

THE ULTIMATE FAT-LOSS WORKOUT

This intense 12-week fat-loss plan from personal trainer Bill Hartman torches calories and unleashes a flood of fat-burning hormones that supercharge your metabolism for hours after you're done training. So your body's fat-frying furnace runs on high all day, even when you're sitting on the couch. And that's the secret to losing your gut for good.

THE BIG
WORKOUT

Grab our
next issue for the
final part of our
**Ultimate Fat-Loss
Workout Plan**

PHASE 1 • WEEKS 1-4

HOW TO DO THESE WORKOUTS

Do each Weight Workout (Workout A, Workout B, and Workout C) once a week, resting for at least a day after each session. So you might do **Workout A** on Monday, **Workout B** on Wednesday, & **Workout C** on Friday. Do the Cardio Workout three times a week on the days in between your Weight Workouts. So you might do cardio on Tuesday, Thursday, and Saturday.

About The Expert: **Bill Hartman**, PT, C.S.C.S., is a physical therapist and strength coach in the US. Hartman is the co-owner of Indianapolis Fitness and Sports Training.

WORKOUT A



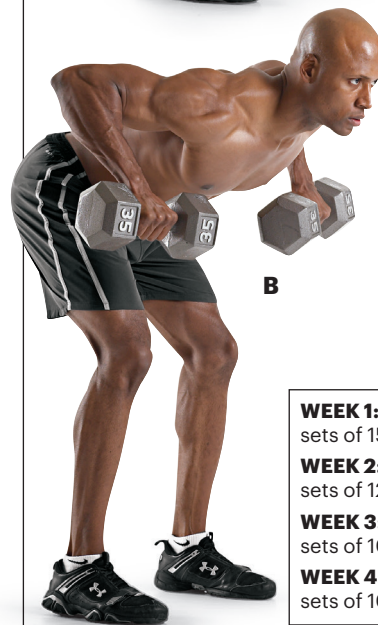
1a Barbell Step-Up

► Stand in front of a bench, and place your left foot firmly on the step. Pull your shoulders back so that the bar rests on the shelf created by your shoulder blades (**A**). Press into your left heel as you step onto the bench, keeping your right leg in the air (**B**). Then lower your body until your right foot touches the floor, and repeat. Do the prescribed number of reps with your left leg, then do the same number with your right leg. That's 1 set. Rest for 75 seconds after each set.



1b Dumbbell Bench

► Grab a pair of dumbbells, and lie on your back on a flat bench, holding the dumbbells over your chest so that they're nearly touching. Your palms should be facing out but turned slightly inward. Before you begin, pull your shoulder blades down and together, and hold them as tight as you can throughout the entire exercise (**A**). Without changing the angle of your hands, lower the dumbbells to the sides of your chest (**B**). Pause, then press the weights back up to the starting position as quickly as you can. That's 1 rep. Complete all reps in each set, resting for 75 seconds after each set.



2a Dumbbell Row

► Grab a pair of dumbbells, bend at your hips and knees, and lower your torso until it's almost parallel to the floor. Let the dumbbells hang at arm's length, palms facing behind you (**A**). Keep your torso still as you squeeze your shoulder blades together, bend your elbows, and pull the dumbbells to your sides (**B**). Pause, then lower the dumbbells. That's 1 rep. Complete all reps in each set, resting for 75 seconds after each set.

WEEK 1: Do 2 sets of 15 reps.
WEEK 2: Do 3 sets of 12 reps.
WEEK 3: Do 3 sets of 10 reps.
WEEK 4: Do 2 sets of 10 reps.

