

FAT-LOSS PROGRAM

DABBS FITNESS PROGRAMS



GET THE MOST OUT OF YOUR TRAINING

TRAIN FOR LIFE

BUILT FOR BEST METABOLIC EFFECT



Fat-loss Program

This program is designed optimally for fat-loss. There is a misconception that one should only train using HIIT or metabolic methods if weight loss is the goal. This is incorrect, and this is where many people go wrong with their training. This program uses a combination of full body strength training and conditioning methods, which has shown to be the most effective way to burn calories.

In order to achieve best results, we recommend sticking to the program for a minimum of three months. Each training month has a new training focus, and provides a new stimulus to ensure progression, and prevent stagnation. Remaining consistent and trusting in the process is key. Some days will be easier than others. Push and motivate yourself in the gym, and try to stick to your scientifically designed training program.

Fitness is not something you achieve overnight - fitness is a journey, which you should enjoy. It is important to have targets, however if you enjoy the training process, and focus on training for performance, you will be much more likely to achieve those targets. We hope that all of our clients will adopt fitness and wellness into their lifestyle, which they can enjoy throughout their lives, training for life.

YOUR PHASES

- 1** This first phase has a metabolic focus, to encourage fat loss. The strength days increase in volume each week, and have a focus on movement quality and mobility. The conditioning is designed to build a stable base of aerobic endurance, increasing in duration every week.
- 2** Building from the last phase, we now enter into more strength based work. We keep similar movements for the strength days, and increase the weight a little each week. The conditioning becomes a little more explosive, utilising the Fartlek method (speed play).
- 3** We progress with the strength work, while increasing the intensity of the metabolic work. Hill sprints are introduced for the running, try to perform more each week. The metabolic circuit day will test you, and boost metabolism well as you continue to improve your general fitness.
- 4** This is a general phase, which helps you further improve your levels of strength and fitness - necessary for fat loss. The running returns to longer and slower cardio, further improving your aerobic base. There is a tough 20 minute AMRAP for the metabolic session.
- 5** This is a more dynamic phase, which introduces some new exercises. The conditioning day introduces tempo intervals, a tough conditioning method which combines interval sprints with active recovery periods of bodyweight exercises.
- 6** This phase has a strong aerobic power feel. We introduce tough rowing intervals for day two, and we also introduce longer intervals for the running based conditioning, which will build the foundations for shorter more explosive sprint work in the following phases.
- 7** We continue with the full body weights sessions for the strength days. We re-introduce tabata at the end of strength A. Running intervals are reduced to 400m, making them more explosive. We have tough assault bike intervals for the metabolic day.
- 8** This phase becomes more athletic with even shorter, more explosive sprints for the running day. The Metabolic session tests your endurance with 100 calories on three different machines. Both strength days progress your strength work and finish with dynamic supersets.
- 9** In this more dynamic phase, we utilise the complex training method on the strength days, where we follow the primary strength exercise with an explosive exercise such as a jump, or medicine ball slam. This will improve your power output. We return to the Fartlek training method for running.
- 10** This phase contains a high volume for the strength days, which can help burn fat, or also grow muscle if this may now be a goal. The Metabolic session has a very tough workout, where you will have to dig deep. We re-introduce the 5km time trials for the conditioning day.
- 11** Volume is kept reasonably high, to maintain metabolic effect, and muscle mass. The metabolic day contains a medicine ball circuit. We utilise timed effort longer cardio runs for the conditioning to build your aerobic fitness. Try to get as close to 10km as you can for this run.
- 12** General strength and conditioning phase. This phase returns to 400m interval sprints- one of the most demanding conditioning methods. We also utilise big strength supersets, with volume decreasing, as load is increased every week. Strength days are split as upper and lower days.

YOUR WEEKS

Your training week will consist of two strength sessions, one conditioning session, and one metabolic session. Below we show some examples for how you structure your weeks.

