



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT[®]



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Workouts



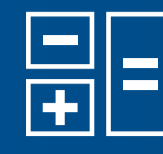
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Expert Guides



Videos



Tools

RETURN TO RIPPED: 6 WEEK FAT LOSS WORKOUT PROGRAM

This versatile six week workout routine is designed to help you torch unwanted fat and can be complete in the gym or at home, with simple modifications!

Link to Workout: <https://www.muscleandstrength.com/workouts/return-to-ripped>

Main Goal: Lose Fat

Training Level: Intermediate

Program Duration: 6 Weeks

Days Per Week: 4 Days

Time Per Workout: 45-70 Mins

Equipment: Bands, Barbell, Cables, Dumbbells, Other

Target Gender: Male & Female

Author: Roger "Rock" Lockridge

Chest and Shoulders

Exercise	Sets	Reps	Rest
Incline Dumbbell Fly	3	8 - 12	1 min
Flat Barbell Bench Press	3	8 - 12	1 min
Pushup with Band or Feet Elevated	3	10 - 12	1 min
Barbell Front Raise	3	8 - 12	45 sec
Seated Lateral Raise	3	8 - 12	45 sec
Band Pull-Apart	3	10 - 12	45 sec

Legs

Exercise	Sets	Reps	
Deadlift	4	8 - 12	1 min
Lying Leg Curl *	3	10 - 12	1 min
Walking Lunge	3	12	45 sec
Goblet Squat	3	10 - 12	1 min
Single Leg Squat	3	12	45 sec
Leg Extension *	3	12	45 sec
Seated Calf Raise	3	15	45 sec
Single Leg Standing Calf Raise	3	15	45 sec

*Machine, Bands, or Dumbbell Between Feet

Back and Abs

Exercise	Sets	Reps	
Dumbbell or Barbell Pullover	4	8 - 12	1 min
Two-Arm Dumbbell Row	3	8 - 12	1 min
Single Arm Lat Pulldown *	3	10 - 12	1 min
Dumbbell Reverse Fly	3	10 - 12	45 sec
Superman	3	10	45 sec
Lying Leg Raise	3	12	45 sec
Crunches	3	12	45 sec
Side Plank (Each Side)	3	20 - 30 sec	45 sec

*Machine or Band

Arms

Exercise	Sets	Reps	
Barbell Curl	3	8 - 12	45 sec
Lying Tricep Extensions	3	8 - 12	45 sec
Hammer Curl	3	10 - 12	45 sec
Tricep Kickback	3	10 - 12	45 sec
Band or Cable Curls	3	12	45 sec
Cable or Band Pressdown*	3	12	45 sec

*Substitute [Close Grip Pushup](#) if you can't do this exercise.