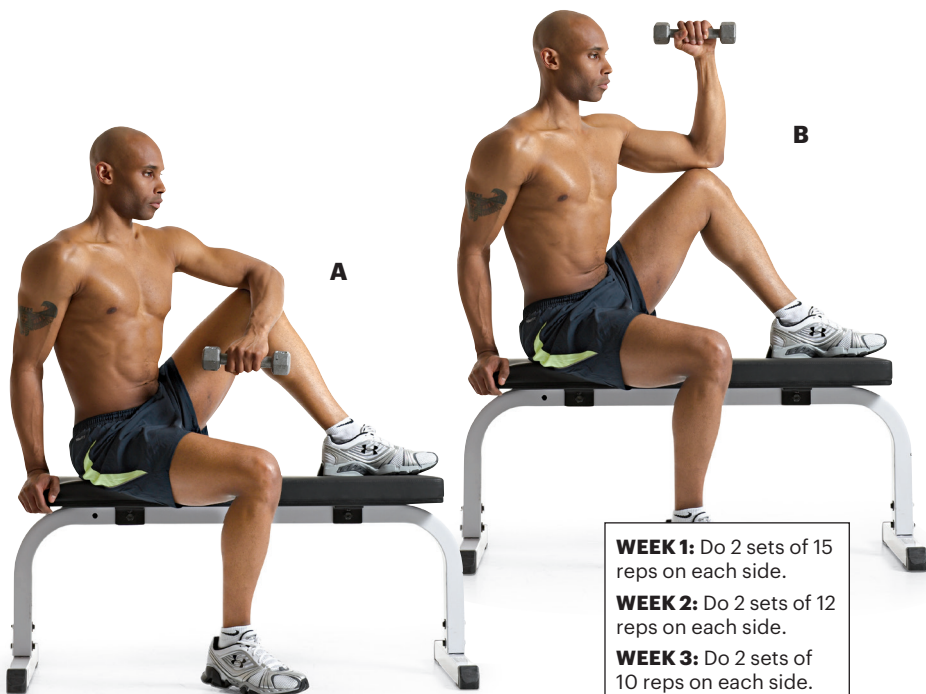
WEEK 1: Do 2 sets of 15 reps.
WEEK 2: Do 3 sets of 12 reps.
WEEK 3: Do 3 sets of 10 reps.
WEEK 4: Do 2 sets of 10 reps.

2b Scaption

► Standing with your feet shoulder-width apart, hold a pair of dumbbells next to your sides. Your palms should be facing each other, elbows slightly bent (**A**). Without changing the bend in your elbows, raise your arms at a 30-degree angle to your body until they're at shoulder level (**B**). Pause, then lower the weights back to start. That's 1 rep. Do all reps in your set; rest for 75 seconds after each set.



WEEK 1: Do 2 sets of 15 reps.
WEEK 2: Do 3 sets of 12 reps.
WEEK 3: Do 3 sets of 10 reps.
WEEK 4: Do 2 sets of 10 reps.



WEEK 1: Do 2 sets of 15 reps on each side.
WEEK 2: Do 2 sets of 12 reps on each side.
WEEK 3: Do 2 sets of 10 reps on each side.
WEEK 4: Do 2 sets of 10 reps on each side.

3a Seated Dumbbell External Rotation

► Grab a dumbbell in your left hand, and sit on a bench. Place your left foot on the bench with your knee bent. Bend your left elbow 90 degrees, and place the inside portion of it on your left knee. Position your free hand on the bench (**A**). Without changing the bend in your elbow, rotate your upper arm and forearm up and back as far as you can (**B**). Pause, then return to the starting position. Do the prescribed number of reps with your left arm, then do the same number with your right arm. That's 1 set. Rest for 30 seconds after each set.



3b Plank

► Get into push-up position, but bend your elbows and rest your weight on your forearms instead of your hands. Brace your core by contracting your abs as if you were about to be punched in the gut. Hold this position for 5 seconds, then relax momentarily and repeat. That's 1 rep. Complete all reps in each set, resting for 30 seconds after each set.

WEEK 1: Do 2 sets of 8 reps.
WEEK 2: Do 2 sets of 10 reps.
WEEK 3: Do 2 sets of 12 reps.
WEEK 4: Do 2 sets of 10 reps.

