



Fat Loss Summary

An advanced program, best suited for those with a good training background, 4+ days per week for training and no injuries who wants to prioritize fat loss.

Not suited for people who would struggle to recover from multiple intense, high volume workouts each week, those with movement quality issues or limited time to train.

Phases 1-2:

Traditional set and repetition format (typically around 3 sets of 8-12 reps) focused on balancing movement patterns and building movement quality. Gradually increases in complexity from phase 1 to 2.

Phase 3:

Focused on the well-practiced movements developed in phases 1 and 2, with an emphasis on heavier weights and exercises done in back-to-back pairings.

Phase 4:

Dedicated anaerobic interval days begin here. The movements developed in prior phases are transferred into circuits using heavier weights for lower repetitions and shorter rest intervals.

Phases 5-6:

Intense strength-oriented ladders done in circuits that increase in total volume from week to week throughout phase 5 and then shift towards lower total repetitions and heavier weights throughout phase 6. Goes from a buildup of volume (a lot of total reps) to a drop in volume with a concurrent increase in maximal strength and weight lifted per repetition.

Phase 7:

Shifts away from the low volume circuits of the previous phase to high-volume straight sets of heavy, compound lifts. 3 days per week of strength with one day of dedicated anaerobic interval sprints.

Phase 8 and onward:

Movements remain relatively low in complexity so that they can be heavily loaded during intense protocols with a high degree of movement fidelity (your form doesn't break down easily under fatigue). Strength sessions stay at three days per week, with 1-2 additional energy system workouts per week that are either focused on enhancing recovery or training anaerobic systems for fat loss.

Each phase builds on the last and moves through a variety of protocols that allow you to train on the edge of your ability with a variety of escalating density training (EDT) sessions and ladders featuring lots of quick, heavy sets done back to back with minimal rest.

Phase 10

returns to high-volume straight sets of heavy compound lifts, done in circuits. The final two phases shift away from anaerobic (high in lactic acid) sessions towards alactic/aerobic sessions such as high intensity continuous training (HICT), low-rep descending ladders and high-resistance interval sprints that allow you to train at a lower heart rate while emphasizing different energy systems and greater maximal strength.

Phase by Phase

Note:

These summaries are for the gym-based variants. At-home versions follow a similar conceptual theme but often use slightly different methods to account for equipment restrictions. Keep in mind that every exercise is modifiable, so these are all just a starting point.

Phase 1:

A somewhat traditional 3 days per week phase focused on fundamental self-limiting movements like blocked-knee split squats and goblet squats to a box, designed to balance movement patterns so that they can be safely loaded in the future.

Phase 2:

A step up in frequency and complexity from the first phase. Shifts to 4 days per week of strength. Movements follow a similar theme as phase one, but with slight increases in complexity, such as moving from a kneeling split-stance to a standing split-stance and removing the box from goblet squats so that depth has to be consciously controlled.

Phase 3:

An increase in intensity (amount of weight lifted per rep), with a shift towards more sets of fewer repetitions. Workout frequency stays at 4x per week. Movements stay relatively simple but can now be loaded more heavily without losing the movement quality built in prior phases, and are done in alternating pairings. Energy systems work begins with

Phase 4:

A reduction in frequency, from 4 days per week to 3 and an increase in intensity. Sets and reps shift toward shorter sets of 5 repetitions done for more total sets (3-6 sets, depending on week). Rest intervals are shorter and movements are done in longer circuits to increase systemic metabolic demand while giving local musculature enough rest time to recover strength before each set. First month of dedicated conditioning workouts.

Phase 5:

Frequency stays at 3 days per week of strength, with one day of anaerobic intervals per week. Strength work is focused on well-practiced movements that can be loaded heavily for ladders (2 reps, short rest, 3 reps, short rest, 4 reps) done in circuits. Builds on the foundation built in the previous phase with an increase in intensity and metabolic demand. Builds up to high volumes of work (a lot of total repetitions per workout). Ladders go as high as 5,4,5 (5 reps, short rest, 4 reps, short rest, 5 reps).

Phase 6:

Continues with the strength ladders from phase 5, but drops volume very low and increases intensity so that the focus is on maximal strength and higher weight per repetition. Ladders go as low as 1,1 (one heavy rep, short rest, one heavy rep). Includes one day of fartlek interval sprints.

Phase 7:

Focused on heavily taxing local musculature in straight sets, in which all sets of one movement are completed before moving on to the next exercise. A week to week buildup of high volume (up to 8 sets of 5 repetitions) with a deload week in the 4th week (5 total sets). Energy system work remains anaerobic to emphasize fat loss. Strength movements are heavy compound lifts like bench presses, pullups, lunges and deadlift variations.

