



# Adonis Golden Ratio Training Program

Category 2 - 12-Week Program  
Primary Goal Fat Loss

by John Barban

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# **ADONIS GOLDEN RATIO TRAINING SYSTEMS**

**Category 2 – Primary Goal Fat Loss**

**12 Week Periodized Program For:  
Fat Loss Muscle Growth Conditioning**

By John Barban

# Fat Loss

## Table of Contents

Week 1: Day 1	<a href="#">4</a>	Week 7: Day 1	<a href="#">36</a>
Week 1: Day 2	<a href="#">6</a>	Week 7: Day 2	<a href="#">37</a>
Week 1: Day 3	<a href="#">7</a>	Week 7: Day 3	<a href="#">38</a>
Week 1: Day 4	<a href="#">9</a>	Week 7: Day 4	<a href="#">39</a>
Week 2: Day 1	<a href="#">10</a>	Week 8: Day 1	<a href="#">40</a>
Week 2: Day 2	<a href="#">12</a>	Week 8: Day 2	<a href="#">41</a>
Week 2: Day 3	<a href="#">13</a>	Week 8: Day 3	<a href="#">42</a>
Week 2: Day 4	<a href="#">15</a>	Week 8: Day 4	<a href="#">43</a>
Week 3: Day 1	<a href="#">16</a>	Week 9: Day 1	<a href="#">44</a>
Week 3: Day 2	<a href="#">18</a>	Week 9: Day 2	<a href="#">45</a>
Week 3: Day 3	<a href="#">19</a>	Week 9: Day 3	<a href="#">46</a>
Week 3: Day 4	<a href="#">21</a>	Week 9: Day 4	<a href="#">47</a>
Week 4: Day 1	<a href="#">22</a>	Week 10: Day 1	<a href="#">48</a>
Week 4: Day 2	<a href="#">24</a>	Week 10: Day 2	<a href="#">49</a>
Week 4: Day 3	<a href="#">25</a>	Week 10: Day 3	<a href="#">50</a>
Week 4: Day 4	<a href="#">27</a>	Week 10: Day 4	<a href="#">51</a>
Week 5: Day 1	<a href="#">28</a>	Week 11: Day 1	<a href="#">52</a>
Week 5: Day 2	<a href="#">29</a>	Week 11: Day 2	<a href="#">53</a>
Week 5: Day 3	<a href="#">30</a>	Week 11: Day 3	<a href="#">54</a>
Week 5: Day 4	<a href="#">31</a>	Week 11: Day 4	<a href="#">55</a>
Week 6: Day 1	<a href="#">32</a>	Week 12: Day 1	<a href="#">56</a>
Week 6: Day 2	<a href="#">33</a>	Week 12: Day 2	<a href="#">57</a>
Week 6: Day 3	<a href="#">34</a>	Week 12: Day 3	<a href="#">58</a>
Week 6: Day 4	<a href="#">35</a>	Week 12: Day 4	<a href="#">59</a>

# Week 1

## Week 1 Day 1

Circuit 1 - Compete 3 sets of the following exercises back to backTake 1 minute rest between each circuit

Exercise	Sets	Reps	Rest
<a href="#">Push Ups</a>	3	21	1 min.
<a href="#">Bodyweight Squat</a>	3	21	1 min.
<a href="#">Curl &amp; Press</a>	3	13	1 min.

3 Min Rest then move on to Circuit 2

Circuit 2 - Compete 3 sets of the following exercises back to backTake 1 minute rest between each circuit

Exercise	Sets	Reps	Rest
<a href="#">Close Hands Push Ups</a>	3	21	1 min.
<a href="#">Prisoner Squat</a>	3	21	1 min.
<a href="#">Bent Dumbbell Row</a>	3	13	1 min.

3 Min Rest then move on to Circuit 3

Circuit 3 - Compete 3 sets of the following exercises back to backTake 1 minute rest between each circuit

Exercise	Sets	Reps	Rest
<a href="#">Reverse Lunge</a>	3	13	1 min.
<a href="#">Wide Grip Pulldown</a>	3	21	1 min.
<a href="#">Stability Ball Curl ups</a>	3	21	1 min.

3 Min Rest then move on to Circuit 4

# Week 1

## Week 1 Day 1 cont.

Circuit 4 - Compete 3 sets of the following exercises back to backTake 1 minute rest between each circuit

Exercise	Sets	Reps	Rest
<a href="#">Incline Dumbbell Press</a>	3	13	1 min.
<a href="#">Standing Calf Raises</a>	3	21	1 min.
<a href="#">Stability Ball Roll Outs</a>	3	21	1 min.

3 Min Rest then move on to Circuit 5

Circuit 5 - Compete 3 sets of the following exercises back to backTake 1 minute rest between each circuit

Exercise	Sets	Reps	Rest
<a href="#">Dips</a>	3	21	1 min.
<a href="#">Seated Calf Raise</a>	3	21	1 min.
<a href="#">Squat &amp; Press</a>	3	13	1 min.

**Notes:**

# Fat Loss

CATEGORY 2: TRAINING SYSTEMS

# Week 1

## Week 1 Day 2

Exercise	Sets	Reps	Rest
<a href="#">Dumbbell Curls</a>	3	13	60 secs.
<a href="#">Incline Dumbbell Curls</a>	3	8	90 secs.
<a href="#">Barbell Curls</a>	2	5	120 secs.
<a href="#">Curl &amp; Press</a>	3	5	120 secs.
<a href="#">Seated Shoulder Press</a>	5	8	90 secs.
<a href="#">Wide Grip Pulldown</a>	5	13	60 secs.

**Notes:**

# Week 1

## Week 1 Day 3

Circuit 1 - Compete 3 sets of the following exercises back to backTake 1 minute rest between each circuit

Exercise	Sets	Reps	Rest
<a href="#">Bodyweight Squat</a>	3	21	1 min.
<a href="#">Offset Push ups</a>	3	8	1 min.
<a href="#">Stability Ball Roll outs</a>	3	13	1 min.