CARDIO WORKOUT

The Plan: In your first Cardio Workout, exercise continuously for 40 minutes at 65 to 70 percent of your best effort. This could be walking on a treadmill that's set to an incline; walking, running, or cycling outside; riding a stationary bike; or even swimming. In each subsequent workout, increase the time you're exercising by five minutes. So you'll go for 45 minutes in your second workout, 50 minutes in your third workout, and so on.

WORKOUT B

1a Barbell Split Squat

► Hold a bar across your upper back with an overhand grip. Pull your shoulders back so that the bar rests on the shelf created by your shoulder blades. Stand in a staggered stance, your left foot around 60cm to 90cm in front of your right. Stand on the ball of your back foot, with your heel raised, your front knee slightly bent (**A**). Keeping your upper body upright, slowly lower your body until your rear knee nearly touches the floor (**B**). Pause, then push yourself back up to the starting position as quickly as you can. Complete the prescribed number of reps with your left leg forwards, then do the same number with your right foot in front of your left. That's 1 set. Rest for 75 seconds between sets.

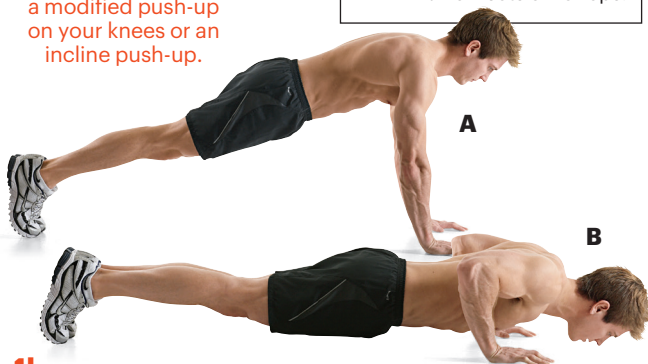


WEEK 1: Do 2 sets of 15 reps.
WEEK 2: Do 3 sets of 15 reps.
WEEK 3: Do 3 sets of 12 reps.
WEEK 4: Do 2 sets of 12 reps.

TIP:

If you have difficulty with the push-up, choose a variation that's easier – such as a modified push-up on your knees or an incline push-up.

WEEK 1: Do 2 sets of 12 reps.
WEEK 2: Do 3 sets of 10 reps.
WEEK 3: Do 3 sets of 8 reps.
WEEK 4: Do 2 sets of 10 reps.

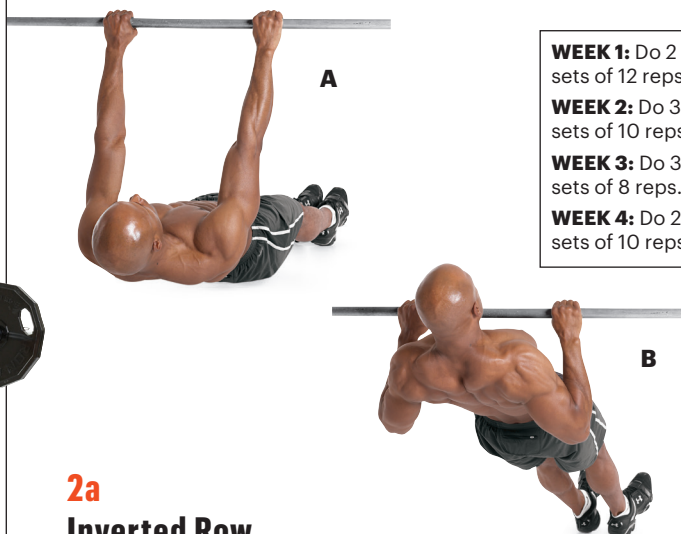


1b Push-up

► Get down on all fours, and place your hands on the floor so that they're slightly wider than and in line with your shoulders. Brace your abdominals – as if you were about to be punched in the gut – and squeeze your glutes; maintain these contractions for the duration of this exercise (**A**). Lower your body until your chest nearly touches the floor (**B**). Pause at the bottom, and then push yourself back to the starting position as quickly as possible. That's 1 rep. Do as many reps as you can before your hips start to sag and your form has broken down. When this happens, consider that your last repetition and end the set. Continue in this fashion until you've completed 3 sets, resting for 75 seconds after each set.

