to how many calories you want to burn and how much fat you want to lose, but here again, don't let yourself get caught up in the thought process that more is better.

Hours of steady state cardio per week will never be a smart plan as then it may still interfere with your recovery rates.

Generally speaking keeping it closer to 30-45 minutes two or three times a week is a better approach and will allow you to burn off a few hundred calories more as you move through your program.

Unlike interval training, steady state cardio training doesn't require glucose in the system to use as fuel as the body can use fat as a fuel source for this activity so there aren't any major diet limitations of this form of exercise either.

Many people will choose to perform their steady state cardio training first thing in the morning before breakfast since then you will be able to dip into those body fat stores slightly faster, but if you simply hate mornings or don't have the schedule to do this, don't beat yourself up too much.

Whenever you can get in the cardio training will work fine.

So when you have the choice, interval cardio training is always going to be a superior option. But when you can't perform interval training because of recovery levels or your current fitness state, then opt for some steady state cardio training as well.

While it won't have a huge impact on your fat loss like interval training or weight lifting workouts will, it's still important for health benefits and will still have you burning a few calories.

Now let's move on and talk about our final topic before we get to your workout program, which are some advanced principles that you can use to move your program forward.

Chapter 4: Advanced Topics To Add Into Your Workout

As you work towards the goal of becoming a fat burning furnace, it's important to consider all the different ways that you can go about advancing your workout program so that it challenges the body in new and innovative ways and encourages you to burn fat even faster than before.

As we've mentioned earlier, you never want to let yourself do the same workout program over and over again so by instead implementing some key strategies, you can keep your body guessing and take your progress to a whole new level.

The following advanced workout strategies will be integrated into our workout routine after the second week has passed and you have that base built up where you can tolerate a little more intensity.

If you're new to exercise it's important that you don't jump into these too quickly because doing so will just lead you to become injured or burned out.

Instead, by adding them gradually as we've done in our program and only using one or two concepts at a time, you can be sure that you're able to keep up with it and see the results that you're looking for.

Let's look at a few of the techniques to consider.

Supersets

The first advanced strategy to consider is a superset and will be where you pair two exercises immediately back to back with each other. So rather than doing a set of bicep curls, resting, and then doing another set until all are completed, you would do a set of bicep curls and then move into a set of tricep extensions and then rest.

Then once the rest period was finished, you would do another set of bicep curls and follow that with another set of tricep extensions.

This training principle is going to be very effective because it increases the amount of work that you have to do for the time period given and will also shorten your workouts. Because of this, you'll dramatically boost your metabolic rate and burn fat faster.

Usually you will pair two opposing muscle groups with each other or a lower and upper body exercise, however this does not always have to be the case.

Drop Sets

Second, another very effective advanced technique to consider is the drop set. With this technique what you're going to do is perform one straight set at the normal weight you'd lift for your given number of reps and then immediately after that, drop the weight down and perform another set.

After that set is finished drop the weight one more time and try and perform as many reps as you can with that third lighter weight.

This principle works incredibly well for enhancing the ability of the muscles to deal with fatigue and allows you to push harder when you go back to your straight sets once again.

The Heavy Duration Approach

Moving on, the third principle that we'll be incorporating in with the program is the heavy duration approach. This principle is somewhat similar to that of circuit training only instead of using very light weight, you're keeping the weight heavy.

Additionally, you'll be aiming to perform as many reps as possible (using proper form) in a one minute time span.

Unlike circuit training though, if you have to break throughout this minute, so be it. You just rest for however many seconds you need (5, 10, 15, etc) and then continue on again until that minute is up.

Once the minute is up, then you move directly to the next exercise listed and complete the circuit. Once that's finished, then you take a 2-3 minute rest and repeat again for the indicated number of repetitions.

Pre-Fatigue

Finally, the last principle that you can work into your program to boost up the intensity and advance your fitness is the pre-fatigue principle. While normally you will always start with your most compound lifts and then work your way downwards to the isolation lifts, with this concept you're actually going to tire out one of the smaller, helper muscles first and then proceed to your compound lift.

In doing so you'll ensure that more of the focus is placed on that major muscle group since that smaller, helper muscle won't be there to guide it along.

This type of training is great for increasing the metabolism and also getting past any 'stuck' points you might be in where you just can't lift any more weight.

