



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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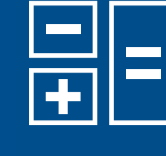
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## 12 WEEK TOTAL FAT ANNIHILATION WORKOUT PLAN

Annihilate any unwanted fat with this total fat loss workout routine. This 4 day a week workout will maximize your fat loss efforts via advanced techniques.

Link to Workout: <https://www.muscleandstrength.com/workouts/12-week-fat-annihilation-workout>

**Main Goal:** Lose Fat

**Training Level:** Advanced

**Program Duration:** 12 Weeks

**Days Per Week:** 4 Days

**Time Per Workout:** 45-70 Mins

**Equipment:** Barbell, Cables, Dumbbells, EZ Bar, Machines

**Target Gender:** Male & Female

**Author:** [Josh England](#)

### Fat Loss (Upper Body) Workout 1

Exercise	Sets	Reps
A1. <a href="#">Dumbbell Bench Press</a>	4	8 - 10
A2. <a href="#">Dumbbell Incline Bench Press</a>	4	8 - 10
A3. <a href="#">Push Ups</a>	4	Mechanical Failure
B1. <a href="#">Dumbbell Row</a>	4	8 - 12
B2. <a href="#">Seated Cable Row</a>	4	8 - 12
B3. <a href="#">Pull Up</a>	4	Mechanical Failure
C1. <a href="#">Lateral Raise</a>	2	10 - 12
C2. <a href="#">Front Raise</a>	2	10 - 12
C3. <a href="#">Rear Delt Raise</a>	2	10 - 12
<a href="#">Farmers Carry</a>	5	20 Yards
<a href="#">Oblique Crunch</a>	2	15 Each
<a href="#">Hanging Knee Raise</a>	2	12

### Fat Loss (Lower Body) Workout 2

Exercise	Sets	Reps
A1. <a href="#">Front Squat</a>	4	8 - 10
A2. <a href="#">Goblet Squat</a>	4	8 - 10
A3. <a href="#">Rear Bodyweight Lunge</a>	4	Mechanical Failure
B1. <a href="#">Dumbbell Stiff Leg Deadlift</a>	4	8 - 10
B2. <a href="#">Leg Curl</a>	4	8 - 10
B3. <a href="#">Bodyweight Glute Bridge</a>	4	Mechanical Failure
C1. <a href="#">Standing Calf Raise</a>	4	20
C2. <a href="#">Seated Calf Raise</a>	4	10
<a href="#">Farmers Carry</a>	5	20 Yards
<a href="#">Ab Crunch</a>	2	20
<a href="#">Reverse Crunch</a>	2	20

### Fat Loss (Full Body) Workout 3

Exercise	Sets	Reps
A1. <a href="#">Dumbbell Squat</a>	3	10
A2. <a href="#">Dumbbell Shoulder Press</a>	3	10
B1. <a href="#">Goblet Squat</a>	3	12 Each
B2. <a href="#">Lat Pull Down</a>	3	12
C1. <a href="#">Landmine Romanian Deadlift</a>	3	12
C2. <a href="#">Landmine T-Bar Row</a>	3	12
D1. <a href="#">EZ Bar Curl</a>	3	10
D2. <a href="#">Skullcrushers</a>	3	10
<a href="#">Farmers Walk</a>	4	60 Secs
<a href="#">Plank</a>	3	30 Secs
<a href="#">Side Plank</a>	3	30 Secs Each

### Fat Loss (Full Body) Workout 4

Exercise	Sets	Reps
A1. <a href="#">Conventional Deadlift</a>	3	10
A2. <a href="#">Push Up</a>	3	12
B1. <a href="#">Leg Press</a>	3	12
B2. <a href="#">Pull Up</a>	3	12
C1. <a href="#">Hack Squat</a>	3	12
C2. <a href="#">Inverted Row</a>	3	12
D1. <a href="#">Cable Curl</a>	3	12
D2. <a href="#">Tricep Extension</a>	3	12
<a href="#">Farmers Walk</a>	4	60 Secs
<a href="#">Hanging Leg Raise</a>	2	12
<a href="#">Russian Twist</a>	2	12 Each