2a Inverted Row

► Grab the bar with an overhand, shoulder-width grip. Hang with your arms straight and your hands above your shoulders. Your body should form a straight line from your ankles to your head (**A**). Pull your shoulder blades back, then continue the pull with your arms to lift your chest to the bar (**B**). Pause, then lower your body back to the starting position. That's 1 rep. Complete all reps in each set, resting for 75 seconds after each set.



WEEK 1: Do 2 sets of 12 reps.
WEEK 2: Do 3 sets of 10 reps.
WEEK 3: Do 3 sets of 8 reps.
WEEK 4: Do 2 sets of 10 reps.

2b Combo Shoulder Raise

► Grab a pair of dumbbells and hold them at arm's length next to your thighs. Turn your left palm so that it's facing the side of your thigh, and your right palm so that it's facing forwards (**A**). Raise your right arm out to your side as you lift your left arm out in front of you (**B**). When both arms are at shoulder level, pause, and lower back to the starting position. On your next rep, do a lateral raise with your left and a front raise with your right. Continue alternating until you've completed all reps in your set. Rest for 75 seconds after each set.



WEEK 1: Do 2 sets of 12 reps on each side.
WEEK 2: Do 3 sets of 10 reps on each side.
WEEK 3: Do 3 sets of 8 reps on each side.
WEEK 4: Do 2 sets of 10 reps on each side.



3a Lying External Rotation

► Grab a dumbbell in your right hand and lie on your left side on an incline bench set to a 15-degree incline. Place a folded-up towel on the right side of your torso, then position your right elbow on the towel, with your arm bent 90 degrees. Let your forearm hang down in front of your abs (**A**). Rotate your upper arm up and back as far as you can, without letting your elbow lose contact with the towel (**B**). Pause, then slowly lower the weight back to the starting position. Complete the prescribed number of reps with your right arm, then immediately lie on your right side and do the same number of reps with your left arm. That's 1 set. Rest for 30 seconds after each set.

WEEK 1: Do 2 sets of 12 reps.
WEEK 2: Do 3 sets of 10 reps.
WEEK 3: Do 3 sets of 8 reps.
WEEK 4: Do 2 sets of 10 reps.



4 Side Plank

► Lie on your left side with your knees straight. Prop your upper body up on your left elbow and forearm. Brace your core, and raise your hips until your body forms a straight line from your ankles to your shoulders. Breathe deeply as you hold the position for 5 seconds. Lower your hips for a moment, then repeat. Complete all reps on your left side, then switch sides and repeat on your right. That's 1 set. Rest for 30 seconds after each set.

WEEK 1: Do 2 sets of 8 reps on each side.
WEEK 2: Do 2 sets of 10 reps on each side.
WEEK 3: Do 2 sets of 12 reps on each side.
WEEK 4: Do 2 sets of 10 reps on each side.

WORKOUT C

1a Barbell Step-Up

► Stand in front of a bench, and place your left foot firmly on the step. Pull your shoulders back so that the bar rests on the shelf created by your shoulder blades (**A**). Press into your left heel as you step onto the bench, keeping your right leg in the air (**B**). Lower your body until your right foot touches the floor, and repeat. Complete the prescribed number of repetitions with your left leg, then do the same number with your right leg. That's 1 set. Rest for 75 seconds after each set.