Phase 8:

Energy systems training is a 30:30 interval workout designed to emphasize fat loss. Strength work is open-ended escalating density training (EDT) sessions designed to keep you on the edge of your anaerobic threshold and allow them to push yourself as hard as they're comfortable with. EDT sessions in this phase entail as many sets of 6-8 repetitions as you can do in 6-12 minutes (depending on week), using well-trained compound lifts like rows, deadlift variations, squats and presses. Each EDT block is done with two alternating exercises, such as deadlifts and rows to allow for greater local musculature recovery between sets with a continuously high systemic demand.

Phase 9:

Energy systems training stays focused on 30:30 fat loss intervals. Strength sessions are high-volume ladders done with three compound movements at a time, such as back squat, bench press and rows. You'll do 3 repetitions of each, then 4 reps, then 5, then 6 and then back down to 5, 4 and then 3 repetitions. You'll adjust weight with each set so that the weight stays challenging, at the edge of your ability and rest intervals are short to emphasize fat loss. These repetition numbers increase each week to a peak of 5/6/7/8/6/5/4 in week three, and then drop down to a deload week of 2/3/4/5/4/3/2. Also includes short EDT sessions of isolated arm work at the end of each workout.

Phase 10:

Strength-oriented straight sets of 5 repetitions, done for anywhere from 5 total sets per movement to 10 total sets, depending on week. These straight sets are done in circuits or supersets of three different lifts, such as deadlifts, bench presses and rows. Workouts end with HICT blocks designed to build aerobic/alactic work capacity. The third workout of each week includes AMRAP (As Many Reps As Possible) sets designed to allow you to test yourself in an open-ended format. Due to the high-volume of this phase, energy systems work is all geared towards recovery.

Phase 11:

Energy system emphasis during strength sessions shifts from anaerobic to alactic/aerobic. Sessions revolve around HICT (High Intensity Continuous Training) sessions designed to develop endurance of fast-twitch fibers and submax aerobic capacity, by doing as many sets of 2-3 repetitions as possible within blocks of 8-15 minutes while keeping your heart rate below 150 bpm. Includes one 30:30 interval day to encourage fat loss.

Phase 12:

A continued emphasis on aerobic/alactic energy systems during strength training, along with a high-resistance interval (HRI) sprint day designed to develop alactic (ATP-PC) power and capacity. Strength work focuses on descending 5/3/2 ladders (5 repetitions, short rest, 3 reps, short rest, 2 reps) done for 3-7 total rounds depending on week.

Schedule

PHASE 0

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
week 1	What are your exercise goals?	Breathing and posture assessment	Upper body assessment	Lower body assessment	How to do your PN workouts	Active recovery	Active recovery

PHASE 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
week 2	Full body 1	Active recovery	Full body 2	Active recovery	Full body 1	Full body 3	Active recovery
week 3	Full body 2	Active recovery	Full body 1	Active recovery	Full body 2	Full body 3	Active recovery
week 4	Full body 1	Active recovery	Full body 2	Active recovery	Full body 1	Full body 3	Active recovery
week 5	Full body 2	Active recovery	Full body 1	Active recovery	Full body 2	Full body 3	Active recovery

PHASE 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
week 6	Full body 1	Active recovery	Full body 2	Active recovery	Full body 3	Full body 4	Active recovery
week 7	Full body 1	Active recovery	Full body 2	Active recovery	Full body 3	Full body 4	Active recovery
week 8	Full body 1	Active recovery	Full body 2	Active recovery	Full body 3	Full body 4	Active recovery
week 9	Full body 1	Active recovery	Full body 2	Active recovery	Full body 3	Full body 4	Active recovery

PHASE 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
week 10	Full body 1	Active recovery	Full body 2	Active recovery	Full body 3	Full body 4	Active recovery
week 11	Full body 1	Active recovery	Full body 2	Active recovery	Full body 3	Full body 4	Active recovery
week 12	Full body 1	Active recovery	Full body 2	Active recovery	Full body 3	Full body 4	Active recovery
week 13	Full body 1	Active recovery	Full body 2	Active recovery	Full body 3	Full body 4	Active recovery

PHASE 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
week 14	Full body 1	Anaerobic Conditioning	Active recovery	Full body 2	Full body 3	Active recovery	Active recovery
week 15	Full body 1	Anaerobic Conditioning	Active recovery	Full body 2	Full body 3	Active recovery	Active recovery
week 16	Full body 1	Anaerobic Conditioning	Active recovery	Full body 2	Full body 3	Active recovery	Active recovery
week 17	Full body 1	Anaerobic Conditioning	Active recovery	Full body 2	Full body 3	Active recovery	Active recovery

