

# Washington College Community

## Goal: Fat Loss

## Phase 1

### Warm-Up

Foam Roll  
 Soft Tissue Work  
 Bike/Elliptical/Treadmill- 5-10 Mins  
 Dynamic Warm-up  
 Static Stretch

### Notes:

*Superset consecutive exercises and keep rest time to 30 seconds between sets, in order to increase metabolic rate*

Day 1	Week 1			Week 2			Week 3			Week 4		
Exercise	Sets	Reps	LBs	Sets	Reps	LBs	Sets	Reps	LBs	Sets	Reps	LBs
<a href="#">DB Goblet Squat</a>	1	12		1	12		1	12		1	12	
	2	12		2	12		2	12		2	12	
	3	12		3	12		3	12		3	12	
<a href="#">MB Slam</a>	1	6		1	6		1	6		1	6	
	2	6		2	6		2	6		2	6	
	3	6		3	6		3	6		3	6	
<a href="#">Swiss Ball Glute Bridge</a>	1	12		1	12		1	12		1	12	
	2	12		2	12		2	12		2	12	
	3	12		3	12		3	12		3	12	
<a href="#">Supinated Grip Lat Pulldown</a>	1	12		1	12		1	12		1	12	
	2	12		2	12		2	12		2	12	
	3	12		3	12		3	12		3	12	
<a href="#">Flat DB Bench Press</a>	1	12		1	12		1	12		1	12	
	2	12		2	12		2	12		2	12	
	3	12		3	12		3	12		3	12	
<a href="#">Single Arm DB Row</a>	1	12		1	12		1	12		1	12	
	2	12		2	12		2	12		2	12	
	3	12		3	12		3	12		3	12	
<a href="#">Seated DB Shoulder Press</a>	1	12		1	12		1	12		1	12	
	2	12		2	12		2	12		2	12	
	3	12		3	12		3	12		3	12	
<a href="#">Cable Palloff Press</a>	1	8 e. side (3s.)		1	8 e. side (3s.)		1	8 e. side (3s.)		1	8 e. side (3s.)	
	2	8 e. side (3s.)		2	8 e. side (3s.)		2	8 e. side (3s.)		2	8 e. side (3s.)	
	3	8 e. side (3s.)		3	8 e. side (3s.)		3	8 e. side (3s.)		3	8 e. side (3s.)	
<a href="#">DB Farmers Walk</a>	1	10 steps up and back		1	10 steps up and back		1	10 steps up and back		1	10 steps up and back	
	2	10 steps up and back		2	10 steps up and back		2	10 steps up and back		2	10 steps up and back	
	3	10 steps up and back		3	10 steps up and back		3	10 steps up and back		3	10 steps up and back	
<b>Post-Lift Work</b>												
Foam Roll, Soft-Tissue Work, Static Stretch												
<b>Nutrition</b>												
Be sure to take in at least 20 g. of protein post lift and replenish all fluids lost												