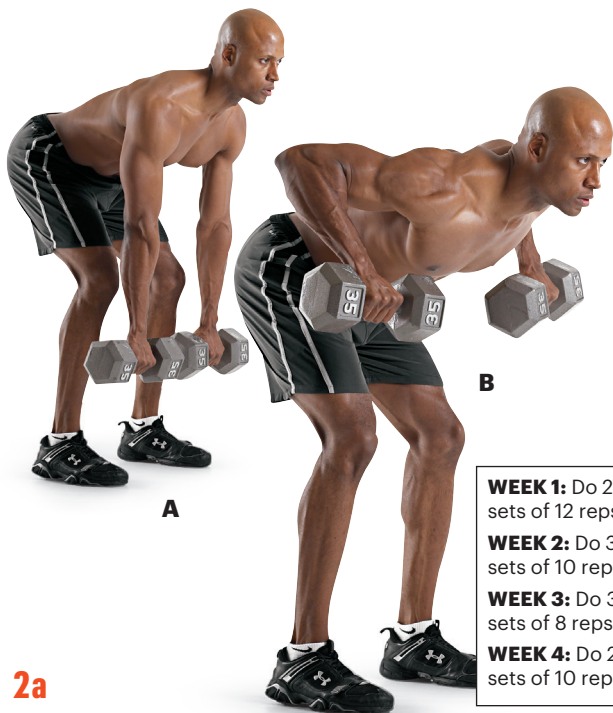
WEEK 1: Do 2 sets of 12 reps.
WEEK 2: Do 3 sets of 10 reps.
WEEK 3: Do 3 sets of 8 reps.
WEEK 4: Do 2 sets of 10 reps.

1b Dumbbell Bench Press

► Grab a pair of dumbbells, and lie on your back on a flat bench, holding the dumbbells over your chest so that they're nearly touching. Your palms should be facing out but turned slightly inward (**A**). Without changing the angle of your hands, squeeze your shoulder blades as you lower the dumbbells to the sides of your chest (**B**). Pause, then press the weights back up to the starting position as quickly as you can. That's 1 rep. Complete all reps in each set, resting for 75 seconds after each set.



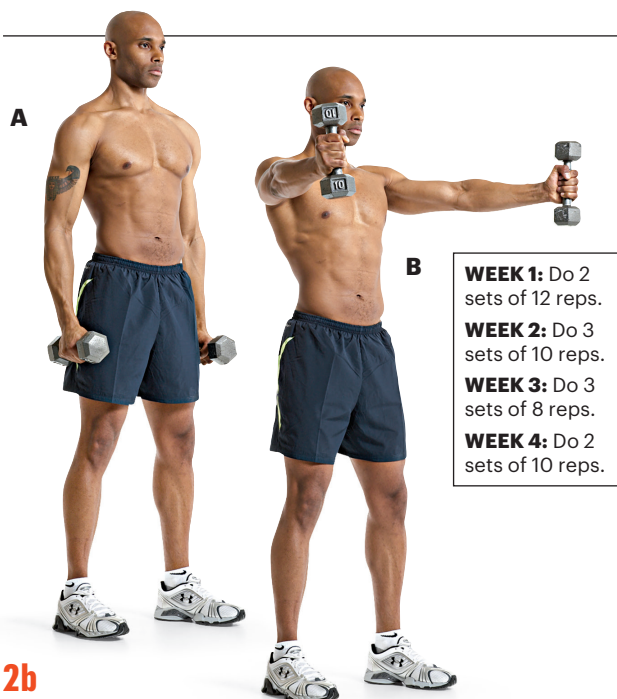
WEEK 1: Do 2 sets of 12 reps.
WEEK 2: Do 3 sets of 10 reps.
WEEK 3: Do 3 sets of 8 reps.
WEEK 4: Do 2 sets of 10 reps.



2a Dumbbell Row

► Grab a pair of dumbbells, bend at your hips and knees, and lower your torso until it's almost parallel to the floor. Let the dumbbells hang at arm's length, your palms facing behind you (A). Keep your torso still as you squeeze your shoulder blades together, bend your elbows, and pull the dumbbells to the sides of your torso (B). Pause, then lower the dumbbells. That's 1 rep. Complete all reps in each set, resting for 75 seconds after each set.

WEEK 1: Do 2 sets of 12 reps.
WEEK 2: Do 3 sets of 10 reps.
WEEK 3: Do 3 sets of 8 reps.
WEEK 4: Do 2 sets of 10 reps.