3 Min Rest then move on to Circuit 2

Circuit 2 - Compete 3 sets of the following exercises back to backTake 1 minute rest between each circuit

Exercise	Sets	Reps	Rest
<a href="#">Push Up &amp; Row</a>	3	8	1 min.
<a href="#">Reverse Lunge</a>	3	21	1 min.
<a href="#">Standing Dumbbell Press</a>	3	13	1 min.

3 Min Rest then move on to Circuit 3

Circuit 3 - Compete 3 sets of the following exercises back to backTake 1 minute rest between each circuit

Exercise	Sets	Reps	Rest
<a href="#">Standing Calf Raises</a>	3	21	1 min.
<a href="#">Dumbbell Upright Row</a>	3	13	1 min.
<a href="#">Stability Ball Curl ups</a>	3	21	1 min.

3 Min Rest then move on to Circuit 4

# Fat Loss

CATEGORY 2: TRAINING SYSTEMS

# Week 1

## Week 1 Day 3 cont.

Circuit 4 - Compete 3 sets of the following exercises back to back  
Take 1 minute rest between each circuit

Exercise	Sets	Reps	Rest
<a href="#">Close Hands Push Ups</a>	3	13	1 min.
<a href="#">Prisoner Squat</a>	3	21	1 min.
<a href="#">Stability Ball Roll outs</a>	3	21	1 min.

3 Min Rest then move on to Circuit 5

Circuit 5 - Compete 3 sets of the following exercises back to back  
Take 1 minute rest between each circuit

Exercise	Sets	Reps	Rest
<a href="#">Bench Squat &amp; Press</a>	3	13	1 min.
<a href="#">Standing Calf Raises</a>	3	21	1 min.
<a href="#">Dips</a>	3	21	1 min.

**Notes:**



# Week 1

## Week 1 Day 4

Exercise	Sets	Reps	Rest
<a href="#">Step Ups</a>	3	13	60 secs.
<a href="#">Reverse Lunge</a>	3	8	90 secs.
<a href="#">Dumbbell Squat</a>	2	5	120 secs.
<a href="#">Squat &amp; Press</a>	3	5	120 secs.
<a href="#">High Pull</a>	5	8	90 secs.
<a href="#">Incline Dumbbell Press</a>	5	13	60 secs.

**Notes:**

# Fat Loss

CATEGORY 2: TRAINING SYSTEMS

# Week 2

## Week 2 Day 1

Circuit 1 - Compete 3 sets of the following exercises back to back  
Take 1 minute rest between each circuit

Exercise	Sets	Reps	Rest
<a href="#">Spiderman Push ups</a>	3	8	1 min.
<a href="#">Bodyweight Squat</a>	3	21	1 min.
<a href="#">Curl &amp; Press</a>	3	13	1 min.

3 Min Rest then move on to Circuit 2

Circuit 2 - Compete 3 sets of the following exercises back to back  
Take 1 minute rest between each circuit

Exercise	Sets	Reps	Rest
<a href="#">Close Hands Push up</a>	3	21	1 min.
<a href="#">Reverse Lunge</a>	3	13	1 min.
<a href="#">Standing Dumbbell Press</a>	3	13	1 min.

3 Min Rest then move on to Circuit 3

Circuit 3 - Compete 3 sets of the following exercises back to back  
Take 1 minute rest between each circuit

Exercise	Sets	Reps	Rest
<a href="#">Prisoner Squat</a>	3	21	1 min.
<a href="#">Dumbbell Upright Row</a>	3	13	1 min.
<a href="#">Stability Ball Curl ups</a>	3	21	1 min.

3 Min Rest then move on to Circuit 4

# Week 2

## Week 2 Day 1 cont.

Circuit 4 - Complete 3 sets of the following exercises back to backTake 1 minute rest between each circuit

Exercise	Sets	Reps	Rest
<a href="#">Bent Dumbbell Row</a>	3	13	1 min.
<a href="#">Standing Calf Raises</a>	3	21	1 min.
<a href="#">Stability Ball Roll outs</a>	3	21	1 min.

3 Min Rest then move on to Circuit 5

Circuit 5 - Complete 3 sets of the following exercises back to backTake 1 minute rest between each circuit

Exercise	Sets	Reps	Rest
<a href="#">Push Ups</a>	3	21	1 min.
<a href="#">Standing Calf Raises</a>	3	21	1 min.
<a href="#">Squat &amp; Press</a>	3	13	1 min.

**Notes:**

# Fat Loss

CATEGORY 2: TRAINING SYSTEMS

# Week 2

## Week 2 Day 2

Exercise	Sets	Reps	Rest
<a href="#">One Hand Push ups</a>	3	13	60 secs.
<a href="#">Offset Push ups</a>	3	8	90 secs.
<a href="#">Tricep Rope Pushdowns</a>	2	5	120 secs.
<a href="#">Pulldown &amp; Pressdown</a>	5	5	120 secs.
<a href="#">Standing Dumbbell Press</a>	5	8	90 secs.
<a href="#">Dumbbell Upright Row</a>	3	13	60 secs.

**Notes:**

# Week 2

## Week 2 Day 3

Circuit 1 - Compete 3 sets of the following exercises back to backTake 1 minute rest between each circuit

Exercise	Sets	Reps	Rest
<a href="#">Bodyweight Squat</a>	3	21	1 min.
<a href="#">Stability Ball Rollouts</a>	3	13	1 min.
<a href="#">Reverse Lunge</a>	3	13	1 min.

3 Min Rest then move on to Circuit 2

Circuit 2 - Compete 3 sets of the following exercises back to backTake 1 minute rest between each circuit

Exercise	Sets	Reps	Rest
<a href="#">Close Hands Push up</a>	3	21	1 min.
<a href="#">Triple Raise</a>	3	21	1 min.
<a href="#">Bulgarian Squat</a>	3	13	1 min.

3 Min Rest then move on to Circuit 3

Circuit 3 - Compete 3 sets of the following exercises back to backTake 1 minute rest between each circuit

Exercise	Sets	Reps	Rest
<a href="#">Stability Ball Curl ups</a>	3	21	1 min.
<a href="#">Curl &amp; Press</a>	3	13	1 min.
<a href="#">Reverse Lunge</a>	3	13	1 min.

