

The Precision Nutrition
Bonus Training Program

Athletic Training for Fat Loss

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Table of Contents

Disclaimer	3
An Introduction To Periodization	5
Program Considerations	5
What This Program Is/Isn't	6
A Solemn Meditation on Hotness	6
On Intensity	7
Applying This Program	7
Missing Days	8
Exercise Examples.....	9
Summary.....	12
The Programs	13
About Geoff Girvitz	25

Precision Nutrition Bonus Athletic Training for Fat Loss Designed by Geoff Girvitz

An introduction to periodization

Want to get stronger? More muscular? Leaner? I had my suspicions. And while these are admirable goals, time and recovery limitations make it tough to progress in each at the same time. That's where periodization comes into play.

Periodization is a pragmatic way of dealing with the fact that you can't do everything at once. It is commonly used by athletes as a way to ensure that peak performance dovetails with competition time. In this case, it will be used by you to ensure that peak appearance dovetails on-the-beach time (or whenever you want to look your best).

Approaches to periodization differ but do share several common traits.

1. Prioritizing specific attributes: This may be for a single workout or for an extended period of time.
2. Multiple phases: The focus on any particular set of attributes will shift over the course of an entire program. The fact is that any system of exercise, no matter how great, will eventually yield diminishing returns. The body's tendency toward adaptation – the same process that makes exercise work for you in the first place – means that there is no *one* magic workout style that you should stick with.
3. Logic: The types of change should be part of a logical overall strategy. Different for differences sake is not good enough. As such, any phase in a properly periodized program will help facilitate success in the phase(s) that follow.

Program Considerations

Before we get started (and I know you're antsy), let's establish a few things:

1. If you're serious about progress, you'll be serious about your nutrition. You're going to be working way too hard to want to compromise your results. The Precision Nutrition system is a great resource.

2. This program is suitable for beginners. Don't be overwhelmed by the terms or exercises. Put together one workout at a time and you'll see that a lot of this is fairly intuitive. If I've overloaded you at all with information it's for the sake of making you more independent. Be patient with the learning curve because it will pay off for you in the end.
3. Some of these exercises will earn you weird stares from other people in commercial gyms. Take this as a sign that you're doing something right.
4. If it hurts, don't do it. There are plenty of exercise choices within this program. Anything that compromises joint health should be skipped right away. However, learn to differentiate between pain and discomfort. There should be none of the former and plenty of the latter.
5. To ensure you maintain mobility, make sure to follow the warm-ups listed before each workout.
6. Precision Nutrition has plenty of resources, should you be unclear on the safe technique for any exercise. BangFitness.com will also feature this article, along with a Q&A section.

What This Program Is/Isn't

This program is designed to provide a strong base in strength, endurance, power, speed, agility, balance and mobility. And while it will emphasize fat-loss during its last four weeks, the physical attributes developed during weeks 1-8 that will make that final period truly effective. This set 'em up and knock 'em down approach is both an effective long-term strategy and an ideal game plan for struggling to lose those final 10-15 lbs.

A Solemn Meditation on Hotness

What does looking hot mean anyway? In my mind, hotness and function are closely related. They're not always one and the same, but you could say that function is the planet that hotness orbits around – sort of like a small, bright moon that people hit on incessantly.

When I talk about function, I'm referring to the general attributes of fitness. Many of these things, from lean body mass to maximal strength, can be measured. Others, such as balance or posture, albeit harder to quantify, can still be evaluated (and are more important than you might expect). At the end of the day, maintaining a solid foundation in function means that the transition to more specialized skill (or aesthetic) development – should you desire – will be relatively smooth.

On Intensity

When we refer to intensity in this program, we're talking one of two things: the amount of weight you're lifting or the degree of effort you're putting into an interval. Intensity is our friend - our cruel, horrible friend.

Strength

You'll see that some of the exercises are marked in blue. That means they're supposed to be heavy. How heavy? Using the numbers provided, you should be coming within one or two reps of failure each time. I generally recommend going to complete failure – when you are unable to perform another rep no matter what -- for one (different) exercise every one or two sessions. This will serve as a benchmark and keep you from getting complacent.

Speed

The exercises marked in red are to be performed as quickly as possible. This includes all exercises in Phase 3. The weights selected will be relatively light – between half and two thirds of your heaviest lifts – if there are weights at all. Your job is to move things fast and to stop your sets when you see yourself slowing down.