2b Scaption

► Standing with your feet shoulder-width apart, hold a pair of dumbbells at arm's length, palms facing each other, elbows slightly bent (A). Without changing the bend in your elbows, raise your arms at a 30-degree angle to your body until they're at shoulder level (B). Pause, then lower the weights back to start. That's 1 rep. Complete all reps in each set, resting 75 seconds after each set.

WEEK 1: Do 2 sets of 12 reps.
WEEK 2: Do 3 sets of 10 reps.
WEEK 3: Do 3 sets of 8 reps.
WEEK 4: Do 2 sets of 10 reps.

3a Seated Dumbbell External Rotation

► Grab a dumbbell in your left hand and sit on a bench. Place your left foot on the bench with your knee bent. Bend your left elbow 90 degrees, and place the inside portion of it on your left knee. Position your free hand on the bench (A). Without changing the bend in your elbow, rotate your upper arm and forearm up and back as far as you can (B). Pause, then return to the starting position. Do the prescribed number of reps with your left arm, then do the same number with your right arm. That's 1 set. Rest for 30 seconds after each set.



WEEK 1: Do 2 sets of 12 reps on each side.
WEEK 2: Do 2 sets of 10 reps on each side.
WEEK 3: Do 3 sets of 8 reps on each side.
WEEK 4: Do 2 sets of 10 reps on each side.

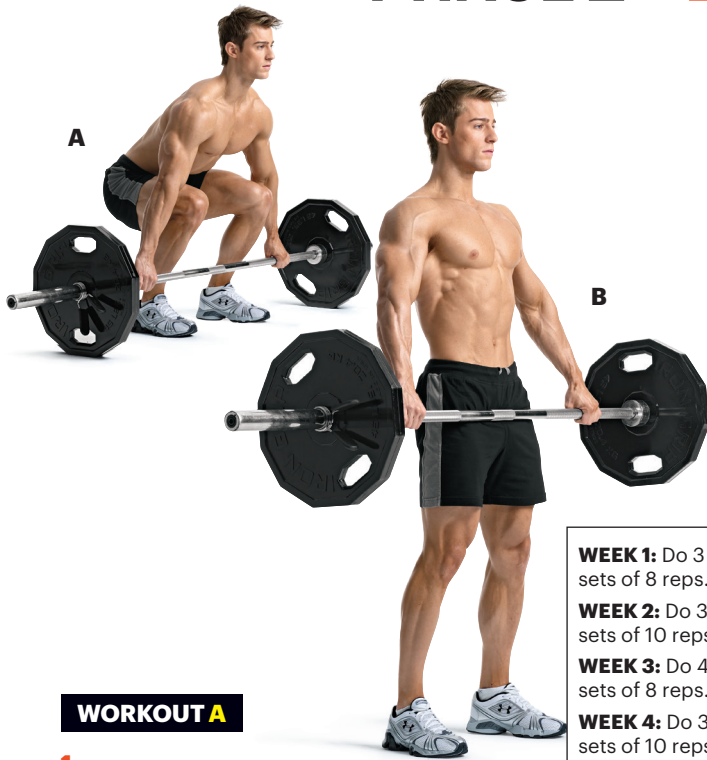
3b Plank

► Start to get into a push-up position, but bend your elbows and rest your weight on your forearms instead of on your hands. Brace your core by contracting your abs as if you were about to be punched in the gut. Hold this position for five seconds, then relax momentarily and repeat. That's 1 rep. Complete all reps in each set, resting for 30 seconds after each set.

WEEK 1: Do 2 sets of 8 reps.
WEEK 2: Do 2 sets of 12 reps.
WEEK 3: Do 2 sets of 12 reps.
WEEK 4: Do 2 sets of 10 reps.



