



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



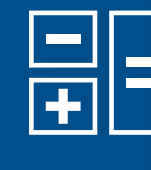
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THE BODY FAT BLASTER: 8 WEEKS TO A RIPPED PHYSIQUE

Blast fat with these workout, nutrition, and lifestyle recommendations. Commit to it all for the next 8 weeks and reap the benefits by the end of summer!

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

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

Equipment: Barbell, Bodyweight, Cables, Dumbbells, Machines
Target Gender: Male & Female
Author: Josh England

Monday: Upper Workout

Exercise	Sets	Reps
1a. Dumbbell Bench Press	4	8
1b. Dumbbell Row	4	8
2. Overhead Press	4	10*
3a. Chin Up	3	12 - 15
3b. Dips	3	12 - 15
4a. Cable Curl	2	10 - 12
4b. Cable Pressdown	2	10 - 12

*Perform a drop set on your final set.

Cardio: Perform 30-45 Mins of low intensity steady state cardio of your choice.

Tuesday: Lower Workout

Exercise	Sets	Reps
1. Squats	5	20, 18, 15, 12, 10
2a. Dumbbell Stiff Legged Deadlift	4	8
2b. Dumbbell Split Squat	4	8 Each
3. Leg Press	3	15, 12, 10*
4a. Leg Curl	3	15
4b. Leg Extension	3	15

*Perform a drop set on your final set.

Cardio: 15-20 Mins of HIIT of your choice. For ideas of HIIT workouts using exercise equipment [read this](#).

Wednesday: Active Recovery

Exercise

On this day, take the time you'd normally spend in the gym and use it to work on your mobility. If you're in the later weeks of this program and are in need of some extra calorie expenditure – perform some low intensity steady state cardio.

Thursday: Upper Workout

Exercise	Sets	Reps
1. Bent Over Row	4	6*
2. Incline Bench Press	4	6*
3a. Seated Cable Row	3	12 - 15
3b. Push Ups	3	12 - 15
4. Lat Pull Down	3	6, 8, 10
5a. Lateral Raise	3	10
5b. Band Pull Apart	3	10**

*Perform a drop set on your final set.

**Perform sets using a very slow tempo.

Cardio: Perform 30-45 Mins of low intensity steady state cardio of your choice.

Friday: Lower Workout

Exercise	Sets	Reps
1. Trap Bar Deadlift	4	12, 10, 8, 6
2. Romanian Deadlift	4	8 - 10
3. Lateral Lunges	3	15 - 20 Each
4a. Narrow Leg Press	3	12
4b. Wide Leg Press	3	12
5a. Seated Calf Raise	3	20
5b. Jump Rope	3	3 Mins

Cardio: 15 Mins of HIIT of your choice. For ideas of HIIT workouts using exercise equipment [read this](#).

Saturday: Core & Active Recovery

Exercise

On this day, take the time you'd normally spend in the gym and use it to work on your mobility. If you're in the later weeks of this program and are in need of some extra calorie expenditure – perform some low intensity steady state cardio.

In addition, perform the following core workout as a circuit.

Exercise	Sets	Reps
Ab Crunch	3	20
Bicycle Crunch	3	20
Leg Raise	3	10
Oblique Crunch	3	15 Each
Plank	3	30 Secs

Sunday: Active Recovery

Exercise

On this day, take the time you'd normally spend in the gym and use it to work on your mobility. If you're in the later weeks of this program and are in need of some extra calorie expenditure – perform some low intensity steady state cardio.