Intervals

Intervals are so much more effective than traditional steady-state cardio it's ridiculous. So why don't we see more of them? They're hard for starters. But you're tough and you're committed. And you know they won't take very long to complete. 16 minutes (at the most) is not a long time to suffer for your six pack.

What you need to know is this: intervals are all about how hard you can go – the “light” periods are just light enough to allow recovery for the next hard period.

The harder you push through your intervals, the more effective your program will be. The stronger you are, the harder you can push through your intervals. See how that works?

This entire program is built around intensity. All those other weeks? Those are gateway weeks. They're foundational weeks. They're just not good enough on their own. Everything you do is designed to facilitate the harder weeks. If you miss those – for whatever reason – then you're just plain missing out.

Applying This Program

As I mentioned, this program is designed to help you peak physically for the times when you'll be the most visible. The first thing you need to know is that it takes some time. While many people will undoubtedly be tempted to jump ahead to the final weeks for a mad pre-vacation dash (indeed, you'll

want to work backwards from whatever your “showtime” is), the best results will come to those who see it through its full 12 weeks.

This program can be repeated on an ongoing basis. If you wish to peak for a specific time period greater than 12 weeks away, you can add up to four weeks from the previous phase.

E.G.

16 weeks

Phase 1

Phase 2

Phase 1

Phase 3

18 weeks

Phase 1

Phase 2

Phase 1 (first two weeks)

Phase 3

20 weeks

Phase 1

Phase 2

Phase 1 (to emphasize lean muscle gain) *or* Phase 3 (to emphasize fat loss)

Phase 2

Phase 3

Regardless of the amount of time you have, to optimize fat loss, simply ensure that your final four weeks are dedicated to Phase 3.

Missing Days

Life, apparently, just keeps trucking along with or without our active involvement. Sometimes, you will miss workouts. When that happens, here are your guidelines for getting back on track.

1. Remember that the high intensity weeks (weeks 2 and 4 of each phase) are the essence of this program. If you miss one of these workouts, do not skip it; pick up where you left off.
2. If you miss one or more low or moderate intensity workouts (weeks 1 and 3 of each phase) during the first part of Phases 1 or 2, pick up where you left off. You need that foundation building
3. If you miss one or more low or moderate intensity workouts by the mid-point of Phase 2, pretend you've gotten the job done and move on to the next workout. Those lower-intensity days are there to facilitate

recovery. If you haven't worked out . . . well, you're probably recovered.

Exercise Examples

You'll notice that – unless I have something very specific in mind for you – the exercises listed are left open-ended. You'll generally see a *type* of exercise followed by a 1 or a 2. In those cases, refer to the list below. 1s are exercises to be performed with one arm or leg, 2s are exercises to be performed with both arms or legs. Nothing shocking there. The listed exercises also have those numbers, so mix and match.

This structure is in place for both the sake of variety (we don't want to repeat the same exercise for more than two or three consecutive weeks) and as an acknowledgement that not everything works for everyone.

Athletic Training For Fat Loss

Warm-up

(To be completed before every workout)

<i>Foam Rolling:</i>	
-IT Band/Tensor Fasciae Latae	8-10/side
-Quads	:
-Hip Flexors	:
-Hamstrings	:
-Glutials	:
-Thoracic Extension	:
-Calves (w/tennis ball)	:
-Peroneals (w/tennis ball)	:
-Upper Back	8 to 10
-Lats	8 to 10/side
<i>Muscle Activation:</i>	
-Glute Bridge	12/side
-Cobras (On a stability ball)	8 to 10
-Bird-Dogs	8 to 10
-Reverse Shrugs	8 to 10/side
-Scapular Push Ups	5 to 8/side
Assisted Squat	1 x 8
<i>Active Mobility:</i>	
-Wall Slides	
Ankle Mobility	5 medial, 5 lateral, 5 middle/side
-Rear Lunge to Twist	5/side
-Lateral Squat	5/side
-Overhead Broomstick Dislocation	10 to 12
-Jogging (Forward)	30 sec.
-Jogging (Backward)	30 sec.
-Running (High Knees)	30 sec.
-Running (Kicking bum)	30 sec.
-Spider Crawl	30 sec.
-Cariocas	30 sec.

