



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



Store



Workouts



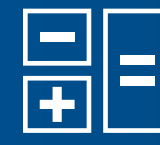
Diet Plans



Expert Guides



Videos



Tools

## GET RIPPED IN 8 WEEKS! HIET FAT LOSS WORKOUT

Step your game up and get shredded for summer with this 8 week workout! Combine HIET and HIIT to accelerate your results and get shredded for the beach!

Link to Workout: <https://www.muscleandstrength.com/workouts/8-week-hiet-training>

**Main Goal:** Lose Fat

**Training Level:** Intermediate

**Program Duration:** 8 Weeks

**Days Per Week:** 6 Days

**Time Per Workout:** 60-75 Mins

**Equipment:** Barbell, Bodyweight, Cables, Dumbbells, EZ Bar, Exercise Ball, Machines

**Author:** Team AML

### High-Intensity Explosive Training

Exercise	Sets	Reps	Rest
<a href="#">Squats</a>	3	10	1 Min
<a href="#">Bench Leg Raises</a>	3	10	1 Min
<a href="#">Barbell Row</a>	3	10	1 Min
<a href="#">Chin Up</a>	3	10	1 Min
<a href="#">Leg Curls</a>	3	10	1 Min
<a href="#">Bench Press</a>	3	10	1 Min
<a href="#">Barbell Military Press</a>	3	10	1 Min
<a href="#">Dips</a>	3	10	1 Min
<a href="#">Preacher Curls</a>	3	10	1 Min
<a href="#">Concentration Curls</a>	3	10	1 Min
<a href="#">One-Arm Cable Tricep Extension</a>	3	10	1 Min

This workout is paired with a nutrition program. Please [visit the article](#) for more details.