Aggressive Fat Loss

[The Workout Program]

By:

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The Aggressive Fat Loss Workout Program For Incredible Muscle Tone

When you're on an aggressive cut, the main goal of your workout routine is to maintain lean body mass.

Simply put, fat loss is taken care of from intermittent fasting and eating at an aggressive calorie deficit.

So most of our efforts should be honed in on maintaining muscle and strength. What this will do is ensure that every pound you drop will be fat.

This way, after 3 months, if you dropped 30 pounds, you lost 30 pounds of fat! Not 20 pounds of fat and 10 pounds of muscle.

This is often the problem with most 'fat loss programs'. They're obsessed with scale weight loss, they're going for maximum caloric burn.

This accelerates muscle loss!

Can You Drop Fat & Build Muscle?

Now, interestingly enough, most men following my fat loss courses will actually increase strength and build muscle while dropping fat.

On a scientific basis, this is quite difficult to do. But essentially what is happening is, you're spending a big chunk of the day in a catabolic state.

This is known as the fasting period. It's when you break down body fat. Most people think you can't gain muscle and lose fat at the same time.

This is because, technically, it's impossible to be catabolic and anabolic at the same time. At-least with the exception of taking anabolic steroids, that is!

But here's the thing. When you fast until the afternoon, then eat all your calories in two meals. You shift yourself into an intense feeding period.

This brings you into an anabolic state. So if your training is dialled in, and you're building strength, you can actually drop plenty of fat, while adding some muscle in the process.

Focus on the Areas You Really Want to Build

When calories are on the low side, you're not going to be able to add a lot of muscle everywhere.

Therefore, you need to really emphasize the key muscle groups you want to build. For most men, I recommend focusing on the shoulders and upper chest.

This will create the most aesthetic looking physique! Moreover, the shoulders and upper chest tend to be underdeveloped in most men.

And these key muscle groups contribute the most to a great looking masculine physique.

Training Volume Needs to Be Low

As well, on lower calories, you won't be able to tolerate a high volume of training.

Lifting three times per week and performing about 8-12 total work sets per workout, will ensure you can recover from the workout while making strength gains.

If you workout too much, you will ramp up your appetite, making aggressive dieting next to impossible. You will also break your body down, without giving it enough time to recover.

This will cause more harm than good! Remember, the diet is taking care of almost everything.

Focus on intense lifting a few days per week, to support a great looking shape. Ditch the intervals, circuits and long runs.

Cardio

On this routine, you'll be lifting 3 days per week. To assist with fat loss on your rest days, I recommend not being a lazy bum.

My main recommendation is to get about 40-60 minutes of brisk walking. You can do this outside or at the gym on the treadmill.

This will help contribute to some calorie expenditure, putting you in a nice calorie deficit, so you can drop about 1.5-2 lbs of fat per week.

What's more, walking has been shown to have a neutral effect on appetite. So this activity won't jack up your hunger like most forms of cardio do.

My recommendation is to listen to audiobooks or podcasts on these walks. The walk will go bye in a blink of an eye.

If you want a caloric number to aim for (if you're going to be exercising at the gym), aim to burn double your bodyweight in pounds for calories.

So if you were 200 pounds, you would aim to burn about 400 calories. This is only on the rest days! There's no need or benefit to do this exercise on the days you're strength training.

The Power of Training Program

On this training program, you will be strength training three days per week. This is the optimal frequency for maximum strength and muscle gains.

By having at-least one day of rest between strength sessions, you allow full recovery to your central nervous system. If you were to lift two days in a row, your CNS would be fatigued for your second session.

Therefore you would be training under your true potential, which would limit your ability to promote strength and muscle gains.

My routines are based around building up your strength on the movements that have the best carryover to your physique development.

Simply getting stronger on key exercises will allow you to consistently build muscle. To maximize strength development, volume needs to be low.

This means 4-6 exercises per workout, 2-3 sets per movement and long rest periods. If you perform too many exercises and sets and don't take enough rest, you will be lifting in a fatigued state.

In the fatigued state you will be unable to build strength and promote lasting muscle growth. But instead, you will be training yourself to better handle fatigue.

This type of training causes increases in fluid and glycogen in the muscles but this increase only accounts for only a small, 20-25% of muscle growth, at best.

In addition, this increase in muscle size can be considered temporary; as once you stop lifting you will quickly lose the size.

This is precisely why so many individuals struggle to build lasting muscle: they focus predominantly on fatigue/volume training instead of on the intense high-tension strength work.

For building a hard, dense physique, pump training is counterproductive and should only be used on stubborn muscle groups in moderation, ex: lateral and rear delts.

Too much volume (total number of exercises and sets) can actually interfere with your strength and true muscle development.

This is because your body is not great at doing two things at once. When you do too much volume, having to restock lots of muscle glycogen and increase sarcoplasm stores can get in the way of repairing and rebuilding muscle fibers.

This becomes increasingly true when you're on an aggressive diet to drop body fat…

Building an outstanding physique is a matter of reaching and maintaining a low body fat through proper nutrition and dieting.

In addition to hitting high level strength targets on key exercises in the 5-8 rep range.

On a side note, getting stronger in the 1-3 rep range improves your neural strength (ability to recruit muscle fibers) with limited increases seen in muscle size.

In any case, if I take you to 8% body fat and build you up to 225 lbs incline bench press for 6 reps, 90 lbs chin ups for 6 reps and 160 lbs military press for 6 reps, you can be damn sure you will look fantastic!

Not to mention, that muscle size will be dense and compact. It won't fluctuate depending on the day and you won't need to pump up for it.