Athletic Training For Fat Loss

Exercises

Split Squat Jump (1)	Dumbbell Overhead Press (1)
Box Jump (2)	Alternative Dumbbell Overhead Press (1)
Single-Leg Box Jump (1)	Windmills (1)
Lateral Box Jump (2)	Cuban Press (2)
Lateral Single-Leg Box Jump (1)	
Alternating Split Squat Jump (1)	Horizontal Push Variations
Box Jump (2)	Bench Press (2)
Broad Jump (2)	Dumbbell Press (1)
	Alternative Dumbbell Press (1)
Lateral Movement	Push-Up (2)
Lateral Lunges (1)	
Speed Skater Lunges (1)	Plank Variations
Shuffle Step Lunges (1)	On forearms
Lateral Step (1)	Push Up Position
Cross Over Step (1)	On Forearms with feet elevated
Cariocas (1)	Push Up Position with feet elevated
Lateral Step Up (1)	Side Plank
	Side Plank with Lateral Flexion
Hip Dominant	Rolling Plank
Deadlift (2)	
Romanian Deadlift (2)	Dynamic Plank Variations
Sumo Deadlift (2)	Stability Ball Roll-Out
Pull Through (2)	Forearms on Stability Ball, Kneeing the ball
Single Leg Deadlift (1)	Barbell Roll Out Position with arm movement
Single Leg Good Morning (1)	Planked Bear Walk
	T-Bar Rotation (no push up)
	Pinch Plank
Knee Dominant	
Squat (2)	
One-Leg Squat on step (1)	Anti-Rotation Variations
Split Squat (1)	Olympic Bar Rotations
Lunge (1)	Woodchop
Step Up (1)	

Athletic Training For Fat Loss

Exercises (continued)

Vertical Pull Variations	Cobra Variations
Jump to Chin Up (2)	On Floor
Jump to Pull Up (2)	On Stability Ball
Pull Up (2)	With Arms Extended
Chin Up (2)	With weight behind neck
Lat Pulldown (1/2)	With arms extended holding weight
Face Pull (2)	
Straight Arm Lat Pulldown (1/2)	Stretch
Dumbbell Pullover (1/2)	Hip Flexors
Medicine Ball Slam (2)	Quads
	Hamstrings
Horizontal Pull Variations	Pecs
Inverted Row (2)	
Incline Inverted Row (2)	
Bent-Over Row (1)	
Dumbbell Row (2)	
T-Bar Row (2)	
3 pt. Row (1)	
Seated Row (1,2)	
Standing Cable Row (1,2)	
Dumbbell Row with opposite side foot on a step (1)	
Face Pulls (2)	

Summary

Below here, you'll find a 12 (or more) week program to get you looking your best. Work hard, train safely and eat properly. Choose a pace and intensity that is challenging but sustainable. This program will work for you *if* you stay on track. Once you've committed to it, don't second-guess yourself. Be confident that the results will come. I look forward to hearing about them.

Athletic Training For Fat Loss

Phase 1, Day 1, Weeks 1-4

	Week 1 Easy	Week 2 Hard	Week 3 Medium	Week 4 Very Hard
Day 1				
Hip Dominant (2)	2x10	3x10	3x8	3x8
Stretch: Hip Flexors	2x30 sec.	3x30 sec.	3x30 sec.	3x30 sec.
Vertical Pull (2)	2x10	3x10	3x8	3x8
Vertical Push (1)	2x10	3x10	3x8	3x8
Hip-Dominant (1)	2x15	3x15	2x12	3x12
Dynamic Plank	1x15	2x15	1x15	2x15
Horizontal Pull (1)	1x15	1x15	1x12	1x12
Anti-Rotation	6 each side	8 each side	6 each side	8 each side
Turkish Get-Up	1x6/side	2x6/side	1x6/side	2x6/side
Lateral Shuffle Step	1x25 sec./side	2x25 sec./side	1x25 sec./side	2x25 sec./side

Athletic Training For Fat Loss

Phase 1, Day 2, Weeks 1-4

	Week 1 Easy	Week 2 Hard	Week 3 Medium	Week 4 Very Hard
Day 2				
A1. Knee Dominant (2)	2x10	3x10	3x8	3x8
A2. Stretch Pecs	2x30sec.	3x30sec.	3x30sec.	3x30sec.
B1. Horizontal Pull (1)	2x10	3x10	3x8	3x8
B2. Horizontal Press (2)	2x10	3x10	3x8	3x8
C1. Hip-Dominant (1)	2x12	3x12	3x10	3x10
C2. Plank	2x15	3x15	2x12	3x12
D1. Straight Arm Pulldown or Pull Up (1)	1x15	2x15	1x15	2x15
D2. Cobra Variation + Y	1x15	1x15	1x12	1x12
E1. Spider Crawl	1x16	2x16	1x20	2x20
E2. Cariocas	1x25 sec./side	2x25 sec./side	1x25 sec./side	2x25 sec./side