3 Min Rest then move on to Circuit 4

# Fat Loss

CATEGORY 2: TRAINING SYSTEMS

# Week 2

## Week 2 Day 3 cont.

Circuit 4 - Complete 3 sets of the following exercises back to back  
Take 1 minute rest between each circuit

Exercise	Sets	Reps	Rest
<a href="#">Push Ups</a>	3	21	1 min.
<a href="#">Standing Calf Raises</a>	3	21	1 min.
<a href="#">Close Grip Pulldowns</a>	3	13	1 min.

3 Min Rest then move on to Circuit 5

Circuit 5 - Complete 3 sets of the following exercises back to back  
Take 1 minute rest between each circuit

Exercise	Sets	Reps	Rest
<a href="#">Standing Calf Raise</a>	3	21	1 min.
<a href="#">Cable Cross Over Low Finish</a>	3	13	1 min.
<a href="#">Dumbbell Upright Row</a>	3	13	1 min.

**Notes:**

# Week 2

## Week 2 Day 4

Exercise	Sets	Reps	Rest
<a href="#">One Leg Calf Raise (dumbbell)</a>	3	13	60 secs.
<a href="#">Calf Press</a>	3	8	60 secs.
<a href="#">Low Pulley Row Wide Grip</a>	2	5	60 secs.
<a href="#">One Arm Dumbbell Row</a>	5	5	90 secs.
<a href="#">Curl &amp; Press</a>	5	8	120 secs.

**Notes:**

# Fat Loss

CATEGORY 2: TRAINING SYSTEMS

# Week 3

## Week 3 Day 1

Circuit 1 - Compete 3 sets of the following exercises back to backTake 1 minute rest between each circuit

Exercise	Sets	Reps	Rest
<a href="#">Bodyweight Squat</a>	3	21	1 min.
<a href="#">Stability Ball Rollouts</a>	3	13	1 min.
<a href="#">Pushups</a>	3	21	1 min.

3 Min Rest then move on to Circuit 2

Circuit 2 - Compete 3 sets of the following exercises back to backTake 1 minute rest between each circuit

Exercise	Sets	Reps	Rest
<a href="#">Bulgarian Squat</a>	3	13	1 min.
<a href="#">Dumbbell Upright Row</a>	3	21	1 min.
<a href="#">Standing Dumbbell Press</a>	3	13	1 min.

3 Min Rest then move on to Circuit 3

Circuit 3 - Compete 3 sets of the following exercises back to backTake 1 minute rest between each circuit

Exercise	Sets	Reps	Rest
<a href="#">Stability Ball Curl ups</a>	3	21	1 min.
<a href="#">Front Raise plate</a>	3	13	1 min.
<a href="#">Prisoner Squat</a>	3	21	1 min.

3 Min Rest then move on to Circuit 4



# Week 3

## Week 3 Day 1 cont.

Circuit 4 - Compete 3 sets of the following exercises back to backTake 1 minute rest between each circuit

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Rest</b>
<a href="#">Reverse Lunge</a>	3	13	1 min.
<a href="#">Curl &amp; Press</a>	3	21	1 min.
<a href="#">Wide Grip Pulldown</a>	3	13	1 min.

3 Min Rest then move on to Circuit 5

Circuit 5 - Compete 3 sets of the following exercises back to backTake 1 minute rest between each circuit

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Rest</b>
<a href="#">Standing Calf Raise</a>	3	21	1 min.
<a href="#">Incline Dumbbell Press</a>	3	13	1 min.
<a href="#">Bodyweight Squat</a>	3	21	1 min.

**Notes:**

# Fat Loss

CATEGORY 2: TRAINING SYSTEMS

# Week 3

## Week 3 Day 2

Exercise	Sets	Reps	Rest
<a href="#">Dumbbell Curls</a>	3	8	90 secs.
<a href="#">Incline Dumbbell Curls</a>	3	8	90 secs.
<a href="#">Barbell Curls</a>	2	5	120 secs.
<a href="#">Curl &amp; Press</a>	5	5	120 secs.
<a href="#">Seated Shoulder Press</a>	5	8	90 secs.
<a href="#">Wide Grip Pulldown</a>	3	8	90 secs.

### Notes:

# Week 3

## Week 3 Day 3

Circuit 1 - Compete 3 sets of the following exercises back to backTake 1 minute rest between each circuit

Exercise	Sets	Reps	Rest
<a href="#">Decline Pushups</a>	3	21	1 min.
<a href="#">Step Ups</a>	3	13	1 min.
<a href="#">Stability Ball Roll Out</a>	3	21	1 min.

3 Min Rest then move on to Circuit 2

Circuit 2 - Compete 3 sets of the following exercises back to backTake 1 minute rest between each circuit

Exercise	Sets	Reps	Rest
<a href="#">Reverse Lunge</a>	3	13	1 min.
<a href="#">Stability Ball Curl ups</a>	3	21	1 min.
<a href="#">Pulldown &amp; Pressdown</a>	3	13	1 min.

3 Min Rest then move on to Circuit 3

Circuit 3 - Compete 3 sets of the following exercises back to backTake 1 minute rest between each circuit

Exercise	Sets	Reps	Rest
<a href="#">Stability Ball Curl ups</a>	3	21	1 min.
<a href="#">Cable Cross Over High Finish</a>	3	13	1 min.
<a href="#">Prisoner Squat</a>	3	21	1 min.

3 Min Rest then move on to Circuit 4

# Fat Loss

CATEGORY 2: TRAINING SYSTEMS

# Week 3

## Week 3 Day 3 cont.

Circuit 4 - Compete 3 sets of the following exercises back to back  
Take 1 minute rest between each circuit

Exercise	Sets	Reps	Rest
<a href="#">Squat &amp; Press</a>	3	13	1 min.
<a href="#">Standing Calf Raise</a>	3	21	1 min.
<a href="#">Dumbbell Upright Row</a>	3	13	1 min.

