6 WEEK ACCELERATED FAT LOSS RESISTANCE PROGRAM

A program that works…

-->You deserve to feel amazing. The next four weeks will push you further than you've ever thought possible. Get excited, you will see results within the first week with a good diet. -->Alright, go clean out your pantry, get the right mindset, get your fit on…get down and dirty…shred some weight!

Beyond Fit

102 Park Lane

Douglassville, PA 19518

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[Pick the date]

PROGRAM OVERVIEW:

- WEEK 1: BUILD VOLUME X 100
- WEEK 2: 100 REP VOLUME AND METABOLIC CHALLENGES
- WEEK 3: HIIT STRENGTH
- WEEK 4: 100 HIIT
- WEEK 5: ALL OUT BEAST MODE
- WEEK 6: YOU ARE HARDCORE!

WEEK 1: BUILD VOLUME X 100

DAY 1: UPPER BODY STRENGTH/TABATA

1A.) Bench Press 10/10/12/15

1B.) Bent Row 10/10/12/15

2.) Military Press 10/10/10/10

3.) Pull-up 4 x Submax

4.) Bent Row 15/12/10/10

5A.) Tricep Hell 10/10/10/10

5B.) Bicep Hell 10/12/15/15

***Tricep Hell = Laying Tricep Ext followed by close grip DB Press

***Bicep Hell = Curl the same weight as reps increase

TABATA: 4 rounds of 20 sec on 10 sec off

Overhead Lunge (opposite arm and leg)

Push-ups

Squat Jumps

Burpees

Push-press

DAY 2: LB ACCELERATION DAY

.5 mile sprint

TABATA Goblet Squat

.5 mile sprint

TABATA Lunges

.5 mile sprint

TABATA Squat Jumps

.5 mile sprint

DAY 3: UB 100 REP DAY / HIIT CARDIO

Bench Press x 100

Shoulder Press x 100

Bent Row x 100

HIIT CARDIO:

21 minutes of:

5 minute warm-up (not included in 21 minutes)

2 minute moderate

1 minute hard

5 minute cool-down (not included in 21 minutes)

DAY 4: LB STRENGTH/TABATA

1.) Deadlift 10/10/12/15

2). Leg on Bench Split Squat 10/10/10/10

3A.) Leg Ext 12/10/8/6

3B.) Leg Curl 12/10/8/6

4A.) Pistol Squat 10/10/10

4B.)RDL 10/10/10

TABATA: 5 rounds of 20s on/10s off

KB Clean

KB Swing

KB Jerk

KB Thruster

KB Push-up

DAY 5: UB ACCELERATION DAY

.5 mile sprint

50 push-ups

.5 mile sprint

50 Reverse Push-ups/row

.5 mile sprint

20 pull-ups

.5mile sprint

20 dips

.5 mile sprint

30 mountain climbers

WEEK 2: 100 REP VOLUME AND METABOLIC CHALLENGES

DAY 1: LB 100 REP DAY / HIIT CARDIO

Squat x 100

Lunge x 100 (50 each leg)

KB Swing x 100

HIIT CARDIO

Bike 20 minutes

5 warm-up

3 medium (17-20 mph)

2 hard (all out >25mph)

DAY 2: UB STRENGTH/TABATA

1A.) Bench Press 10/10/12/15

1B.) Bent Row 10/10/12/15

2.) Military Press 10/10/10/10

3.) Pull-up 4 x Submax

4.) Bent Row 15/12/10/10

5A.) Tricep Hell 10/10/10/10

5B.) Bicep Hell 10/12/15/15

***Tricep Hell = Laying Tricep Ext followed by close grip DB Press

***Bicep Hell = Curl the same weight as reps increase

TABATA: 6 rounds of 20s on 10s off

DB Swing

DB Squat and Press

Push-up

Ice Skaters

DAY 3: LB ACCELERATION DAY

1 mile run

20 Squat Jumps

1 mile run

30 Lunges

1 mile run

40 Burpees

1 mile run

50 Prisoner BW Squats

DAY 4: 100 REP UB + CARDIO DAY

Push-ups x 100

Bent Over row x 100

Shrugs x 100

CARDIO

5 minute warm-up

2 minute medium

3 minute hard

Repeat 5-6 times.

5 minute cool-down

DAY 5: LB STRENGTH DAY / TABATA

1. Front Squat 6/6/4/4

2a.Reverse Lunge 10/10/10

2b. Bench Step-Up 10/8/6

3a. Leg Ext 12/10/10

3b. Leg Curl 12/10/10

TABATA

Burpee

High Knees

DB Jerk

DB Snatch

WEEK 3: HIIT STRENGTH

DAY 1: UB ACCELERATION DAY

1 mile run

20 pull-ups

1 mile run

20 Dips

1 mile run

DAY 2: PULL DAY

1a. Deadlift 8 x 4

1b. RDL 8x10

2a. Bent Row 5x10

2b. Pull-over 5x12

3a. Pull-up 6x8

3b. Hanging Leg Lift 6x10

DAY 3: UB STRENGTH / MET WORK

1A.) Bench Press 10/8/6/4x4

1B.) Bent Row 10/10/12/15

2.) Military Press 10/10/10/10

3.) Pull-up 4 x Submax

4.) Bent Row 15/12/10/10

5A.) Tricep Hell 10/10/10/10

5B.) Bicep Hell 10/12/15/15

***Tricep Hell = Laying Tricep Ext followed by close grip DB Press

***Bicep Hell = Curl the same weight as reps increase

21-15-12-9

10 DB Jerks

10 DB Burpees

DAY 4: LB ACCELERATION DAY

1 mile run

50 KB Swing

0.75 mile run

40 Squat Jumps

0.50 mile run

30 Spiderman Climbers

0.25 mile run

DAY 5: UB 100 REP CHALLENGE / CARDIO

Pull-ups (can assist)