Athletic Training For Fat Loss

Phase 1, Day 3, Weeks 1-4

	Week 1 Easy	Week 2 Hard	Week 3 Medium	Week 4 Very Hard
Day 3				
A1. Hip Dominant (1)	2x10	3x10	3x8	3x8
A2. Stretch: Hip Flexors	2x30sec.	3x30sec.	3x30sec.	3x30sec.
B1. Vertical Pull (1)	2x10	3x10	3x8	3x8
B2. Vertical Push (1)	2x10	3x10	3x8	3x8
C1. Hip-Dominant (2)	2x15	3x15	2x12	3x12
C2. Dynamic Plank	1x15	2x15	1x15	2x15
D1. Horizontal Pull (2)	1x15	1x15	1x12	1x12
D2. Anti Rotation	6 each side	8 each side	6 each side	8 each side
E1. Turkish Get Up	1x6/side	2x6/side	1x6/side	2x6/side
E2. Lateral Shuffle Step	1x25 sec./side	2x25 sec./side	1x25 sec./side	2x25 sec./side

Athletic Training For Fat Loss

Phase 1, Day 4, Weeks 1-4

	Week 1 Easy	Week 2 Hard	Week 3 Medium	Week 4 Very Hard
Day 4				
A1. Knee Dominant (2)	2x10	3x10	3x8	3x8
A2. Stretch Pecs	2x30sec.	3x30sec.	3x30sec.	3x30sec.
B1. Horizontal Pull (2)	2x10	3x10	3x8	3x8
B2. Horizontal Push (2)	2x10	3x10	3x8	3x8
C1. Hip-Dominant (2)	2x12	3x12	3x10	3x10
C2. Plank	2x15	3x15	2x12	3x12
D1. Straight Arm Pulldown or Pull Up (1)	1x15	2x15	1x15	2x15
D2. Cobra Variation + Y	1x15	1x15	1x12	1x12
E1. Spider Crawl	1x16	2x16	1x20	2x20
E2. Cariocas	1x25 sec./side	2x25 sec./side	1x25 sec./side	2x25 sec./side

Athletic Training For Fat Loss

Phase 2, Day 1, Weeks 5-8

	Week 5 Easy	Week 6 Hard	Week 7 Medium	Week 8 Very Hard
Day 1				
A1. Jumping (2)	2x8-10	3x8-10	2x8-10	3x8-10
A2. Stretch Pecs	2x30sec.	3x30sec.	2x30sec.	3x30sec.
B1. Medicine Ball Slam	2x10-12	2x10-12	2x10-12	2x10-12
B2. Lateral Movement	2x10-12	2x10-12	2x10-12	2x10-12
B3. Dynamic Plank	2x10-12	2x10-12	2x10-12	2x10-12
C1. Seated Medicine Ball Toss	2x10-12	2x10-12	2x10-12	2x10-12
C2. Hip Dominant (1)	2x12	3x12	2x12	3x12
C3. Anti-Rotation	2x15	3x15	2x15	3x15
D1. Intervals	6x30sec. hard, 90-120sec. light	8x30sec. hard 90-120sec. light	6x30sec. hard 60-90sec light	8x30sec. hard 60-90sec light

Athletic Training For Fat Loss

Phase 2, Day 2, Weeks 5-8

	Week 5 Easy	Week 6 Hard	Week 7 Medium	Week 8 Very Hard
Day 2				
A1. Hip-Dominant (2)	3x8	4x6	3x8	4x6
A2. Stretch: Hip Flexors	3x30sec.	4x30sec.	3x30sec.	4x30sec.
B1. Vertical Pull (2)	3x8	4x6	3x8	4x6
B2. Vertical Push (2)	3x8	4x6	3x8	4x6
B3. Anti-Rotation				
C1. Hip-Dominant (1)	2x10-12	3x10-12	2x10-12	3x10-12
C2. Crunch	2x8-12	3x8-12	2x8-12	3x8-12
D1. Horizontal Pull (1)	2x12-15	3x12-15	2x12-15	3x12-15
D2. Horizontal Push (1)	2x12-15	3x12-15	2x12-15	3x12-15
E1. Side Plank	1x30sec.	3x30sec.	2x30sec.	3x30sec.
E2. Plank	1x30sec.	3x30sec.	2x30sec.	3x30sec.
F1. Interval	6x30sec. hard, 90-120sec. light	8x30sec. hard 90-120sec. light	6x30sec. hard 60-90sec light	8x30sec. hard 60-90sec light

