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DENSITY TRAINING FOR FAT LOSS: NO CARDIO REQUIRED

Looking to torch fat but tired of boring cardio sessions? Try density training. This article features intense 20, 30 and 40 minutes twice a week fat loss workout sessions.

Link to Workout: <https://www.muscleandstrength.com/workouts/density-training-fat-loss-cardio>

Main Goal: Lose Fat
Training Level: Beginner
Program Duration: 6 Weeks
Days Per Week: 4 Days

Time Per Workout: 20-40 Mins
Equipment: Barbell, Bodyweight, Dumbbells, EZ Bar, Other
Author: Brad Borland

The 20 Minute Half 'n Half

Session 1

Exercise	Warm Up Sets	Work Sets	Rest
Superset			
Flat Bench Dumbbell Press	2 x 15	3 x 8 - 12	-
Two-Arm Dumbbell Row	2 x 15	3 x 8 - 12	45 Secs
Superset			
Standing Dumbbell Side Lateral Raise	-	3 x 8 - 12	-
Seated Dumbbell Press	-	3 x 8 - 12	30 Secs
Superset			
Standing Dumbbell Curl	-	3 x 8 - 12	-
One-Arm Overhead Triceps Extension	-	3 x 8 - 12	30 Secs
Superset			
Lying Leg Raise	-	3 x 20	-
Floor Crunch	-	3 x 20	30 Secs
Perform Session 1 twice a week.			

Session 2

Exercise	Warm Up Sets	Work Sets	Rest
Superset			
One-Leg Calf Raise	2 x 15	3 x 8 - 12	-
Box Squat or Squat Jump	2 x 15	3 x 8 - 12	30 Secs
Superset			
Barbell Back Squat	-	3 x 8 - 12	-
Barbell Stiff Leg Deadlift	-	3 x 8 - 12	60 Secs
Superset			
Static Barbell or Dumbbell Lunge	-	3 x 8 - 12	-
Prisoner Squat	-	3 x 8 - 12	60 Secs
Superset			
Hanging Leg Raise	-	3 x 20	-
Bent Leg Raise	-	3 x 20	30 Secs
Perform Session 2 twice a week.			

The 30 Minute Triset Scorchers

Session 1

Exercise	Warm Up Sets	Work Sets	Rest
Triset			
Incline Barbell Bench Press	2 x 15	3 x 6 - 10	-
Wide Grip Pull Up	2 x 15	3 x 6 - 10	-
Push Up	2 x 15	3 x 6 - 10	60 Secs
Triset			
Front Plate Raise	-	3 x 6 - 10	-
Dumbbell Upright Row	-	3 x 6 - 10	-
Bent-Over Dumbbell Rear Lateral Raise	-	3 x 6 - 10	45 Secs
Triset			
Barbell Curl	-	3 x 6 - 10	-
Parallel Bar Dip	-	3 x 6 - 10	-
Reverse Barbell Curl	-	3 x 6 - 10	45 Secs
Triset			
Hanging Leg Raise	-	3 x 20	-
Floor Crunch	-	3 x 20	-
Lying Leg Raise	-	3 x 20	30 Secs

Perform Session 1 twice a week.

Session 2

Exercise	Warm Up Sets	Work Sets	Rest
Triset			
Squat Jump	2 x 15	3 x 6 - 10	-
Static Lunge	2 x 15	3 x 6 - 10	-
One-Leg Calf Raise	2 x 15	3 x 6 - 10	60 Secs
Triset			
Barbell Front Squat	-	3 x 6 - 10	-
Reverse Lunge	-	3 x 6 - 10	-
Dumbbell Stiff Leg Deadlift	-	3 x 6 - 10	60 Secs
Triset			
Bench Step-Up	-	3 x 6 - 20	-
Farmer's Walk	-	3 x 6 - 20	-
Incline Board Crunch	-	3 x 6 - 20	60 Secs

Perform Session 2 twice a week.

The 40 Minute Giant Killer

Session 1

Exercise	Warm Up Sets	Work Sets	Rest
Giant Set			
Feet Elevated Push Up	2 x 15	3 x 6 - 10	-
Close Grip Pull Up	2 x 15	3 x 6 - 10	-
Flat Bench Barbell Press	2 x 15	3 x 6 - 10	-
Bent-Over Barbell Row	2 x 15	3 x 6 - 10	60 Secs
Giant Set			
Seated Dumbbell Shoulder Press	-	3 x 6 - 10	-
Seated Dumbbell Side Lateral Raise	-	3 x 6 - 10	-
Bent-Over Dumbbell Rear Lateral Raise	-	3 x 6 - 10	-
Standing Barbell Military Press	-	3 x 6 - 10	60 Secs
Giant Set			
Incline Bench Dumbbell Curl	-	3 x 6 - 10	-
Lying Dumbbell Nosebreaker	-	3 x 6 - 10	-
Standing Dumbbell Hammer Curl	-	3 x 6 - 10	-
Diamond Push Up	-	3 x 6 - 10	60 Secs
Giant Set			
Floor Crunch	-	3 x 10	-
Hanging Straight Leg Raise	-	3 x 10	-
Hanging Bent Leg Raise	-	3 x 10	-
Bicycle Crunch	-	3 x 10	30 Secs
Perform Session 1 twice a week.			

Session 2

Exercise	Warm Up Sets	Work Sets	Rest
Giant Set			
Box or Squat Jump	2 x 15	3 x 6 - 10	-
Bench Step-Up	2 x 15	3 x 6 - 10	-
One-Leg Calf Raise	2 x 15	3 x 6 - 10	-
Walking Lunge	2 x 15	3 x 6 - 10	60 Secs
Giant Set			
Barbell or Dumbbell Stiff Leg Deadlift	-	3 x 6 - 10	-
Front or Back Barbell Squat	-	3 x 6 - 10	-
Static Dumbbell Reverse Lunge	-	3 x 6 - 10	-
Static Dumbbell Front Lunge	-	3 x 6 - 10	60 Secs
Giant Set			
Burpees w/ Jump	-	3 x 10	-
Farmer's Walk	-	3 x 10	-
Hanging Leg Raise (Hold)	-	3 x 10	-
Planks	-	3 x 10	60 Secs
Perform Session 2 twice a week.			