Dip (can assist)

CARDIO

Run 4 miles

WEEK 4 100 HIIT

DAY 1: LB ENDURANCE / TABATA

Squat 3x12/3x6

Reverse Lunge 3x12/3x6

Leg Press 3x6/3x12

4-way Hip 2x12

TABATA 6 ROUNDS OF 20 WORK : 10 REST

Front Squat

RDL

Squat Jump

DAY 2: UB STRENGTH / MET WORK

Hang Clean 8/6/4/4

Hang High Pull 8/6/4/4

Power Shrug 10/10/8/8

Band Curl 12/24/24

Tri Ext 12/12/12

21-15-12-9

10 DB Jerks

10 DB Burpees

DAY 3: LB ACCELERATION DAY

60 second jog/ 90 second run x 2 rounds

30 second lunge jump

0.75 mile run

40 Squat Jumps

0.50 mile run

30 Spiderman Climbers

0.25 mile run

WEEK 5: ALL OUT BEAST MODE

DAY 1: BB COMPLEX / VOLUME TRAINING / HIIT CARDIO

A. COMPLEX 6X8

Wide Row

High Pull

Front Squat

Push-Press

B. 10 X 10 X 10

Lateral Raise

Plate Raise

Triceps Dip

Face Pull

C. ROUND 1 = 45 SEC AMRAP X 7 REPS + ROUND 2 = 45 SEC AMRAP X 5 REPS

SA Press

SA Row

D. HIIT RUN:

5 min warm up

3 min medium

2 min hard

5 min cool down

DAY 2: BEAST MODE STRENGTH

Warm up = Hyper Ext w/reverse fly 3x12

1A. Lat PD 10/8/6/4

1B. Shoulder Press 4x10

2A. Chest Press 10/8/6/4

2B. Low Row 4x10

3A. Bi - curl 10/12/15

3B. Cable Kickback 10/12/15

4A. Pull-up 15/12/10

4B. Dip 15/12/10

ABS: Ab roller/Side taps/plank 3x15

10 MIN AMRAP

6 Goblet Squats

6 Burpees

6 Sit-outs

6 Single Arm KB Swing

DAY 3:

1. FOAM ROLLER

2. TABATA:

Squat Jump

Barbell Bent Row

Hi-pull

Snatch

Spider Man Mount Climbers

3. CIRCUIT

Leg Press 4x12

Leg Ext 4x10

Leg Curl 4x10

Hip Add 4x10

Hip Abd 4x10

ABS

4. **30 OF HIIT** training on Treadmill (1:30 hard/1:30 recover)

DAY 4:

10 X 10 X 10

Deadlift

1 arm press

lat pull down

EMOM X 10

KB Farmer Carry x 30 yds

EMOM X 5

Pull up x 10 reps

Dip x 20 reps

CARDIO: X 30-45 MINUTES

3 min Hard w/ 1 min Recovery

WEEK 6: YOU ARE HARDCORE!

DAY 1:

6 ROUNDS OF 8 REPS EACH:

2 kb Rack Carry x 20 yds

DB Snatch

KB Overhead carry x 20 yds

DB Shoulder Press

Tricep Ext

Farmer Carry x 20 yds

RUN:

3-4miles at comfortable pace

DAY 2:

1. **RUN** 2-3 mi @ 3 min medium + 2 min HARD AF

2. **BODYWEIGHT STRENGTH CHALLENGE**:

Push up x 100

Ab Wheel x 50

WTD Crunch x 100

Air Squat x 100

Pullup x 50

Dip x 50

DAY 3:

1a. Squat 5 x 5

1b. Shoulder press 5 x 5

2. BW Lunge x 5 mins

3. Farmer Carry 10 x EMOM @ 30 yds

4. 12 MIN AMRAP:

10 x lunge jump (1 foot on bench)

10 x side jump on bench

10 x band kb swing

5. ONE HUNDO REPS:

Crunch

Side bend

Hamstring curl (w/band)

DAY 4:

EMOM X 5:

1 arm row x 8 each arm

Iron Cross x 12

RUN: 60 sec jog + 90 sec run x 2 rounds

EMOM X 5:

1 arm Snatch x 8 each

Lateral Bench Hop x 20

RUN: 60 sec jog + 90 sec run x 2 rounds

EMOM X 5:

Bicep Curl x 8 each

Dip x 20

RUN: 60 sec jog + 90 sec run x 2 rounds