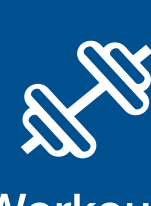




THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



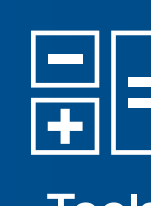
Diet Plans



Expert Guides



Videos



Tools

10 WEEKS TO SHREDDED: MAXIMIZE YOUR FAT LOSS

Maximize your fat loss for the rest of summer with this 10 week workout program. Plus as a bonus - 5 tips to get the most fat loss out of the program!

Link to Workout: <https://www.muscleandstrength.com/workouts/advanced-fat-loss-workout>

Main Goal: Lose Fat

Training Level: Advanced

Program Duration: 10 Weeks

Days Per Week: 6 Days

Time Per Workout: 30-45 Mins

Equipment: Barbell, Bodyweight, Dumbbells, Machines

Author: Team Allmax

Day 1

Exercise	Sets	Reps
1. Close Grip Pull Downs	1	15 (Warm Up)
2a. Pull Ups	2	8 - 12
2b. Reverse Grip Lat Pull Down	2	8 - 12
3a. Bent Over Barbell Row	2	8 - 12
3b. Seated Cable Rows	2	8 - 12
4. Dumbbell Pullover	2	8 - 12 (Use Rest-Pause)
5. Dumbbell Curls	1	15 (Warm Up)
6a. Incline Dumbbell Curls	2	8 - 12
6b. Alternating Dumbbell Hammer Curls	2	8 - 12
7. Barbell Preacher Curls	2	8 - 12

60 Secs rest between sets. Perform 20 Mins of HIIT on stationary bike in the morning. If you'd like to train abs on this day, superset Swiss [Ball Crunches](#) with [Hanging Leg Raises](#) for 3 sets of 20 - 30 reps. Perform 10 Mins of HIIT on a rower following your workout.

Day 2

Exercise	Sets	Reps
1. Machine Chest Press	1	15 (Warm Up)
2. Close Grip Bench Press	2	8 - 12 (Drop Sets)
3. Dumbbell Bench Press	2	8 - 12 (Drop Sets)
4a. Incline Dumbbell Press	2	8 - 12
4b. Chest Dips	2	8 - 12
5a. Dumbbell Kickback	2	8 - 12
5b. Rope Pressdown	2	8 - 12 (Rest Pause)
6. One Arm Overhead Extension	2	8 - 12 (Double Drop Sets)

60 Secs rest between sets. Perform 10 Mins of HIIT on stationary bike post workout.

Day 3

Exercise	Sets	Reps
Perform 20 Mins of HIIT on a stationary bike. If you'd like to train abs, superset Swiss Ball Crunches with Hanging Leg Raises for 3 Sets of 20 - 30 Reps.		
60 Secs rest between sets.		

Day 4

Exercise	Sets	Reps
1. Leg Press	1	20 (Warm Up)
2a. Wide Stance Squats	2	12- 15
2b. Narrow Stance Squats	2	12 - 15
3. Leg Extensions	2	8 - 12 (Rest Pause)
4a. Leg Press	2	12 - 15
4b. Hack Squats	2	12 - 15
5. Lying Leg Curl	2	8 - 12
6. Stiff-Legged Deadlifts	2	Failure (Double Drop Sets)

60 Secs rest between sets.

Day 5

Exercise	Sets	Reps
1. Machine Shoulder Press	1	15 (Warm Up)
2a. Arnold Press	2	8 - 12
2b. Bent Lateral Raise	2	8 - 12
3. Side Lateral Raise	2	8 - 12
4. Dumbbell Front Raise	2	8 - 12 (Double Drop Sets)
5a. Barbell Shrugs	2	8 - 12
5b. Dumbbell Shrugs	2	8 - 12
5c. Upright Rows	2	8 - 12

60 Secs rest between sets. Perform 20 Mins of HIIT on stationary bike in the morning. If you'd like to train abs on this day, superset Swiss [Ball Crunches](#) with [Hanging Leg Raises](#) for 3 sets of 20 - 30 reps. Perform 10 Mins of HIIT on a rower following your workout.

Day 6

Exercise	Sets	Reps
1a. Standing Calf Raises	2	15
1b. Seated Calf Raises	2	15
2. Toe Raise on Leg Press	2	15
3. Seated Wrist Curls	2	15 (Double Drop Sets)
4. Reverse Curls	2	8 - 12

60 Secs rest between sets. Perform 10 Mins of HIIT on stationary bike post workout.