So there you have the main concepts that we'll be using in this program once you have that base foundation built. Each one should be used on their own rather than mixed together in order to keep the stress on the body at a reasonable level and ensure that you can recover.

Now, let's get to your program.

Chapter 5: Your Six Week Workout Program

The following workout program outlines an eight week program that is guaranteed to take you from where you are now to becoming leaner and fitter, all while dramatically enhancing your metabolic rate so you burn more calories 24/7.

Note that this is a full body workout so you'll have three workouts scheduled per week, interspersed with some cardio training on the off days. If you cannot make it to the gym one on of the days listed, don't stress too much. Simply shift that workout over to the next day. Since there are only three workouts per week and seven days in the week, this leaves one day of leeway that you can use and still fit in all the workouts you need to during that week.

It is imperative though that you do have that full day off to rest between the workouts, so be sure you get that in. Never pair two workouts back to back.

Within the charts below, you'll note the rest, rep, and set ranges that you'll be performing. Try and stick to these as best as possible, however if you have to adjustment them, so be it. Just remember all the information you learned above so you can adjust them wisely and not adjust them in a manner that will take you further away from seeing results rather than closer to it.

If you're uncertain of any of the exercises listed below, please consult our exercise illustration and description guide at the end of the workout.

Week 1

Monday:

Exercise	Sets	Reps	Rest
Squats	3	8	90 seconds
Chest Press	3	8	90 seconds
Shoulder Press	3	10	90 seconds
Lunges	3	10	90 seconds
Rows	3	8	90 seconds
Crunches On An Exercise Ball	2	12	45 seconds

Tuesday:

Cardio Training: 30 minutes of moderate paced cardio training (intensity level: 5/10)

Wednesday:

Exercise	Sets	Reps	Rest
Step-Ups	3	8	90 seconds
Incline Chest Press	3	8	90 seconds
Horizontal Rows	3	8	90 seconds
Lunges	3	10	90 seconds
Lateral Raises	2	12	60 seconds
Front Raises	2	12	60 seconds
Plank Exercise	3	30 seconds-1 minute	45 seconds

Thursday:

Day Off

Friday:

Exercise	Sets	Reps	Rest
Single Leg Split Squats	3	10	90 seconds
Push-Ups	3	12	90 seconds
Dumbbell Rows	3	10	90 seconds
Shoulder Press	3	10	90 seconds
Bicep Curls	2	12	60 seconds
Tricep extensions	2	12	60 seconds
Lying Leg Raise	3	12	45 seconds

Saturday:

Cardio Training: 30 minutes of moderate paced cardio training (intensity level: 6/10)

Sunday:

Day Off

Week 2

Monday:

Exercise	Sets	Reps	Rest
Squats	3	8	60 seconds
Chest Press	3	8	60 seconds
Shoulder Press	3	10	60 seconds
Lunges	3	10	60 seconds
Rows	3	8	60 seconds
Crunches On An Exercise Ball	2	12	30 seconds

Tuesday:

Cardio Training: 30 minutes of moderate paced cardio training (intensity level: 7/10)

Wednesday:

Exercise	Sets	Reps	Rest
Step-Ups	3	8	60 seconds
Incline Chest Press	3	8	60 seconds
Horizontal Rows	3	8	60 seconds
Lunges	3	10	60 seconds
Lateral Raises	2	12	30 seconds
Front Raises	2	12	30 seconds
Plank Exercise	3	30 seconds-1 minute	30 seconds

Thursday:

Day Off

Friday:

Exercise	Sets	Reps	Rest
Single Leg Split Squats	3	10	60 seconds
Push-Ups	3	12	60 seconds
Dumbbell Rows	3	10	60 seconds
Shoulder Press	3	10	60 seconds

Bicep Curls	2	12	30 seconds
Tricep extensions	2	12	30 seconds
Lying Leg Raise	3	12	30 seconds

Saturday:

Cardio Training: 30 minutes of moderate paced cardio training (intensity level: 7/10)

Sunday:

Day Off

Week 3

Monday:

Exercise	Sets	Reps	Rest
Squats supersetted with chest press	3	8	60 seconds
Shoulder Press supersetted with lunges	3	10	60 seconds
Rows supersetted with step-Ups	3	8	60 seconds
Crunches On An Exercise Ball	2	12	30 seconds

Tuesday:

Cardio Training: Interval training – 30 second sprints with 90 second active rest X 8 + 5 minute warm-up and cool down.

