



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



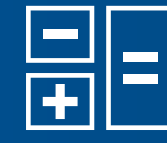
Diet Plans



Expert Guides



Videos



Tools

GET DICED: 12 WEEK FAT LOSS WORKOUT ROUTINE

Get absolutely diced with this 12 week fat loss workout routine where the number of sets and reps you perform are determined by the roll of the dice.

Link to Workout: <https://www.muscleandstrength.com/workouts/get-diced-12-week-fat-loss-routine>

Main Goal: Lose Fat

Training Level: Intermediate

Program Duration: 12 Weeks

Days Per Week: 6 Days

Time Per Workout: 30-90 Mins

Equipment: Barbell, Bodyweight, Cables, Dumbbells, Machines

Target Gender: Male & Female

Author: [Josh England](#)

Diced Workout 1: Back Workout

Exercise	Sets	Reps
Chin Ups	1-6	2-12
Cable Row	1-6	2-12
Lat Pull Down	1-6	2-12
One Arm Dumbbell Row	1-6	2-12
Smith Machine Row	1-6	2-12
Straight Arm Lat Pulldown	1-6	2-12

Diced Workout 2: Chest Workout

Exercise	Sets	Reps
Barbell Bench Press	1-6	2-12
Dumbbell Incline Bench Press	1-6	2-12
Decline Bench Press	1-6	2-12
Machine Fly	1-6	2-12
Push Up	1-6	2-12
Cable Fly	1-6	2-12

Diced Workout 3: Leg Workout

Exercise	Sets	Reps
Barbell Back Squat	1-6	2-12
Barbell Romanian Deadlift	1-6	2-12
Leg Press	1-6	2-12
Leg Curl	1-6	2-12
Leg Extension	1-6	2-12
Standing Calf Raise	1-6	2-12

Diced Workout 4: Shoulder Workout

Exercise	Sets	Reps
Standing Shoulder Press	1-6	2-12
Lateral Raise	1-6	2-12
Machine Shoulder Press	1-6	2-12
Cable Front Raise	1-6	2-12
Cable Upright Row	1-6	2-12
Cable Face Pull	1-6	2-12

Diced Workout 5: Arm Workout

Exercise	Sets	Reps
Barbell Curl	1-6	2-12
Preacher Curl	1-6	2-12
Incline Dumbbell Curl	1-6	2-12
Cable Tricep Extension	1-6	2-12
Close Grip Bench Press	1-6	2-12
Overhead Dumbbell Tricep Extension	1-6	2-12

Diced Workout 6: Leg Workout

Exercise	Sets	Reps
Deadlift	1-6	2-12
Front Squat	1-6	2-12
Hack Squat	1-6	2-12
Seated Leg Curl	1-6	2-12
Leg Extension	1-6	2-12
Seated Calf Raise	1-6	2-12