

DAYS 6 and 7

Off

DAY 8

Repeat cycle for two more weeks

PHASE I TRAINING PROGRESSION

Do each of the following at the start of weeks 2 and 3.

DAY 1: increase the load 5 pounds.

DAY 2: add one minute to the HIIT sprints.

DAY 3: add one rep to each set.

DAY 4: add one minute to the HIIT bike sprints.

DAY 5: decrease each rest period by 5 seconds.

For example, let's say you used 150 pounds for the palms-up lat pulldown, 50 pound dumbbells for the decline bench press, and 250 pounds for the deadlift on your DAY 1 workout. On week 2 you'll use 155 pounds, 55 pound dumbbells, and 255 pounds, respectively.

PHASE I: Final Words

The goal of Phase I is simple: lose at least 5 pounds of fat. That should be no problem as long as you stick to the program. In fact, you'll probably lose more. (I'm sure you won't complain).

If you can't make it to the gym 5 times per week you can perform your HIIT after two of your weight training workouts each week.

I must stress this point: allow yourself two cheat meals each week. You can eat anything you want in those two meals and it won't have a negative impact on your fat loss. Just be sure to space out your two cheat meals. Wednesday and Saturday or Tuesday and Friday works well for most people.

Be creative with your nutritional program on this phase. There's no doubt that most people have a difficult time with adherence when eating for fat loss. I've outlined the foods I want you to eat, your job is to find the combinations that work best. Use the fats as sparingly as possible. You can eat a little almond butter or regular butter with your eggs, for example. And you can drizzle olive oil over your salads, but keep it to a minimum. Feel free to use spices to, well, spice up your foods!

Now it's time for Phase II.

PHASE II: Hypertrophy

Nutrition and Training