



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



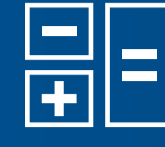
Diet Plans



Expert Guides



Videos



Tools

LIVIN' LEAN: 8 WEEK KICK-STARTER FAT LOSS WORKOUT

Learn the correct nutritional and lifestyle habits you need to implement to lose body fat, then pair them with this 8 week workout and start "Livin' Lean"!

Link to Workout: <https://www.muscleandstrength.com/workouts/livin-lean-8-week-workout>

Main Goal: Lose Fat

Training Level: Beginner

Program Duration: 8 Weeks

Days Per Week: 4 Day

Time Per Workout: 45-70 Mins

Equipment: Barbell, Cables, Dumbbells, Machines, Other

Target Gender: Male & Female

Author: [Josh England](#)

Monday: Upper Body Workout

Exercise	Sets	Reps
Barbell Bench Press	3 - 5	5 - 8
T-Bar Row	3 - 5	5 - 8
Machine Shoulder Press	2	8
Lat Pull Down	2	8
Standing Cable Fly	2	15

Tuesday: Lower Body Workout

Exercise	Sets	Reps
Hack Squat	3 - 5	5 - 8
Barbell Romanian Deadlift	3 - 5	5 - 8
Bulgarian Split Squat	3	8
Standing Calf Raise	4	8

Thursday: Upper Body Workout

Exercise	Sets	Reps
Dumbbell Bench Press	3	10
Cable Row	3	10
Incline Bench Press	2	12
Close Grip Pull Down	2	12
Seated French Press	2	12
Seated Dumbbell Curl	2	12

Friday: Lower Body Workout

Exercise	Sets	Reps
Good Mornings	3	8
Leg Press	3	8
Leg Extension	3	12
Leg Curl	3	12
Seated Calf Raise	4	15