



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



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Workouts



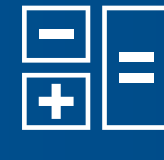
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## DENSITY GIANT SET TRAINING: MAINTAIN MUSCLE DURING FAT LOSS

The density set training system is a perfect workout for someone looking to drop fat, hold on to muscle, and train hard and heavy. Each session is brief and intense, but extremely effective!

Link to Workout: <https://www.muscleanstrength.com/workouts/density-giant-set-training-maintain-muscle-fat-loss.html>

**Main Goal:** Lose Fat

**Training Level:** Intermediate

**Program Duration:** 8 Weeks

**Days Per Week:** 3 Days

**Time Per Workout:** 30-45 Mins

**Equipment:** Barbell, Bodyweight, Dumbbells, Medicine Ball

**Author:** John Matulevich

### Monday: Bench Press Day

Exercise	Reps
<a href="#">Bench Press</a>	5
<a href="#">Push Up</a>	20
<a href="#">Overhead Press</a>	10
Medicine Ball Jump Snatch	15
<a href="#">Incline Dumbbell Bench Press</a>	10
<a href="#">Chest Dip</a>	15

This workout is be performed in a circuit for 25 Mins.

### Wednesday: Deadlift Day

Exercise	Reps
<a href="#">Deadlift</a>	5
<a href="#">Back Extension</a>	20
<a href="#">Barbell Curl</a>	10
Close Grip <a href="#">Chin Up</a>	15
<a href="#">Dumbbell Lunge</a>	10
<a href="#">Split Squat</a>	15

This workout is be performed in a circuit for 25 Mins.

### Friday: Squat Day

Exercise	Reps
<a href="#">Squat</a>	5
<a href="#">Tuck Jump</a>	20
<a href="#">Upright Row</a>	10
<a href="#">Inverted Row</a>	15
ATG <a href="#">Front Squat</a>	10
Dumbbell High Pulls	15

This workout is be performed in a circuit for 25 Mins.