3 Min Rest then move on to Circuit 5

Circuit 5 - Compete 3 sets of the following exercises back to back  
Take 1 minute rest between each circuit

Exercise	Sets	Reps	Rest
<a href="#">Standing Calf Raise</a>	3	21	1 min.
<a href="#">Incline Flye</a>	3	13	1 min.
<a href="#">Stability Ball Rollouts</a>	3	21	1 min.

**Notes:**

# Week 3

## Week 3 Day 4

Exercise	Sets	Reps	Rest
<a href="#">Step Ups</a>	3	8	90 secs.
<a href="#">Reverse Lunge</a>	3	8	90 secs.
<a href="#">Dumbbell Squat</a>	2	5	120 secs.
<a href="#">Squat &amp; Press</a>	5	5	120 secs.
<a href="#">High Pull</a>	5	8	90 secs.
<a href="#">Incline Dumbbell Press</a>	3	8	90 secs.

**Notes:**

# Fat Loss

CATEGORY 2: TRAINING SYSTEMS

# Week 4

## Week 4 Day 1

Circuit 1 - Compete 3 sets of the following exercises back to back  
Take 1 minute rest between each circuit

Exercise	Sets	Reps	Rest
<a href="#">Triple Raise</a>	3	21	1 min.
<a href="#">Reverse Lunge</a>	3	13	1 min.
<a href="#">Stability Ball Roll Out</a>	3	21	1 min.

3 Min Rest then move on to Circuit 2

Circuit 2 - Compete 3 sets of the following exercises back to back  
Take 1 minute rest between each circuit

Exercise	Sets	Reps	Rest
<a href="#">Step Ups</a>	3	13	1 min.
<a href="#">Stability Ball Curl ups</a>	3	21	1 min.
<a href="#">Curl &amp; Press</a>	3	13	1 min.

3 Min Rest then move on to Circuit 3

Circuit 3 - Compete 3 sets of the following exercises back to back  
Take 1 minute rest between each circuit

Exercise	Sets	Reps	Rest
<a href="#">Prisoner Squat</a>	3	21	1 min.
<a href="#">Pulldown &amp; Pressdown</a>	3	13	1 min.
<a href="#">Bent Dumbbell Row</a>	3	21	1 min.

3 Min Rest then move on to Circuit 4

# Week 4

## Week 4 Day 1 cont.

Circuit 4 - Compete 3 sets of the following exercises back to backTake 1 minute rest between each circuit

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Rest</b>
<a href="#">Squat &amp; Press</a>	3	13	1 min.
<a href="#">Standing Calf Raise</a>	3	21	1 min.
<a href="#">Low Cable Crossover</a>	3	13	1 min.

3 Min Rest then move on to Circuit 5

Circuit 5 - Compete 3 sets of the following exercises back to backTake 1 minute rest between each circuit

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Rest</b>
<a href="#">Standing Calf Raise</a>	3	21	1 min.
<a href="#">Bench Squat &amp; Press</a>	3	13	1 min.
<a href="#">Pushups</a>	3	21	1 min.

**Notes:**

# Fat Loss

CATEGORY 2: TRAINING SYSTEMS

# Week 4

## Week 4 Day 2

Exercise	Sets	Reps	Rest
<a href="#">One Arm Push ups</a>	3	8	90 secs.
<a href="#">Offset Push ups</a>	3	8	90 secs.
<a href="#">Tate Press</a>	2	5	120 secs.
<a href="#">Pulldown &amp; Pressdown</a>	5	5	120 secs.
<a href="#">Alternate Incline Dumbbell Press</a>	5	8	90 secs.
<a href="#">Standing Dumbbell Press</a>	3	8	90 secs.

### Notes:



# Week 4

## Week 4 Day 3

Circuit 1 - Compete 3 sets of the following exercises back to backTake 1 minute rest between each circuit

Exercise	Sets	Reps	Rest
<a href="#">Prisoner Squat</a>	3	21	1 min.
<a href="#">Pulldown &amp; Pressdown</a>	3	13	1 min.
<a href="#">Bent Dumbbell Row</a>	3	21	1 min.

3 Min Rest then move on to Circuit 2

Circuit 2 - Compete 3 sets of the following exercises back to backTake 1 minute rest between each circuit

Exercise	Sets	Reps	Rest
<a href="#">Step Ups</a>	3	13	1 min.
<a href="#">Stability Ball Roll Outs</a>	3	21	1 min.
<a href="#">Curl &amp; Press</a>	3	13	1 min.

3 Min Rest then move on to Circuit 3

Circuit 3 - Compete 3 sets of the following exercises back to backTake 1 minute rest between each circuit

Exercise	Sets	Reps	Rest
<a href="#">Stability Ball Curl Ups</a>	3	21	1 min.
<a href="#">Reverse Lunge</a>	3	13	1 min.
<a href="#">Triple Raise</a>	3	21	1 min.

3 Min Rest then move on to Circuit 4

# Fat Loss

CATEGORY 2: TRAINING SYSTEMS

# Week 4

## Week 4 Day 3 cont.

Circuit 4 - Complete 3 sets of the following exercises back to backTake 1 minute rest between each circuit

Exercise	Sets	Reps	Rest
<a href="#">Squat &amp; Press</a>	3	13	1 min.
<a href="#">Bodyweight Squat</a>	3	21	1 min.
<a href="#">Low Cable Crossover</a>	3	13	1 min.

3 Min Rest then move on to Circuit 5

Circuit 5 - Complete 3 sets of the following exercises back to backTake 1 minute rest between each circuit

Exercise	Sets	Reps	Rest
<a href="#">Standing Calf Raise</a>	3	21	1 min.
<a href="#">Squat &amp; Press</a>	3	13	1 min.
<a href="#">Pushups</a>	3	21	1 min.

**Notes:**

# Week 4

## Week 4 Day 4

Exercise	Sets	Reps	Rest
<a href="#">One Leg Calf Raise (dumbbell)</a>	5	8	90 secs.
<a href="#">Calf Press</a>	3	8	90 secs.
<a href="#">Low Pulley Row Wide Grip</a>	5	5	120 secs.
<a href="#">Bent Dumbbell Row</a>	5	8	90 secs.
<a href="#">Curl &amp; Press</a>	3	8	90 secs.