Wednesday:

Exercise	Sets	Reps	Rest
Step-Ups supersetted with Incline Chest Press	3	8	60 seconds
Horizontal Rows superseded with Lunges	3	8	60 seconds
Lateral Raises supersetted with Front Raises	2	12	30 seconds
Plank Exercise	3	30 seconds-1 minute	30 seconds

Thursday:

Day Off

Friday:

Exercise	Sets	Reps	Rest
Single Leg Split Squats supersetted with Push-Ups	3	10	60 seconds
Dumbbell Rows supersetted with Shoulder Press	3	10	60 seconds
Bicep Curls supersetted with Tricep Extensions	2	12	30 seconds
Lying Leg Raise	3	12	30 seconds

Saturday:

Cardio Training: 30 minutes of moderate paced cardio training (intensity level: 5/10)

Sunday:

Day Off

Week 4

Monday:

Exercise	Sets	Reps	Rest
Squats	3	8	60 seconds
Drop Set: Chest Press	2	8-8-8	90 seconds
Drop Set: Shoulder Press	2	10-10-10	90 seconds
Drop Set: Lunges	2	10-10-10	90 seconds
Drop Set: Rows	2	8-8-8	690 seconds
Crunches On An Exercise Ball	2	12	30 seconds

*Note for the last set of each drop set if you can't make the full eight reps, that's fine – do your best to get up to the highest number you can before fatigue.

Tuesday:

Cardio Training: 30 minutes of moderate paced cardio training (intensity level: 5/10)

Wednesday:

Exercise	Sets	Reps	Rest
Step-Ups	3	8	60 seconds
Drop Set: Incline Chest Press	2	8-8-8	90 seconds
Drop Set: Horizontal Rows	2	8-8-8	90 seconds
Lunges	3	10	60 seconds
Drop Set: Lateral Raises	2	12-12-12	60 seconds
Drop Set: Front Raises	2	12-12-12	60 seconds
Plank Exercise	3	30 seconds-1 minute	30 seconds

*Note for the last set of each drop set if you can't make the full eight reps, that's fine – do your best to get up to the highest number you can before fatigue.

Thursday:

Day Off

Friday:

Exercise	Sets	Reps	Rest
Single Leg Split Squats	3	10	60 seconds
Push-Ups	3	12	60 seconds
Drop Set: Dumbbell Rows	2	10-10-10	90 seconds
Drop Set: Shoulder Press	2	10-10-10	90 seconds
Drop Set: Bicep Curls	2	12-12-12	90 seconds
Drop Set: Tricep extensions	2	12-12-12	90 seconds
Lying Leg Raise	3	12	30 seconds

*Note for the last set of each drop set if you can't make the full eight reps, that's fine – do your best to get up to the highest number you can before fatigue.

Saturday:

Cardio Training: Interval training – 45 second sprints with 60 second active rest X 8 + 5 minute warm-up and cool down.

Sunday:

Day Off

Week 5

Monday:

Exercise	Sets	Reps	Rest
Tricep Extension	2	12	45 seconds
Chest Press	3	8	60 seconds
Leg Extension	2	12	45 seconds
Squats	3	8	60 seconds
Lateral Raise	2	10	45 seconds
Shoulder Press	3	8	60 seconds
Barbell Row	3	8	60 seconds
Crunches On An Exercise Ball	2	12	30 seconds

Tuesday:

Cardio Training: Interval training – 45 second sprints with 60 second active rest X 8 + 5 minute warm-up and cool down.

Wednesday:

Exercise	Sets	Reps	Rest
Lunges	2	12	45 seconds
Step-Ups	3	8	60 seconds
Incline Chest Press	2	12	45 seconds
Shoulder Press	3	8	60 seconds
Bicep Curls	2	12	45 seconds
Barbell Rows	3	8	60 seconds
Plank Exercise	3	30 seconds-1 minute	30 seconds

Thursday:

Day Off

Friday:

Exercise	Sets	Reps	Rest
Single Leg Split Squats	2	12	45 seconds
Lunges	3	10	60 seconds
Overhead Tricep Extension	2	12	30 seconds
Chest Press	3	8	60 seconds
Bicep Curls	2	12	30 seconds
Lat Pull-downs	3	8	60 seconds

Lying Leg Raise	3	12	30 seconds
-----------------	---	----	------------

Saturday:

Cardio Training: 30 minutes of moderate paced cardio training (intensity level: 6/10)

Sunday:

Day Off

Week 6

For this final week you're going to use the principles outlined in the heavy duration approach where you perform each exercise for one minute straight through before moving on to the next. Once all exercises listed below have been completed, then you're to take a 2-3 minute recovery break before repeating another two times through for a total of three rounds.