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Day 2	Week 1			Week 2			Week 3			Week 4		
Exercise	Sets	Reps	LBs	Sets	Reps	LBs	Sets	Reps	LBs	Sets	Reps	LBs
<a href="#">DB Reverse Lunge</a>	1	8 e. leg		1	8 e. leg		1	8 e. leg		1	8 e. leg	
	2	8 e. leg		2	8 e. leg		2	8 e. leg		2	8 e. leg	
	3	8 e. leg		3	8 e. leg		3	8 e. leg		3	8 e. leg	
<a href="#">Swiss Ball Stir the Pots</a>	1	6 e. direction		1	6 e. direction		1	6 e. direction		1	6 e. direction	
	2	6 e. direction		2	6 e. direction		2	6 e. direction		2	6 e. direction	
	3	6 e. direction		3	6 e. direction		3	6 e. direction		3	6 e. direction	
<a href="#">Pushup w/ a Handwalk</a>	1	4 e. side		1	4 e. side		1	4 e. side		1	4 e. side	
	2	4 e. side		2	4 e. side		2	4 e. side		2	4 e. side	
	3	4 e. side		3	4 e. side		3	4 e. side		3	4 e. side	
<a href="#">Squat Position Rope Row</a>	1	12		1	12		1	12		1	12	
	2	12		2	12		2	12		2	12	
	3	12		3	12		3	12		3	12	
<a href="#">Neutral Grip DB Front Raises</a>	1	12		1	12		1	12		1	12	
	2	12		2	12		2	12		2	12	
	3	12		3	12		3	12		3	12	
<a href="#">Pronated Grip Lat Pulldown</a>	1	12		1	12		1	12		1	12	
	2	12		2	12		2	12		2	12	
	3	12		3	12		3	12		3	12	
<a href="#">MB Scoops</a>	1	8 e. side		1	8 e. side		1	8 e. side		1	8 e. side	
	2	8 e. side		2	8 e. side		2	8 e. side		2	8 e. side	
	3	8 e. side		3	8 e. side		3	8 e. side		3	8 e. side	
<a href="#">Side Planks</a>	1	30 s. each side		1	30 s. each side		1	30 s. each side		1	30 s. each side	
	2	30 s. each side		2	30 s. each side		2	30 s. each side		2	30 s. each side	
	3	30 s. each side		3	30 s. each side		3	30 s. each side		3	30 s. each side	
<a href="#">Extra Core Work</a>	1	30 s. each		1	30 s. each		1	30 s. each		1	30 s. each	
	2	30 s. each		2	30 s. each		2	30 s. each		2	30 s. each	
	3	30 s. each		3	30 s. each		3	30 s. each		3	30 s. each	
<b>Post-Lift Work</b>												
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Day 3	Week 1			Week 2			Week 3			Week 4		
Exercise	Sets	Reps	LBs	Sets	Reps	LBs	Sets	Reps	LBs	Sets	Reps	LBs
DB Step Up	1	10 e. leg		1	10 e. leg		1	10 e. leg		1	10 e. leg	
	2	10 e. leg		2	10 e. leg		2	10 e. leg		2	10 e. leg	
	3	10 e. leg		3	10 e. leg		3	10 e. leg		3	10 e. leg	
MB Jackhammer Slam	1	5 e. side		1	5 e. side		1	5 e. side		1	5 e. side	
	2	5 e. side		2	5 e. side		2	5 e. side		2	5 e. side	
	3	5 e. side		3	5 e. side		3	5 e. side		3	5 e. side	
DB Bench Glute Bridge	1	12		1	12		1	12		1	12	
	2	12		2	12		2	12		2	12	
	3	12		3	12		3	12		3	12	
Front Plank w/ Feet Marching	1	30 s.		1	30 s.		1	30 s.		1	30 s.	
	2	30 s.		2	30 s.		2	30 s.		2	30 s.	
	3	30 s.		3	30 s.		3	30 s.		3	30 s.	
Incline Single Arm DB Bench Press	1	12 e. arm		1	12 e. arm		1	12 e. arm		1	12 e. arm	
	2	12 e. arm		2	12 e. arm		2	12 e. arm		2	12 e. arm	
	3	12 e. arm		3	12 e. arm		3	12 e. arm		3	12 e. arm	
Incline DB Row	1	12		1	12		1	12		1	12	
	2	12		2	12		2	12		2	12	
	3	12		3	12		3	12		3	12	
Neutral Grip Pull Up	1	6		1	6		1	6		1	6	
	2	6		2	6		2	6		2	6	
	3	6		3	6		3	6		3	6	
DB Lateral Raises	1	12		1	12		1	12		1	12	
	2	12		2	12		2	12		2	12	
	3	12		3	12		3	12		3	12	
Wide Stance Rope Chop	1	8 e. side		1	8 e. side		1	8 e. side		1	8 e. side	
	2	8 e. side		2	8 e. side		2	8 e. side		2	8 e. side	
	3	8 e. side		3	8 e. side		3	8 e. side		3	8 e. side	
<b>Post-Lift Work</b>												
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