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Workouts



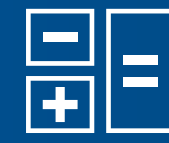
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THE FAT INCINERATOR: 8 WEEK FAT BURNING WORKOUT

Incinerate unwanted body fat with this new 8 week workout program. This fat loss workout utilizes tactics to maximize fat loss while preserving muscle.

Link to Workout: <https://www.muscleandstrength.com/workouts/8-week-fat-incinerator-workout>

Main Goal: Lose Fat
Training Level: Intermediate
Program Duration: 8 Weeks
Days Per Week: 5 - 6 Days
Time Per Workout: 60 - 90 Mins

Equipment: Barbell, Cables, Dumbbells, EZ Bar, Medicine Ball
Target Gender: Male & Female
Author: [Josh England](#)

Day 1: Fat Loss Push Workout

Exercise	Sets	Reps
Dumbbell Bench Press	4	8 - 12
Standing Cable Fly	3	12 - 15
Incline Bench Press	4	6 - 8
Overhead Press	4	8 - 12
Lateral Raise	3	12 - 15
French Press	3	10 - 12
Skullcrusher	3	12 - 15
Exercise Ball Crunch	4	20 - 25
Hanging Leg Raise	4	10 - 15

*Cardio: 15 Minutes of HIIT performed on cardio equipment of choice. Perform intervals of 20 seconds all-out effort and 10 seconds of rest/recovery.

Day 2: Fat Loss Pull Workout

Exercise	Sets	Reps
Lat Pull Down	4	10 - 12
T-Bar Row	4	10 - 12
One Arm Dumbbell Row	4	10
Close Grip Pull Down	3	12 - 15
Face Pull	3	15 - 20
Cable Curl	3	10 - 12
Hammer Curl	3	12 - 15
Machine Crunch	3	15 - 20
Machine Oblique Crunch	3	12 - 15 Each

*Cardio: Perform 30 - 45 minutes of low-intensity steady state cardio on cardio equipment of choice. Try to vary cardio equipment selection each time you perform this workout.

Day 3: Fat Loss Leg Workout

Exercise	Sets	Reps
Squat or Trap Bar Deadlift	5	8 - 12
Leg Press	4	15
Rear Lunge	3	12 - 15
Goblet Squat	3	10 - 12
Leg Curl	3	10 - 15
Seated Calf Raise	3	20 - 25
Standing Calf Raise	3	15 - 20
Plank	3	1 Min
Barbell Rollout	3	8

*Cardio: Jog 1.5 miles either on a treadmill or outdoors at a challenging (but not all-out) pace. Each week alternate between squatting and deadlifting.

Day 4: Rest

Exercise	Sets	Reps
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On Day 4, take a rest day from the gym. If you wish, you can perform some form of active recovery such as a low-intensity walk outside or a yoga practice.

Day 5: Restart

Exercise

On Day 5, you will restart the workout starting with the day 1 push workout. This results in a 3 days on, 1 day off cycle. Some days will require you to make it to the gym 5 days per week, while others will require 6 days per week.