



Density Training Workouts for Fat Loss

The 20 Minute Time Crunch

Perform each session twice per week.

| Session 1 | Warm Up Sets | Working Sets | Rest |
|--|--------------|--------------|------|
| Superset: •Flat bench dumbbell press •Two-arm dumbbell row | 2x15 | 3x8-12 | 45 |
| Superset: •Standing dumbbell side lateral raise •Seated dumbbell press | - | 3x8-12 | 30 |
| Superset: •Standing dumbbell curl •One-arm overhead triceps extension | - | 3x8-12 | 30 |
| Superset: •Lying leg raise •Floor crunch | - | 3x20 | 30 |

| Session 2 | Warm Up Sets | Working Sets | Rest |
|---|--------------|--------------|------|
| Superset: •One-leg calf raise •Box or squat jump | 2x15 | 3x8-12 | 30 |
| Superset: •Barbell back squat •Barbell Romanian deadlift | - | 3x8-12 | 60 |
| Superset: •Static barbell or dumbbell lunge •Prisoner squat | - | 3x8-12 | 60 |
| Superset: •Hanging leg raise •Bent leg raise | - | 3x20 | 30 |

The 30 Minute Thrasher

Perform each session twice per week.

| Session 1 | Warm Up Sets | Working Sets | Rest |
|--|--------------|--------------|------|
| Tri-set: • Incline barbell bench press • Wide-grip pull up • Push up | 2x15 | 3x6-10 | 60 |
| Tri-set: • Front plate raise • Dumbbell upright row • Bent-over dumbbell rear lateral raise | - | 3x6-10 | 45 |
| Tri-set: • Barbell curl • Parallel bar dip • Reverse barbell curl | - | 3x6-10 | 45 |
| Tri-set: • Hanging leg raise • Floor crunch • Lying leg raise | - | 3x20 | 30 |

| Session 2 | Warm Up Sets | Working Sets | Rest |
|--|--------------|--------------|------|
| Tri-set: • Squat jump • Static lunge • One-leg calf raise | 2x15 | 3x6-10 | 60 |
| Tri-set: • Barbell front squat • Reverse lunge • Dumbbell Romanian deadlift | - | 3x6-10 | 60 |
| Tri-set: • Bench step-up • Farmer's walk • Incline board crunch | - | 3x6-20 | 60 |

The 40 Minute Fat Scorcher

Perform each session twice per week.

| Session 1 | Warm Up Sets | Working Sets | Rest |
|--|--------------|--------------|------|
| Giant set: •Feet-elevated push up •Close-grip pull up •Flat bench barbell press •Bent-over barbell row | 2x15 | 3x6-10 | 60 |
| Giant set: •Seated dumbbell shoulder press •Seated dumbbell side lateral raise •Bent-over dumbbell rear lateral raise •Standing barbell military press | - | 3x6-10 | 60 |
| Giant set: •Incline bench dumbbell curl •Lying dumbbell nosebreaker •Standing dumbbell hammer curl •Diamond push up | - | 3x6-10 | 60 |
| Giant set: •Floor crunch •Hanging straight leg raise •Hanging bent leg raise •Bicycle crunch | - | 3x10 | 30 |

| Session 2 | Warm Up Sets | Working Sets | Rest |
|--|--------------|--------------|------|
| Giant set: •Box or squat jump •Bench step up •One-leg calf raise •Walking lunge | 2x15 | 3x6-10 | 60 |
| Giant set: •Barbell or dumbbell Romanian deadlift •Front or back barbell squat •Static dumbbell reverse lunge •Static dumbbell front lunge | - | 3x6-10 | 60 |
| Giant set: •Burpees •Farmer's walk •Hanging leg hold •Planks | - | 3x10 | 60 |