



Phase 1

Phase 1 will last 4 weeks and is laid out in 4 days. I recommend giving yourself a break in the middle after day 2. For example:

Monday: Day 1

Tuesday: Day 2

Wednesday: Rest

Thursday: Day 3

Friday: Day 4

You will repeat this for 4 weeks before moving on to Phase 2.

Sets and Reps:

Sets and reps will be denoted as follows -
Bicep Curl - 3 X 10

This means Bicep Curl - 3 (sets) X 10 (reps)

Circuits:

These will be laid out as follows:

A 1 Bicep Curl X 10, rest 30 secs

A 2 Pushups X 10, rest 30 secs

A 3 Jump Squats X 10, rest 30 secs

Complete 4 sets with 2 minutes rest between sets.

This means do 10 bicep curls, rest 30 secs, do 10 pushups, rest 30 secs, do 10 squat jumps. Rest 2 minutes and repeat for prescribed sets.

*A note on rest periods and weight selection. This program is designed in a specific manner with rest periods that will challenge your cardiovascular system as well as your musculature. You need to be able to stick to the proscribed rest periods in order to reel all the benefits of the program. Make sure you are choosing weights that challenge you, but allow you to finish all the sets/reps with the given rest periods.

*Warmups/Cool-downs are NOT optional! Do not skip the warmup or the cool-down. If you have any other items you like to do (stretching, foam rolling, etc..) do that in ADDITION to this warm up/cool-down. Not only will these get your body ready for the workout, but just this little bit of work accumulated over time will help in your fat loss endeavors!

FLO Trainer





Phase 1

Day 1

Warmup:

W1 10 Minutes walking on treadmill set to the highest incline

W2 50 Jumping Jacks

W3 25 [Air Squats](#)

A1 [Dumbbell Thruster](#) (use dumbbells if you don't have kettlebells) - 5 X 8, rest 45 secs between sets, rest 3 minutes after last set

B1 [Chest Supported Row](#) X 12, rest 30 secs

B2 [Incline Dumbbell Press](#) X 12, rest 30 secs

B3 [Side Lat Raise](#) X 12, rest 30 secs

B4 [Hammer Curl](#) X 12 (each arm)

Complete 5 Sets, rest 1 minutes between sets

C1 [Bodyweight Reverse Lunge](#) X 10 (per leg), rest 30 secs

C2 [Squat Jumps](#) X 10, rest 30 secs

C3 Jumping Jacks X 20

Complete 5 Sets, rest 1 minutes between sets

Cool-down - 10 Minutes walking on treadmill set to the highest incline.





Warmup:

W**1** 10 Minutes walking on treadmill set to the highest incline

W**2** 50 [Jumping Jacks](#)

W**3** 25 [Air Squats](#)

A**1** [Barbell Bench Press](#) (Can use dumbbells) - 5 X 8, rest 1 min between sets, rest 3 minutes after last set

B**1** [Seated Row](#)- 4 X 12, rest 45 secs between sets, rest 90 secs after last set

C**1** [Seated Curl](#) X 12, rest 30 secs

C**2** [Seated Shoulder Press](#) X 12, rest 30 secs

C**3** [Dumbbell High Pull](#) X 12/arm

Complete 4 sets, rest 1 minute between sets

D**1** [Plank](#) (make sure you squeeze hard the whole time) X 30 secs, rest 30 secs

D**2** [Pushups](#) X 10, rest 30 secs

D**3** [Incline Close Grip Press](#) X 10

Complete 4 sets, rest 2 minutes between sets.

Cool-down - 10 Minutes walking on treadmill set to the highest incline.





Day 3

Warmup:

W1 10 Minutes walking on treadmill set to the highest incline

W2 50 [Jumping Jacks](#)

W3 25 [Air Squats](#)

A 1 [Romanian Deadlift](#) 5 X 8, rest 1 min between sets, rest 3 minutes after last set

B 1 [Dumbbell Walking Lunge](#) X 10 (per leg), rest 45 secs

B 2 [Side Plank](#) for 30 secs/side (make sure you squeeze hard the whole time), rest 45 secs

B 3 [Leg Press](#) X 10, 45 secs rest

B 4 [Kettlebell/Dumbbell Swing](#) X 10

Complete 5 Sets, rest 1 minute between sets

C 1 [Dual Dumbbell Squat](#) X 10, rest 45 secs

C 2 [Single Leg Extension](#) X 10 (per leg), rest 45 secs

C 3 [Single Leg Curl](#) X 10 (per leg)

Complete 5 sets, rest 2 minutes between sets

Cool-down - 10 Minutes walking on treadmill set to the highest incline.





Warmup:

W**1** 10 Minutes walking on treadmill set to the highest incline

W**2** 50 [Jumping Jacks](#)

W**3** 25 [Air Squats](#)

Set "A" will be a barbell complex. You do these exercises one after the other, resting as little as possible and never putting the barbell down. I suggest you start with just the barbell using no weight at first.

A**1** [Barbell Military Press](#) X 12, no rest

A**2** [Barbell Row](#) X 12, no rest

A**3** [Barbell Drag Curl](#) X 12, no rest

A**4** Barbell High Pull X 12, no rest

Complete 4 sets, rest 1 minutes between sets

B**1** [High Knees](#) X (24 per leg), rest 30 secs

B**2** [Skull Crushers](#) X 12

B**3** [Plank for 30 secs \(make sure you squeeze hard the whole time\)](#), rest 30 secs

B**4** [Jump Squats](#) X 12

Complete 4 sets, rest 2 minutes between each set.

C1 [Farmer Carry Walk](#) X 100 feet, rest 45 secs

C2 [Goblet Squat](#) X 12, rest 45 secs

C3 [Renegade Row](#) X 12 (per side)

Complete 4 sets, rest 2 minutes between sets

Cool-down - 10 Minutes walking on treadmill set to the highest incline.