**Notes:**

# Fat Loss

CATEGORY 2: TRAINING SYSTEMS

# Week 5

## Week 5 Day 1

Exercise	Sets	Reps	Rest
<a href="#">Rope Curls</a>	2	21	60 secs.
<a href="#">Dumbbell Curls</a>	2	21	60 secs.
<a href="#">Incline Dumbbell Curls</a>	2	13	90 secs.
<a href="#">Barbell Curls</a>	2	13	90 secs.
<a href="#">Dumbbell Upright Row</a>	3	13	90 secs.
<a href="#">Seated Shoulder Press</a>	3	13	90 secs.
<a href="#">Incline Dumbbell Flye</a>	3	13	90 secs.
<a href="#">Pullovers</a>	2	21	60 secs.
<a href="#">Stability Ball Roll Outs</a>	2	21	60 secs.

### Notes:

# Week 5

## Week 5 Day 2

Exercise	Sets	Reps	Rest
<a href="#">Step Ups</a>	2	21	60 secs.
<a href="#">Dumbbell Squat</a>	2	21	60 secs.
<a href="#">Reverse Lunge</a>	2	13	90 secs.
<a href="#">Stiff Leg Deadlift</a>	2	13	90 secs.
<a href="#">Squat &amp; Press</a>	3	13	90 secs.
<a href="#">Incline Dumbbell Press</a>	3	13	90 secs.
<a href="#">Cable Cross Over Mid</a>	3	13	90 secs.
<a href="#">Seated Lateral Raise</a>	2	21	60 secs.
<a href="#">Shrugs</a>	2	21	60 secs.

**Notes:**

# Fat Loss

CATEGORY 2: TRAINING SYSTEMS

# Week 5

## Week 5 Day 3

Exercise	Sets	Reps	Rest
<a href="#">Tricep Rope Pushdowns</a>	2	21	60 secs.
<a href="#">Close Hands Push Ups</a>	2	21	60 secs.
<a href="#">Incline Tricep Extension (barbell)</a>	2	13	90 secs.
<a href="#">Tate Press</a>	2	13	90 secs.
<a href="#">Pulldown &amp; Pressdown</a>	3	13	90 secs.
<a href="#">Standing Dumbbell Press</a>	3	13	90 secs.
<a href="#">Dumbbell Upright Row</a>	3	13	90 secs.
<a href="#">Bent Dumbbell Row</a>	2	21	60 secs.
<a href="#">Stability Ball Roll Outs</a>	2	21	60 secs.

### Notes:

# Week 5

## Week 5 Day 4

Exercise	Sets	Reps	Rest
<a href="#">Seated Calf Raise</a>	2	21	60 secs.
<a href="#">Calf Press</a>	2	21	60 secs.
<a href="#">One leg Calf Raise (dumbbell)</a>	2	13	90 secs.
<a href="#">Low Pulley Row Wide Grip</a>	2	13	90 secs.
<a href="#">Curl &amp; Press</a>	3	13	90 secs.
<a href="#">Cable Face Pulls</a>	3	13	90 secs.
<a href="#">Seated Lateral Raises</a>	3	13	90 secs.
<a href="#">Stability Ball Curl Ups</a>	2	21	60 secs.

**Notes:**

# Fat Loss

CATEGORY 2: TRAINING SYSTEMS

# Week 6

## Week 6 Day 1

Exercise	Sets	Reps	Rest
<a href="#">Incline Tricep Extensions (dumbbell)</a>	2	21	60 secs.
<a href="#">Tricep Rope Pushdowns</a>	2	21	60 secs.
<a href="#">Tate Press</a>	2	13	90 secs.
<a href="#">One Hand Push Ups</a>	2	13	90 secs.
<a href="#">Pulldown &amp; Pressdown</a>	3	13	90 secs.
<a href="#">High Pull</a>	3	13	90 secs.
<a href="#">Wide Grip Pulldown</a>	3	13	90 secs.
<a href="#">Bent Dumbbell Row</a>	2	21	60 secs.
<a href="#">Front Raise Plate</a>	2	21	60 secs.

### Notes:



# Week 6

## Week 6 Day 2

Exercise	Sets	Reps	Rest
<a href="#">Reverse Lunge</a>	2	21	60 secs.
<a href="#">Dumbbell Squat</a>	2	21	60 secs.
<a href="#">Stiff Leg Deadlift</a>	2	13	90 secs.
<a href="#">Step Ups</a>	2	13	90 secs.
<a href="#">Squat &amp; Press</a>	3	13	90 secs.
<a href="#">Alternate Incline Dumbbell Press</a>	3	13	90 secs.
<a href="#">Low Pulley Row Wide Grip</a>	3	13	90 secs.
<a href="#">Low Cable Cross Over</a>	2	21	60 secs.
<a href="#">Bent Lateral Raise</a>	2	21	60 secs.

**Notes:**

# Fat Loss

CATEGORY 2: TRAINING SYSTEMS

# Week 6

## Week 6 Day 3

Exercise	Sets	Reps	Rest
<a href="#">Calf Press</a>	2	21	60 secs.
<a href="#">Standing Calf Raises</a>	2	21	60 secs.
<a href="#">One leg Calf Raise (dumbbell)</a>	2	13	90 secs.
<a href="#">Pulldown &amp; Pressdown</a>	2	13	90 secs.
<a href="#">High Pull</a>	3	13	90 secs.
<a href="#">Low Pulley Row Close Grip</a>	3	13	90 secs.
<a href="#">Triple Raise</a>	3	13	90 secs.
<a href="#">Shrugs</a>	2	21	60 secs.