Athletic Training For Fat Loss

Phase 2, Day 3, Weeks 5-8

	Week 5 Easy	Week 6 Hard	Week 7 Medium	Week 8 Very Hard
Day 3				
A1. Jumping (1)	2x8-10	3x8-10	2x8-10	3x8-10
A2. Stretch Pecs	2x30sec.	3x30sec.	2x30sec.	3x30sec.
B1. Horizontal Pull (1)	2x10-12	3x10-12	2x10-12	3x10-12
B2. Lateral Movement	2x10-12	3x10-12	2x10-12	3x10-12
B3. Dynamic Plank	2x10-12	3x10-12	2x10-12	3x10-12
C1. Horizontal Push (1)	2x10-12	3x10-12	2x10-12	3x10-12
C2. Hip Dominant (1)	2x12	3x12	2x12	3x12
C3. Anti-Rotation	2x15	3x15	2x15	3x15
D1. Intervals	6x30sec. hard, 90-120sec. light	8x30sec. hard 90-120sec. light	6x30sec. hard 60-90sec light	8x30sec. hard 60-90sec light

Athletic Training For Fat Loss

Phase 2, Day 4, Weeks 5-8

	Week 5 Easy	Week 6 Hard	Week 7 Medium	Week 8 Very Hard
Day 4				
A1. Knee-Dominant (2)	3x8	4x6	3x8	4x6
A2. Stretch: Hip Flexors	3x30sec.	4x30sec.	3x30sec.	4x30sec.
B1. Horizontal Pull (2)	3x8	4x6	3x8	4x6
B2. Horizontal Push (2)	3x8	4x6	3x8	4x6
B3. Crunch	2x8-12	3x8-12	2x8-12	3x8-12
C1. Knee-Dominant (1)	2x10-12	3x10-12	2x10-12	3x10-12
C2. Cobra + Y	2x8-12	3x8-12	2x8-12	3x8-12
D1. Vertical Pull (1)	2x12-15	3x12-15	2x12-15	3x12-15
D2. Vertical Push (1)	2x12-15	3x12-15	2x12-15	3x12-15
E1. Side Plank	1x30sec.	3x30sec.	2x30sec.	3x30sec.
E2. Plank	1x30sec.	3x30sec.	2x30sec.	3x30sec.
F1. Interval	6x30sec. hard, 90-120sec. light	8x30sec. hard 90-120sec. light	6x30sec. hard 60-90sec light	8x30sec. hard 60-90sec light

Athletic Training For Fat Loss

Phase 3, Day 1, Weeks 9-12

	Week 9 Easy	Week 10 Hard	Week 11 Medium	Week 12 Very Hard
Day 1				
A1. Jumping (2)	3x10-12	4x10-12	3x10-12	4x10-12
A2. Vertical Pull (2)	3x10-12	4x10-12	3x10-12	4x10-12
A3. Vertical Push (2)	3x10-12	4x10-12	3x10-12	4x10-12
A4. Anti-Rotation	3x10-12	4x10-12	3x10-12	4x10-12
B1. Lateral Movement	3x30sec. on, 30sec. off	3x30sec. on, 30sec. off	4x30sec. on, 30sec. off	4x30sec. on, 30sec. off
B2. Horizontal Pull (1)	3x30sec. on, 30sec. off	3x30sec. on, 30sec. off	4x30sec. on, 30sec. off	4x30sec. on, 30sec. off
B3. Horizontal Push (1)	3x30sec. on, 30sec. off	3x30sec. on, 30sec. off	4x30sec. on, 30sec. off	4x30sec. on, 30sec. off
B4. Dynamic Plank	3x30sec. on, 30sec. off	3x30sec. on, 30sec. off	4x30sec. on, 30sec. off	4x30sec. on, 30sec. off
C1. Intervals	10x30sec. hard, 45-60sec. light	12x30sec. hard 45-60sec. light	10x30sec. hard 30-45sec light	12x30sec. hard 30-45sec light