Note that you are not to lighten the load of weight you're lifting from usual though. Instead, keep the same weight but break when necessary to let the muscles quickly recover before carrying on. Do as many reps as you can in one minute.

Since these workouts are so incredibly intense, your cardio for the week will be very light so you can have a good chance to recover and put everything you've got into each session.

Monday:

Exercise:

- Squats
- Chest Press
- Dumbbell Rows
- Lying Leg Raises
- Lunges
- Shoulder Press
- Lateral Raise
- Front Raise
- Plank

Tuesday:

Cardio training: 20 minutes of moderate paced cardio training at an intensity level of 4/10.

Wednesday:

Exercise:

Step-ups
Push-ups
Horizontal Row
Crunches on an Exercise Ball
Shoulder Press
Bicep Curl
Tricep Extension
Plank

Thursday:

Day off

Friday:

Lunges
Chest Press
Lat Pull-Down
Lying Leg Raise
Squats
Shoulder Press
Overhead Tricep Extension
Plank

Saturday:

Cardio training: 20 minutes of moderate paced cardio training at an intensity level of 4/10.

Sunday:

Day Off

Exercise Descriptions

Squats

Start in a standing position with feet about shoulder width apart in a squat machine with the barbell or a set of barbells at shoulder height level. From there, begin to squat down by bending at the knees while keeping the spinal column in an upright position (a slight forward lean is alright).

Go as far down as you possibly can go while keeping the knees moving directly over the toes, pause, and then raise up again to return to the starting position.

Note that you can also do this exercise with a set of dumbbells as demonstrated below.



Step-Ups

Stand holding a dumbbell at either side in front of a tall bench, chair, or box. From there, place one foot up on the bench and transfer the weight onto it rising up so you're now in a standing position at the top.

From there, lead your way back down to the floor again this time moving first with the other leg. Perform all reps on one side and then reverse.



Lunges

Holding a dumbbell in either hand slowly take one step forward in front of you and begin to lower yourself down to the ground by bending that standing leg. Note that as you do this you're going to notice that the back leg is bending as well while the knee is getting closer to the floor.

Once the front knee is bent at a 90 degree angle, pause and then rise up again, bringing the back leg up past the front leg and stepping forward this time to start the next rep off.



Split Squats

Holding a dumbbell in each hand or a barbell across your back stand in a position so that you're about two to three feet in front of a bench. From there, place one leg back up behind you on that bench while maintaining the body weight on the standing leg.

Once you've found your balance, begin to bend the standing leg until the knee is at about a 90 degree angle and the back knee is almost touching the floor. Pause for a second at the bottom of the movement and then extend the front leg again to complete the rep. Once all reps are complete switch sides and repeat.



Leg Extension

Get into a leg extension machine and place both feet behind the pads. From there, extend the legs outwards until the knees are fully extended and you're feeling a good degree of tension in the quads. Pause for a second and then lower the weight back down to complete the rep.



Dumbbell Chest Press/Bench Press

Position yourself in a bench press machine with your back flat against the bench. From there, place both hands up on the bar slightly wider than shoulder width apart and then press up off until the elbows are extended.

Once you're ready, slowly lower the bar down towards the body until it's almost touching the sternum. Pause for a second and then press back up again to complete the rep.

If you're working out in a home gym or would prefer to use free weights, get yourself on a flat bench holding a set of dumbbells up just above your shoulders while keeping your back pressed flat against the bench. From there, drive the weight directly up until the elbows are extended but not locked, pause, and then lower back down to complete the rep.



Incline Bench Press

Get yourself into an incline bench and then place two dumbbells in either hand up on your thighs. From there, lean back and kick the weight up, driving them above you so that the elbows are extended and in alignment with the shoulders (they will be on the horizontal).

From there, slowly begin to lower them down until they are in alignment with the chest, pause for a moment, and then drive them back up again to complete the second rep.