If you go on a two-week vacation you will look pretty much the same from the first day to the last. The same cannot be said with those who build their physiques off high volume routines.

So without further ado, let's get into the workout routine for the Aggressive Fat Loss Program…

The Workout Routine

Monday: Upperbody

1. Seated DB Shoulder Press: 3 sets – 4-6, 6-8, 8-10 (RPT)
2. Lat Pull Down or (weighted pull ups): 2 sets – 4-6, 6-8 (RPT)
3. Weighted Dips or (close grip bench): 2 sets – 6-8, 8-10 (RPT)
4. Incline Dumbbell Curls: 2 sets – 6-8, 8-10 (RPT)
5. Lateral Raises: 12-15 reps + 4 sets of 4-5 reps (rest pause)

Wednesday: Lowerbody

1. Dumbbell Bulgarian Split Squats or Reverse Lunges: 2 sets - 6-8, 8-10 reps (RPT)
2. Romanian Deadlifts (Barbell): 2 sets - 6-8, 8-10 reps (RPT)
3. Leg Extensions, point toes out at the top: 2 sets - 8-10, 10-12 (RPT)
4. Weighted Single Leg Calf Raises: 2 sets x 8-10, 10-12 (RPT)

Friday: Upperbody

1. Incline Bench Press: 3 sets – 4-6, 6-8, 8-10 (RPT)
2. Flat Bench Press: 2 sets - 6-8, 8-10 (RPT)
3. Cable Rope Push Downs: 2 sets – 6-8, 8-10 (RPT)
4. Hammer Curls: 2 sets – 6-8, 8-10 (RPT)
5. Bent Over Flyes: 12-15 reps + 4 sets of 4-5 reps (rest pause)

Workout Notes

Perform 2-3 build up sets for the first two exercises of each workout. Rest 2-3 minutes between sets for reverse pyramid training (RPT). For RPT you will be doing your heaviest set first and reducing the weight by 10% for each set thereafter.

Only increase the weight when you can do the top end of the rep range. So for incline bench, you'll increase the weight on your first set when you can do 6 reps. For your second set you need to hit 8 reps before increasing the weight.

For lateral raises and bent over flyes you will select a weight you can do for 12-15 reps. This will be the activation set. After completing the activation set you will perform 4 rest pause sets (with the same weight as the activation set). For rest pause sets you will rest only 10-15 second and perform 4-5 reps.

For weighted pull ups, weighted dips, bulgarian split squats and calf raises - reduce the weight by 10% of total weight (bodyweight + additional weight) for Reverse Pyramid Training

So if you're performing weighted dips with 45 lbs and you weight 180 lbs. Total weight = 225. So you'd reduce it by 10% of 225, which is 22.5 lbs. So you can drop the weight by 22.5 lbs or simply round down to 20 lbs.

If you're performing reverse lunges with 30 lbs per hand (60 lbs total) at a bodyweight of 180 lbs, then you'd have 240 lbs total weight. Therefore you'd reduce by about 20-25 pounds for the second set. So the second set you'd go down to 20 lbs per hand.

Exercise Substitutions

If you stall out on an exercise after 3-8 weeks, or if you become mentally burnt out performing the same exercise over and over again, you can switch to different movements.

By having 1-3 different variations for every exercise, you essentially have a lifetime of workouts. When you hit a plateau or need something fresh, you can change any of the exercises.

If you don't know how to perform these exercises, you can do a simple YouTube search!

Don't switch the exercise variation every workout. You need to stick to the same exercises for at-least 3 workouts to be able to progress on them!

Now the beautiful thing is that, this strategy will keep you fresh and excited year round. Sometimes, we become more exhausted and depleted trying to progress on the same exercise year round.

Changing up the variation keeps us excited and side steps the neural fatigue! Moreover, when you get stronger at one variation, you will improve on all variations!

Talk about year-round gains!

Here are my favorite exercise substitutions on this workout program:

Seated DB Shoulder Press

- Standing Barbell Press
- Standing One Arm Dumbbell Press
- Handstand Push ups

Weighted Pull ups or Lat Pull Down

- Chin up Grip
- Neutral Grip

Weighted Dips

- Close grip bench press
- Weighted close grip push ups

Incline Dumbbell Curls

- Standing DB curls
- Cable Curls
- Barbell Curls

DB Lateral Raises

- Cable lateral raises (two arm or one arm)
- Wide grip barbell upright row
- One arm dumbbell incline lateral raise

Dumbbell Bulgarian Split Squats

- Dumbbell Reverse Lunges
- Dumbbell Step ups
- Pistol Squats (3 reps and 5 reps)

Romanian Deadlifts

- Power cleans from hang
- One leg dumbbell romanian deadlifts
- Heavy kettlebell swings (10-12 reps, 12-15 reps)

Leg Extensions (toes pointed out)

- Front foot elevated split squat
- Squat jumps (2 sets x 8 reps)

Single Leg Weighted Calf Raises

- Machine calf raises
- Seated calf raise machine
- Single leg calf raises in the leg press machine

Incline Bench Press

- Incline Dumbbell Bench Press
- Hammer / machine strength Incline Press

Flat Bench Press

- Flat Dumbbell Bench Press
- Hammer strength / machine bench press
- Weighted wide grip push ups

Cable Rope Pushdowns

- Barbell Skull Crushers
- Incline Dumbbell Triceps Extensions (skull crushers)

Hammer curls (standing one arm dumbbell hammer curls)

- Incline dumbbell hammer curls
- Cable rope curls

Seated bent over dumbbell flyes

- Rear delt flyes on an incline bench (chest on bench)
- Face pulls (with rope)
- Machine rear delt flyes
- Cable rear delt flyes