Athletic Training For Fat Loss

Phase 3, Day 2, Weeks 9-12

	Week 9 Easy	Week 10 Hard	Week 11 Medium	Week 12 Very Hard
Day 2				
A1. Jumping (1)	3x10-12	4x10-12	3x10-12	4x10-12
A2. Horizontal Pull (2)	3x10-12	4x10-12	3x10-12	4x10-12
A3. Horizontal Push (2)	3x10-12	4x10-12	3x10-12	4x10-12
A4. Crunch	3x10-12	4x10-12	3x10-12	4x10-12
B1. Lateral Movement	3x30sec. on, 30sec. off	3x30sec. on, 30sec. off	4x30sec. on, 30sec. off	4x30sec. on, 30sec. off
B2. Vertical Pull (1)	3x30sec. on, 30sec. off	3x30sec. on, 30sec. off	4x30sec. on, 30sec. off	4x30sec. on, 30sec. off
B3. Vertical Push (1)	3x30sec. on, 30sec. off	3x30sec. on, 30sec. off	4x30sec. on, 30sec. off	4x30sec. on, 30sec. off
B4. Dynamic Plank	3x30sec. on, 30sec. off	3x30sec. on, 30sec. off	4x30sec. on, 30sec. off	4x30sec. on, 30sec. off
C1. Intervals	10x30sec. hard, 45-60sec. light	12x30sec. hard 45-60sec. light	10x30sec. hard 30-45sec light	12x30sec. hard 30-45sec light

Athletic Training For Fat Loss

Phase 3, Day 3, Weeks 9-12

	Week 9 Easy	Week 10 Hard	Week 11 Medium	Week 12 Very Hard
Day 3				
A1. Jumping (2)	3x10-12	4x10-12	3x10-12	4x10-12
A2. Vertical Pull (2)	3x10-12	4x10-12	3x10-12	4x10-12
A3. Vertical Push (2)	3x10-12	4x10-12	3x10-12	4x10-12
A4. Anti-Rotation	3x10-12	4x10-12	3x10-12	4x10-12
B1. Lateral Movement	3x30sec. on, 30sec. off	3x30sec. on, 30sec. off	4x30sec. on, 30sec. off	4x30sec. on, 30sec. off
B2. Horizontal Pull (1)	3x30sec. on, 30sec. off	3x30sec. on, 30sec. off	4x30sec. on, 30sec. off	4x30sec. on, 30sec. off
B3. Horizontal Push (1)	3x30sec. on, 30sec. off	3x30sec. on, 30sec. off	4x30sec. on, 30sec. off	4x30sec. on, 30sec. off
B4. Dynamic Plank	3x30sec. on, 30sec. off	3x30sec. on, 30sec. off	4x30sec. on, 30sec. off	4x30sec. on, 30sec. off
C1. Intervals	10x30sec. hard, 45-60sec. light	12x30sec. hard 45-60sec. light	10x30sec. hard 30-45sec light	12x30sec. hard 30-45sec light

Athletic Training For Fat Loss

Phase 3, Day 4, Weeks 9-12

	Week 9 Easy	Week 10 Hard	Week 11 Medium	Week 12 Very Hard
Day 4				
A1. Jumping (1)	3x10-12	4x10-12	3x10-12	4x10-12
A2. Horizontal Pull (2)	3x10-12	4x10-12	3x10-12	4x10-12
A3. Horizontal Push (2)	3x10-12	4x10-12	3x10-12	4x10-12
A4. Crunch	3x10-12	4x10-12	3x10-12	4x10-12
B1. Lateral Movement	3x30sec. on, 30sec. off	3x30sec. on, 30sec. off	4x30sec. on, 30sec. off	4x30sec. on, 30sec. off
B2. Vertical Pull (1)	3x30sec. on, 30sec. off	3x30sec. on, 30sec. off	4x30sec. on, 30sec. off	4x30sec. on, 30sec. off
B3. Vertical Push (1)	3x30sec. on, 30sec. off	3x30sec. on, 30sec. off	4x30sec. on, 30sec. off	4x30sec. on, 30sec. off
B4. Dynamic Plank	3x30sec. on, 30sec. off	3x30sec. on, 30sec. off	4x30sec. on, 30sec. off	4x30sec. on, 30sec. off
C1. Intervals	10x30sec. hard, 45-60sec. light	12x30sec. hard 45-60sec. light	10x30sec. hard 30-45sec light	12x30sec. hard 30-45sec light

About Geoff Girvitz



Geoff Girvitz is the owner and director of Bang Fitness, located in Toronto, Ontario.

His facility and programs focus on athletic development for everyone from professional athletes (with particular expertise in MMA) to regular folks who want the same things – speed, strength, power, mobility and improved body composition – that athletes do.

Geoff has contributed to Precision Nutrition, and [Stumptuous](#), as well as maintaining a regular blog on the [Bang Fitness](#) site.