



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



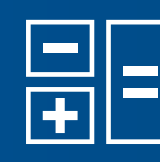
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BODY FAT DEMOLITION: 8 WEEK WORKOUT TO DESTROY BODY FAT

Jumpstart your fat loss journey with a fat loss workout perfect for helping you maintain muscle and burn calories. This 8 week program is sure to help!

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

Main Goal: Lose Fat

Training Level: Intermediate

Program Duration: 8 Weeks

Days Per Week: 5 Day

Time Per Workout: 45-70 Mins

Equipment: Barbell, Bodyweight, Cables, Dumbbells, EZ Bar, Machines, Other

Target Gender: Male & Female

Author: [Josh England](#)

Monday: Upper Body Workout

Exercise	Sets	Reps
Single Arm Dumbbell Row	4	6 - 8 Each
Incline Dumbbell Bench Press	3	8 - 12
Lat Pull Down	3	8 - 12
Cable Lateral Raise	3	8 - 12
Incline Dumbbell Curl	3	12 - 15
French Press	3	12 - 15

Tuesday: Lower Body Workout

Exercise	Sets	Reps
Back Squat	4	6 - 8
Dumbbell Lunge	3	6 - 8
Hip Thrust	3	8 - 12
Leg Curl	3	12 - 15
Calf Raises	5	15 - 20

Wednesday: Upper Body Workout

Exercise	Sets	Reps
Pull Up	4	6 - 8
Decline Hammer Machine Press	3	8 - 12
Cable Row	3	8 - 12
Dumbbell Shoulder Press	3	8 - 12
Preacher Curl	3	12 - 15
Skull Crusher	3	12 - 15

Thursday: Lower Body Workout

Exercise	Sets	Reps
Hack Squat	3	6 - 8
Leg Extension	3	8 - 12
Dumbbell RDLs	3	6 - 8
Seated Leg Curls	3	8 - 12
Calf Raises	5	15 - 20

Saturday: Full Body Workout

Exercise	Sets	Reps
Trap Bar Deadlift	4	6 - 8
Dips	4	8 - 12
Lat Pull Down	4	8 - 12
Machine Row	3	8 - 12
Cable Curl	3	12 - 15