**Notes:**

# Week 6

## Week 6 Day 4

Exercise	Sets	Reps	Rest
<a href="#">Hammer Curl</a>	2	21	60 secs.
<a href="#">Standing Dumbbell Curl</a>	2	21	60 secs.
<a href="#">Seated Dumbbell Curl</a>	2	13	90 secs.
<a href="#">Barbell Curl</a>	2	13	90 secs.
<a href="#">Pullovers</a>	3	13	90 secs.
<a href="#">Standing Dumbbell Press</a>	3	13	90 secs.
<a href="#">Incline Dumbbell Press</a>	3	13	90 secs.
<a href="#">Bent Lateral Raises</a>	2	21	60 secs.
<a href="#">Standing Lateral Raise</a>	2	21	60 secs.

**Notes:**

# Fat Loss

CATEGORY 2: TRAINING SYSTEMS

# Week 7

## Week 7 Day 1

Exercise	Sets	Reps	Rest
<a href="#">Reverse Curls</a>	2	21	60 secs.
<a href="#">Incline Dumbbell Curls</a>	2	21	60 secs.
<a href="#">Standing Dumbbell Curls</a>	2	13	90 secs.
<a href="#">Cable Curls</a>	2	13	90 secs.
<a href="#">Pullovers</a>	3	13	90 secs.
<a href="#">Seated Shoulder Press</a>	3	13	90 secs.
<a href="#">Wide Grip Pulldown</a>	3	13	90 secs.
<a href="#">Bent Dumbbell Row</a>	2	21	60 secs.
<a href="#">Dumbbell Front Raise</a>	2	21	60 secs.

### Notes:

# Week 7

## Week 7 Day 2

Exercise	Sets	Reps	Rest
<a href="#">Dumbbell Squat</a>	2	21	60 secs.
<a href="#">Reverse Lunge</a>	2	21	60 secs.
<a href="#">Step Up</a>	2	13	90 secs.
<a href="#">Get Ups</a>	2	13	90 secs.
<a href="#">Squat &amp; Press</a>	3	13	90 secs.
<a href="#">Incline Dumbbell Press</a>	3	13	90 secs.
<a href="#">High Pull</a>	3	13	90 secs.
<a href="#">Curl &amp; Press</a>	2	21	60 secs.
<a href="#">Seated Lateral Raise</a>	2	21	60 secs.

**Notes:**

# Fat Loss

CATEGORY 2: TRAINING SYSTEMS

# Week 7

## Week 7 Day 3

Exercise	Sets	Reps	Rest
<a href="#">Offset Push ups</a>	2	21	60 secs.
<a href="#">Tate Press</a>	2	21	60 secs.
<a href="#">One Hand Pushups</a>	2	13	90 secs.
<a href="#">Incline Tricep Extensions</a>	2	13	90 secs.
<a href="#">Pulldown &amp; Pressdown</a>	3	13	90 secs.
<a href="#">One-Arm Dumbbell Row Lateral</a>	3	13	90 secs.
<a href="#">Dumbbell Upright Row</a>	3	13	90 secs.
<a href="#">Reverse Grip Pulldown</a>	2	21	60 secs.
<a href="#">Standing Lateral Raise</a>	3	13	90 secs.

### Notes:

# Week 7

## Week 7 Day 4

Exercise	Sets	Reps	Rest
<a href="#">One leg calf Raise (dumbbell)</a>	2	21	60 secs.
<a href="#">Calf Press</a>	2	21	60 secs.
<a href="#">Seated Calf Raise</a>	2	13	90 secs.
<a href="#">Pullovers</a>	2	13	90 secs.
<a href="#">Alternate Incline Dumbbell Press</a>	3	13	90 secs.
<a href="#">Cable Cross Over (high)</a>	3	13	90 secs.
<a href="#">Front Raise (Plate)</a>	3	13	90 secs.
<a href="#">Incline Dumbbell Flyes</a>	2	21	60 secs.

### Notes:

# Fat Loss

CATEGORY 2: TRAINING SYSTEMS

# Week 8

## Week 8 Day 1

Exercise	Sets	Reps	Rest
<a href="#">Tate Press</a>	2	21	60 secs.
<a href="#">Tricep Rope Pushdowns</a>	2	21	60 secs.
<a href="#">Incline Tricep Extensions</a>	2	13	90 secs.
<a href="#">Spiderman Push ups</a>	2	13	90 secs.
<a href="#">High Pull</a>	3	13	90 secs.
<a href="#">Close Grip Pulldown</a>	3	13	90 secs.
<a href="#">Pulldown &amp; Pressdown</a>	2	13	90 secs.
<a href="#">Bent Dumbbell Row</a>	2	21	60 secs.
<a href="#">Triple Raises</a>	3	21	60 secs.

### Notes:



# Week 8

## Week 8 Day 2

Exercise	Sets	Reps	Rest
<a href="#">Reverse Lunge</a>	2	21	60 secs.
<a href="#">Dumbbell Squat</a>	2	21	60 secs.
<a href="#">Stiff Leg Deadlift</a>	2	13	90 secs.
<a href="#">One Leg Deadlift</a>	2	13	90 secs.
<a href="#">Squat &amp; Press</a>	3	13	90 secs.
<a href="#">Alternate Incline Dumbbell Press</a>	3	13	90 secs.
<a href="#">Incline Dumbbell Press</a>	2	13	90 secs.
<a href="#">Cable Cross Over High</a>	3	21	60 secs.
<a href="#">Front Raise (Plate)</a>	2	21	60 secs.

### Notes:

# Fat Loss

CATEGORY 2: TRAINING SYSTEMS

# Week 8

## Week 8 Day 3

Exercise	Sets	Reps	Rest
<a href="#">Calf Press</a>	2	21	60 secs.
<a href="#">Seated Calf Raises</a>	2	21	60 secs.
<a href="#">One Leg Calf Raise (dumbbell)</a>	2	13	90 secs.
<a href="#">Pulldown &amp; Pressdown</a>	2	13	90 secs.
<a href="#">High Pull</a>	3	13	90 secs.
<a href="#">Seated Dumbbell Press</a>	3	13	90 secs.
<a href="#">Stability Ball Curl Up</a>	2	13	90 secs.
<a href="#">Stability Ball Roll Out</a>	3	21	60 secs.