PHASE 5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
week 18	Full body 1	Full body 2	Active recovery	Anaerobic intervals	Full body 3	Active recovery	Active recovery
week 19	Full body 1	Full body 2	Active recovery	Anaerobic intervals	Full body 3	Active recovery	Active recovery
week 20	Full body 1	Full body 2	Active recovery	Anaerobic intervals	Full body 3	Active recovery	Active recovery
week 21	Full body 1	Full body 2	Active recovery	Anaerobic intervals	Full body 3	Active recovery	Active recovery

PHASE 6

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
week 22	Full body 1	Full body 2	Active recovery	Fartlek (45 min.)	Full body 3	Active recovery	Active recovery
week 23	Full body 1	Full body 2	Active recovery	Fartlek (45 min.)	Full body 3	Active recovery	Active recovery
week 24	Full body 1	Full body 2	Active recovery	Fartlek (45 min.)	Full body 3	Active recovery	Active recovery
week 25	Full body 1	Full body 2	Active recovery	Fartlek (45 min.)	Full body 3	Active recovery	Active recovery

PHASE 7

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
week 26	Full body 1	Full body 2	Active recovery	Anaerobic power intervals	Full body 3	Active recovery	Active recovery
week 27	Full body 1	Full body 2	Active recovery	Anaerobic power intervals	Full body 3	Active recovery	Active recovery
week 28	Full body 1	Full body 2	Active recovery	Anaerobic power intervals	Full body 3	Active recovery	Active recovery
week 29	Full body 1	Full body 2	Active recovery	Anaerobic power intervals	Full body 3	Active recovery	Active recovery

PHASE 8

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
week 30	Full body 1	Full body 2	Active recovery	30:30 Interval sprints	Full body 3	Active recovery	Active recovery
week 31	Full body 1	Full body 2	Active recovery	30:30 Interval sprints	Full body 3	Active recovery	Active recovery
week 32	Full body 1	Full body 2	Active recovery	30:30 Interval sprints	Full body 3	Active recovery	Active recovery
week 33	Full body 1	Full body 2	Active recovery	30:30 Interval sprints	Full body 3	Active recovery	Active recovery

PHASE 9

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
week 34	Full body 1	Active recovery	Full body 2	30:30 Interval sprints	Full body 3	Aerobic recovery	Active recovery
week 35	Full body 1	Active recovery	Full body 2	30:30 Interval sprints	Full body 3	Aerobic recovery	Active recovery
week 36	Full body 1	Active recovery	Full body 2	30:30 Interval sprints	Full body 3	Aerobic recovery	Active recovery
week 37	Full body 1	Active recovery	Full body 2	30:30 Interval sprints	Full body 3	Aerobic recovery	Active recovery

PHASE 10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
week 38	Full body 1	Active recovery	Full body 2	Aerobic recovery	Full body 3	Aerobic recovery	Active recovery
week 39	Full body 1	Active recovery	Full body 2	Aerobic recovery	Full body 3	Aerobic recovery	Active recovery
week 40	Full body 1	Active recovery	Full body 2	Aerobic recovery	Full body 3	Aerobic recovery	Active recovery
week 41	Full body 1	Active recovery	Full body 2	Aerobic recovery	Full body 3	Aerobic recovery	Active recovery

PHASE 11

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
week 42	Full body 1	Active recovery	Full body 2	30:30 Interval sprints	Full body 3	Aerobic recovery	Active recovery
week 43	Full body 1	Active recovery	Full body 2	30:30 Interval sprints	Full body 3	Aerobic recovery	Active recovery
week 44	Full body 1	Active recovery	Full body 2	30:30 Interval sprints	Full body 3	Aerobic recovery	Active recovery
week 45	Full body 1	Active recovery	Full body 2	30:30 Interval sprints	Full body 3	Aerobic recovery	Active recovery

PHASE 12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
week 46	Full body 1	Aerobic recovery (60-90 mins.)	Full body 2	HRI Sprints	Full body 3	Aerobic recovery (60-90 mins.)	Active recovery
week 47	Full body 1	Aerobic recovery (60-90 mins.)	Full body 2	HRI Sprints	Full body 3	Aerobic recovery (60-90 mins.)	Active recovery
week 48	Full body 1	Aerobic recovery (60-90 mins.)	Full body 2	HRI Sprints	Full body 3	Aerobic recovery (60-90 mins.)	Active recovery
week 49	Full body 1	Aerobic recovery (60-90 mins.)	Full body 2	HRI Sprints	Full body 3	Aerobic recovery (60-90 mins.)	Active recovery
week 50	Full body 1	Aerobic recovery (60-90 mins.)	Full body 2	HRI Sprints	Full body 3	Aerobic recovery (60-90 mins.)	Active recovery