Push-Ups

Get down on the floor with the legs stretched out underneath you and your upper body balancing on both hands spaced shoulder width apart. From there, while keeping the core nice and tight, begin to lower yourself down to the ground until the body is almost touching the floor and the elbows are bent to ninety degrees.

Pause for a very brief moment and then press up once again. Repeat to complete all reps.



Bent Over Rows

Place a barbell or a set of dumbbells down on the ground in front of you, standing with feet about shoulder width apart. From there, bend over at the waist and let the arms drop, grasping the weights with an overhand grip.

From there, pull the weight directly up into the chest area of the body while maintaining the flat back position. Note that you may have a slight bend in your knees if it's more comfortable.

Once you're at the top of the movement, pause for a second and then lower again.



Horizontal Rows

Sit in a horizontal row machine placing either hand on the handle in front of you. From there, slowly pull the handles back until they are parallel or even slightly behind the body, thinking of squeezing from the back and shoulder blades while you do so.

Pause in this position and then return the weight back to the start position again to complete the rep. Avoid hunching your back over while doing this exercise but instead focus on maintaining that direct upright position.



Lat Pull-Downs

Get into a lat pull-down machine with your front facing the pad. From there, grasp the bar with both hands using an overhand grip slightly wider than shoulder width apart and sit down on the bench. Slowly pull the bar down towards the collarbone taking a slight lean backwards as you do so.

Pause once you've lowered it down all the way and then let the bar move up again to complete the rep. Note that this should all be performed in as slow and controlled movement as possible.



Shoulder Press

Hold a pair of dumbbells down at your sides with the feet shoulder width apart and then slowly bend at the elbows to bring them up to shoulder level. Once you've found your balance, drive the weights over the head making sure to straighten but not lock the elbows. Pause for a second and then lower back down to the shoulders again to complete the rep.

For this exercise it will be incredibly important that you maintain a proper spinal column alignment so be sure that you're not experiencing a sway back at any point.



Bicep Curl

To perform the bicep curl, start in a standing position with the arms at the sides holding a set of dumbbells. From there, lock the elbows into the sides of the body and begin to bent and curl the weight upwards.

When it's almost touching the shoulder (or as far as you can go), pause and then lower it back down again until the arm is extended. Note that you must avoid only going halfway down the movement as this is a key error that most people will make.



Tricep Extension

Grab one dumbbell and bring it over your head, holding onto it with both hands. From there, lower the dumbbell back down behind the head while maintaining a straight spinal column position.

Once it's as low as it can go (and elbows are bent), pause and then extend the elbows so the weight is reaching towards the ceiling again to complete the rep.



Side Raise

Standing with feet shoulder width apart and arms down by your sides holding a dumbbell, simply raise them up directly to the sides of the body until they are parallel with the shoulders. Pause for a second and then lower down to complete the rep.



Front Raise

Front raises are very similar to lateral raises only this time you are going to perform the exercise moving the arms directly up in front of you rather than to the sides of the body. When they reach parallel to the shoulders, then you lower them back down again to complete the rep.



Lying Leg Raise

Lay back down on an exercise mat with the hands by the sides of the body and the legs extended. From there, simply raise the legs up off the ground keeping the knees straight as possible until they are at a 90 degree angle with the rest of the body.

Pause for a second and then lower them back down until they are almost touching the ground but not quite. Then, immediately move them back up to begin the second rep. Make sure that your lower back stays flat against the mat at all times to prevent injury.



Plank Hold:

Get into a position where you are balancing on your forearms and your hands placed directly down in front of you on the floor with the feet extended behind you, balancing on the toes.

Note that in this position you will look very similar to that of a table top. Once you've found your balance, hold for as long as possible without letting the back and hips drop or rise up. Take a break when you move out of proper form and then perform again for the second rep.



Crunches On An Exercise Ball:

Position yourself so that your lower back is lying at the top of an exercise ball, your legs bent with the feet on the floor in front of you.

From there, lean backwards so that your upper body is fully extended, following the curve of the exercise ball. Once you're extended as far as you can go, contract the ab muscles to bring yourself into a sitting position. Pause there for a second and then lower yourself back down to complete the rep.



Conclusion

So there you have everything you need to know to put together an effective fat burning workout program and get started making the transformation you're after. If you are sure to use all of the principles that we've outlined in this guide and set some proper goals with your program you are destined for success.