**Notes:**

# Week 8

## Week 8 Day 4

Exercise	Sets	Reps	Rest
<a href="#">Seated Dumbbell Curl</a>	2	21	60 secs.
<a href="#">Standing Dumbbell Curl</a>	2	21	60 secs.
<a href="#">Barbell Curl</a>	2	13	90 secs.
<a href="#">One Arm Dumbbell Row</a>	2	13	90 secs.
<a href="#">Bent Dumbbell Row</a>	3	13	90 secs.
<a href="#">Low Pulley Row Wide Grip</a>	3	13	90 secs.
<a href="#">Seated Dumbbell Laterals</a>	2	13	90 secs.
<a href="#">Incline Dumbbell Flye</a>	3	21	60 secs.
<a href="#">Stability Ball Curl Up</a>	2	21	60 secs.

**Notes:**

# Fat Loss

CATEGORY 2: TRAINING SYSTEMS

# Week 9

## Week 9 Day 1

Exercise	Sets	Reps	Rest
<a href="#">Cable Curls</a>	2	13	60 secs.
<a href="#">Standing Dumbbell Curls</a>	2	13	60 secs.
<a href="#">Incline Dumbbell Curls</a>	2	8	90 secs.
<a href="#">Barbell Curls</a>	2	8	90 secs.
<a href="#">Curl &amp; Press</a>	3	8	90 secs.
<a href="#">Seated Shoulder Press</a>	5	8	90 secs.
<a href="#">Wide Grip Pull Downs</a>	3	8	90 secs.
<a href="#">Standing Lateral Raise</a>	2	13	60 secs.

**Notes:**

# Week 9

## Week 9 Day 2

Exercise	Sets	Reps	Rest
<a href="#">Step Ups</a>	2	13	60 secs.
<a href="#">Reverse Lunge</a>	2	13	60 secs.
<a href="#">Dumbbell Squat</a>	2	8	90 secs.
<a href="#">Stiff Leg Deadlift</a>	2	8	90 secs.
<a href="#">Squat &amp; Press</a>	3	8	90 secs.
<a href="#">Incline Dumbbell Press</a>	5	8	90 secs.
<a href="#">High Pull</a>	3	8	90 secs.
<a href="#">Shrugs</a>	2	13	60 secs.

**Notes:**

# Fat Loss

CATEGORY 2: TRAINING SYSTEMS

# Week 9

## Week 9 Day 3

Exercise	Sets	Reps	Rest
<a href="#">Tricep Rope Pushdowns</a>	2	13	60 secs.
<a href="#">Close Hands Push Ups</a>	2	13	60 secs.
<a href="#">Incline Tricep Extension (barbell)</a>	2	8	90 secs.
<a href="#">Tate Press</a>	2	8	90 secs.
<a href="#">Pulldown &amp; Press Down</a>	3	8	90 secs.
<a href="#">Standing Dumbbell Press</a>	5	8	90 secs.
<a href="#">Dumbbell Upright Row</a>	3	13	90 secs.
<a href="#">Bent Dumbbell Row</a>	2	13	60 secs.

### Notes:

# Week 9

## Week 9 Day 4

Exercise	Sets	Reps	Rest
<a href="#">Seated Calf Raises</a>	3	13	60 secs.
<a href="#">Calf Press</a>	3	13	60 secs.
<a href="#">One Leg Calf Raise (dumbbell)</a>	2	8	90 secs.
<a href="#">Cable Face Pulls</a>	3	13	90 secs.
<a href="#">Low Pulley Row Wide Grip</a>	5	8	90 secs.
<a href="#">Curl &amp; Press</a>	2	8	60 secs.
<a href="#">Seated Lateral Raises</a>	3	13	60 secs.

**Notes:**

# Fat Loss

CATEGORY 2: TRAINING SYSTEMS

# Week 10

## Week 10 Day 1

Exercise	Sets	Reps	Rest
<a href="#">Incline Tricep Extensions</a>	2	13	60 secs.
<a href="#">Rope Pushdowns</a>	2	13	60 secs.
<a href="#">Tate Press</a>	2	8	90 secs.
<a href="#">One Hand Push ups</a>	2	8	90 secs.
<a href="#">High Pull</a>	3	8	90 secs.
<a href="#">Wide Grip Pulldown</a>	5	8	90 secs.
<a href="#">Front Raise Plate</a>	3	13	90 secs.

### Notes:



# Week 10

## Week 10 Day 2

Exercise	Sets	Reps	Rest
<a href="#">Reverse Lunge</a>	2	13	60 secs.
<a href="#">Dumbbell Squat</a>	2	13	60 secs.
<a href="#">Stiff Leg Deadlift</a>	2	8	90 secs.
<a href="#">Step Ups</a>	2	8	90 secs.
<a href="#">Squat &amp; Press</a>	3	8	90 secs.
<a href="#">Alternate Incline Dumbbell Press</a>	5	8	90 secs.
<a href="#">Low Pulley Row Wide Grip</a>	3	13	60 secs.
<a href="#">Bent Lateral Raise</a>	2	13	60 secs.

**Notes:**

# Fat Loss

CATEGORY 2: TRAINING SYSTEMS

# Week 10

## Week 10 Day 3

Exercise	Sets	Reps	Rest
<a href="#">Calf Press</a>	3	13	60 secs.
<a href="#">Standing Calf Raises</a>	3	13	60 secs.
<a href="#">One Leg Calf Raise (dumbbell)</a>	2	8	90 secs.
<a href="#">Pulldown &amp; Pressdown</a>	3	8	90 secs.
<a href="#">High Pull</a>	5	8	90 secs.
<a href="#">Seated Lateral Raises</a>	3	13	60 secs.
<a href="#">Shrugs</a>	2	13	60 secs.

**Notes:**

# Week 10

## Week 10 Day 4

Exercise	Sets	Reps	Rest
<a href="#">Hammer Curl</a>	2	13	60 secs.
<a href="#">Standing Dumbbell Curl</a>	2	13	60 secs.
<a href="#">Seated Dumbbell Curl</a>	2	8	90 secs.
<a href="#">Barbell Curls</a>	2	8	90 secs.
<a href="#">Bent Dumbbell Row</a>	3	8	90 secs.
<a href="#">Standing Dumbbell Press</a>	5	8	60 secs.
<a href="#">Incline Dumbbell Press</a>	3	13	60 secs.
<a href="#">Standing Lateral Raise</a>	2	13	60 secs.