PHASE 2 • WEEKS 5–8



WORKOUT A

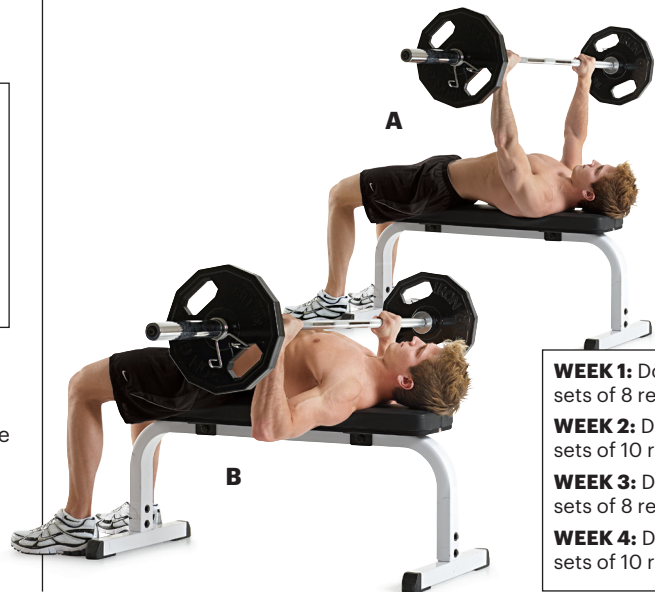
1a Wide-Grip Barbell Dead Lift

► Load the barbell, and roll it against your shins. Bend at your hips and knees, and grab the bar with an overhand grip, your hands twice as far apart as shoulder width (A). Without letting your lower back round, pull your torso back and up, thrust your hips forwards, and stand up with the barbell (B). Reverse the movement, and lower the bar to the floor. That's 1 rep. Complete the prescribed number of reps in each set, resting for one minute after each set.

WEEK 1: Do 3 sets of 8 reps.
WEEK 2: Do 3 sets of 10 reps.
WEEK 3: Do 4 sets of 8 reps.
WEEK 4: Do 3 sets of 10 reps.

1b Barbell Bench Press

► Grasp a barbell with an overhand grip that's just wider than shoulder-width, and hold it above your sternum with arms straight. Press your feet into the floor (A). Squeeze your shoulder blades down and together as you lower the bar straight down (B), keeping your elbows tucked in, so that your upper arms form a 45-degree angle with your body in the down position. Pause, then press the bar in a straight line back up to the starting position. That's 1 rep. Complete the prescribed number of reps in each set, resting for 1 minute after each set.



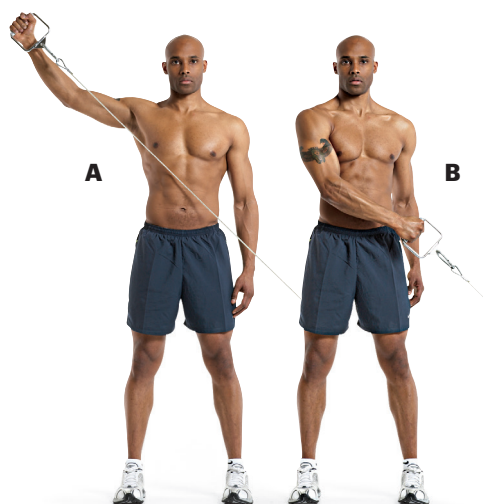
WEEK 1: Do 3 sets of 8 reps.
WEEK 2: Do 3 sets of 10 reps.
WEEK 3: Do 4 sets of 8 reps.
WEEK 4: Do 3 sets of 10 reps.



2a Cable Row

► Attach a straight bar to the cable, and position yourself with your feet braced, knees slightly bent. Sit up straight; pull your shoulders down and back. Grab the bar with an overhand grip that's just beyond shoulder width (A). Pull the bar to your upper abs (B). Pause, then lower back to start. That's 1 rep. Do the prescribed number of reps in each set, resting for one minute after each set.

WEEK 1: Do 3 sets of 8 reps.
WEEK 2: Do 3 sets of 10 reps.
WEEK 3: Do 4 sets of 8 reps.
WEEK 4: Do 3 sets of 10 reps.