**Notes:**

# Fat Loss

CATEGORY 2: TRAINING SYSTEMS

# Week 11

## Week 11 Day 1

Exercise	Sets	Reps	Rest
<a href="#">Reverse Curls</a>	2	13	60 secs.
<a href="#">Incline Dumbbell Curls</a>	2	13	60 secs.
<a href="#">Standing Dumbbell Curls</a>	2	8	90 secs.
<a href="#">Rope Curls</a>	2	8	90 secs.
<a href="#">Pullovers</a>	3	8	90 secs.
<a href="#">Seated Shoulder Press</a>	5	8	60 secs.
<a href="#">Wide Grip Pulldowns</a>	3	13	60 secs.
<a href="#">Front Raise Dumbbell Two Hands</a>	2	13	60 secs.

### Notes:

# Week 11

## Week 11 Day 2

Exercise	Sets	Reps	Rest
<a href="#">Dumbbell Squat</a>	2	13	60 secs.
<a href="#">Reverse Lunge</a>	2	13	60 secs.
<a href="#">Step Up</a>	2	8	90 secs.
<a href="#">Get Ups</a>	2	8	90 secs.
<a href="#">Squat &amp; Press</a>	2	8	90 secs.
<a href="#">Incline Dumbbell Press</a>	3	8	90 secs.
<a href="#">High Pull</a>	5	8	90 secs.
<a href="#">Seated Lateral raise</a>	3	13	60 secs.

**Notes:**

# Fat Loss

CATEGORY 2: TRAINING SYSTEMS

# Week 11

## Week 11 Day 3

Exercise	Sets	Reps	Rest
<a href="#">Offset Push Ups</a>	2	13	60 secs.
<a href="#">Tate Press</a>	2	13	60 secs.
<a href="#">One Hand Pushups</a>	2	8	90 secs.
<a href="#">Incline Tricep Extensions</a>	2	8	90 secs.
<a href="#">Pulldown &amp; Pressdown</a>	3	8	90 secs.
<a href="#">One Arm Dumbbell Row Lateral</a>	5	8	90 secs.
<a href="#">Dumbbell Upright Row</a>	3	13	60 secs.
<a href="#">Reverse Grip Pulldown</a>	2	13	60 secs.

### Notes:

# Week 11

## Week 11 Day 4

Exercise	Sets	Reps	Rest
<a href="#">One leg calf Raise (dumbbell)</a>	3	13	60 secs.
<a href="#">Calf Press</a>	3	13	60 secs.
<a href="#">Seated Calf Raise</a>	2	8	90 secs.
<a href="#">Pullovers</a>	3	8	90 secs.
<a href="#">Alternate Incline Press</a>	5	8	90 secs.
<a href="#">Cable Cross Over (high)</a>	3	13	60 secs.
<a href="#">Incline Dumbbell Flyes</a>	2	13	60 secs.

### Notes:

# Fat Loss

CATEGORY 2: TRAINING SYSTEMS

# Week 12

## Week 12 Day 1

Exercise	Sets	Reps	Rest
<a href="#">Tate Press</a>	2	13	60 secs.
<a href="#">Rope Pushdowns</a>	2	13	60 secs.
<a href="#">Incline Tricep Extensions</a>	2	8	90 secs.
<a href="#">Push ups (Spiderman)</a>	2	8	90 secs.
<a href="#">High Pull</a>	3	8	90 secs.
<a href="#">Reverse Grip Pulldown</a>	5	8	90 secs.
<a href="#">Pulldown &amp; Pressdown</a>	3	13	60 secs.
<a href="#">Bent Dumbbell Row</a>	2	13	60 secs.

**Notes:**



# Week 12

## Week 12 Day 2

Exercise	Sets	Reps	Rest
<a href="#">Reverse Lunge</a>	2	13	60 secs.
<a href="#">Dumbbell Squat</a>	2	13	60 secs.
<a href="#">Stiff Leg Deadlift</a>	2	8	90 secs.
<a href="#">One Leg Deadlift</a>	2	8	90 secs.
<a href="#">Squat &amp; Press</a>	3	8	90 secs.
<a href="#">Alternate Incline Dumbbell Press</a>	5	8	90 secs.
<a href="#">Cable Cross Over Mid</a>	3	13	60 secs.
<a href="#">Front Raise (Plate)</a>	2	13	60 secs.

### Notes:

# Fat Loss

CATEGORY 2: TRAINING SYSTEMS

# Week 12

## Week 12 Day 3

Exercise	Sets	Reps	Rest
<a href="#">Calf Press</a>	2	13	60 secs.
<a href="#">Seated Calf Raises</a>	3	13	60 secs.
<a href="#">One Leg Calf Raise (dumbbell)</a>	3	8	90 secs.
<a href="#">Pulldown &amp; Pressdown</a>	3	8	90 secs.
<a href="#">High Pull</a>	5	8	90 secs.
<a href="#">Standing Lateral Raise</a>	3	13	60 secs.
<a href="#">Curl &amp; Press</a>	2	13	60 secs.

### Notes:

# Week 12

## Week 12 Day 4

Exercise	Sets	Reps	Rest
<a href="#">One Arm Dumbbell Row</a>	2	13	60 secs.
<a href="#">Standing Dumbbell Curl</a>	2	13	60 secs.
<a href="#">Barbell Curls</a>	2	8	90 secs.
<a href="#">Seated Dumbbell Curl</a>	2	8	90 secs.
<a href="#">Bent Dumbbell Row</a>	2	13	90 secs.
<a href="#">Low Pulley Row Wide Grip</a>	5	8	60 secs.
<a href="#">Incline Dumbbell Flye</a>	3	13	60 secs.
<a href="#">Incline Dumbbell Press</a>	3	8	60 secs.

**Notes:**

# Fat Loss

CATEGORY 2: TRAINING SYSTEMS