WEEK 1: Do 3 sets of 8 reps.
WEEK 2: Do 3 sets of 10 reps.
WEEK 3: Do 4 sets of 8 reps.
WEEK 4: Do 3 sets of 10 reps.

2b Cable Diagonal Raise

► Attach a stirrup handle to the low pulley of a cable station. Standing with your left side toward the weight stack, grab the handle with your right hand and position it in front of your left hip, with your elbow slightly bent (**A**). Without changing the bend in your elbow, pull the handle up and across your body until your hand is above your head (**B**). Lower the handle to the starting position. Complete the prescribed number of reps with your right arm, then do the same number with your left arm. That's 1 set. Rest for one minute after each set.



WEEK 1: Do 3 sets of 12 reps.
WEEK 2: Do 3 sets of 10 reps.
WEEK 3: Do 3 sets of 12 reps.
WEEK 4: Do 3 sets of 10 reps.

3 Swiss-Ball Rollout

► Sit on your knees in front of a Swiss ball, and place your forearms and fists on the ball, elbows bent at 90 degrees and lower back naturally arched (**A**). Keep your core braced as you roll the ball forwards, extending your body as far as you can without letting your lower back collapse (**B**). Use your abs to pull the ball back to your knees. That's 1 rep. Complete the prescribed number of reps in each set, resting for 30 seconds after each set.

WORKOUT B

1a Dumbbell Squat

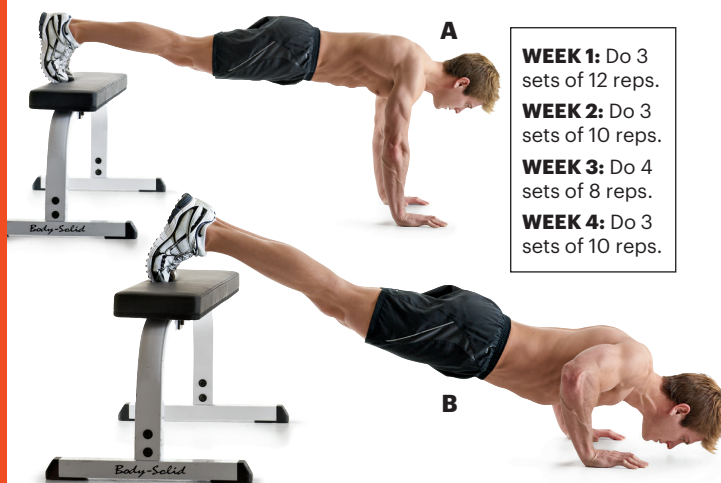
► Stand tall, holding a pair of dumbbells at arm's length next to your sides, your palms facing each other (**A**). Keeping your torso upright, brace your abs, and lower your body as far as you can by pushing your hips back and bending your knees until the tops of your thighs are parallel to the floor (**B**). Pause, then push yourself back to the starting position. That's 1 rep. Complete the prescribed number of reps in each set, resting for 75 seconds after each set.



WEEK 1: Do 2 sets of 15 reps.
WEEK 2: Do 3 sets of 12 reps.
WEEK 3: Do 3 sets of 10 reps.
WEEK 4: Do 2 sets of 10 reps.

1b Decline Push-Up

► Place your feet on a bench and your hands on the floor so that they're slightly wider than, and in line with, your shoulders (**A**). Brace your abs and squeeze your glutes, as you lower your body until your chest nearly touches the floor (**B**). Pause at the bottom, then push yourself back to the starting position. That's 1 rep. Do the prescribed number of reps in each set, resting for 75 seconds after each set. If your hips sag at any point during the exercise, your form has broken down. When this happens, end the set.



WEEK 1: Do 3 sets of 12 reps.
WEEK 2: Do 3 sets of 10 reps.
WEEK 3: Do 4 sets of 8 reps.
WEEK 4: Do 3 sets of 10 reps.