EXAMPLE WEEK 1

MONDAY: Strength A
TUESDAY: Rest
WEDNESDAY: Metabolic
THURSDAY: Rest
FRIDAY: Strength B
SATURDAY: Rest
SUNDAY: Conditioning

EXAMPLE WEEK 2

MONDAY: Strength A
TUESDAY: Metabolic
WEDNESDAY: Yoga
THURSDAY: Rest
FRIDAY: Running
SATURDAY: Strength B
SUNDAY: Rest

EXAMPLE WEEK 3

MONDAY: Strength A
TUESDAY: Rest
WEDNESDAY: Rest
THURSDAY: Strength B
FRIDAY: Rest
SATURDAY: Running
SUNDAY: Rest (*did metabolic Monday next week*)

IF YOU NEED TO SKIP A DAY

- You can do one extra session next week.
- Sometimes you can do the session with less intensity, and perform a few less sets on days you are more tired or stressed. Still try to do the minimal required dose to maintain.
- We want you to try to make calls through listening to your body and using your best judgement. However, usually the session you least enjoy, is the session which is the most beneficial. So try to prioritise your weaknesses.



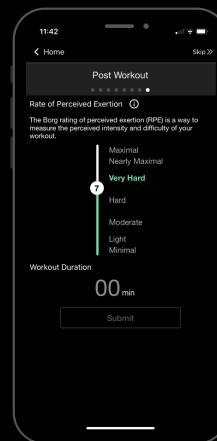
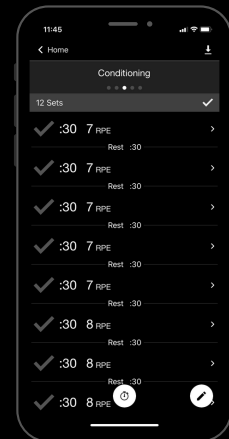
HOW INTENSE SHOULD I GO?

We use two scales in your program, to give you direction on how intense the exercise should be. We use RPE and %difference. The RPE scale we typically use to determine the intensity for conditioning. We use %difference to determine the load you should lift for the strength exercises.

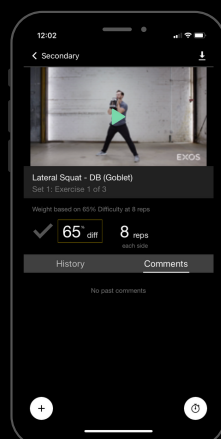
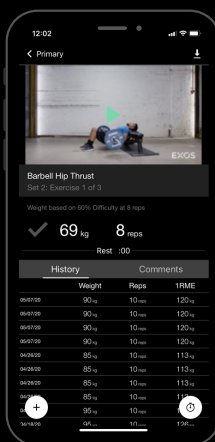
RPE SCALE

The RPE scale is used to measure the intensity of your exercise and workout. The RPE scale runs from 0–10. The numbers below relate to phrases used to rate how easy or difficult you find an activity. For example, 0 would be how you feel when sitting in a chair; 10 is how you feel at the end of an exercise stress test or after a very difficult activity.

- 0 – Nothing at all
- 0.5 – Just noticeable
- 1 – Very light
- 2 – Light
- 3 – Moderate
- 4 – Somewhat heavy
- 5 – Heavy
- 6
- 7 – Very heavy
- 8
- 9
- 10 –Very, very heavy



RPE SCALE



% DIFFERENCE SCALE

%DIFFERENCE

This system is very efficient, as it adjusts depending on the rep range. This means that your load for 10 squats at 80% will be different to your load at 5 squats at 80%. The scale is based on how many reps you have left in reserve for any given exercise. After logging your weight for a few sessions, the system will learn your strength and update the load automatically.

If you feel particularly good or bad on a training day, we advise you to adjust the load as necessary. If you do this, remember to update the load you performed. However, try to trust the program, as it is very easy to go too heavy or too light when training on your own. This is why this scale is so useful.

- % 95-100** 0 rep in reserve
- % 90-94** 1 rep in reserve
- % 85-89** 2 reps in reserve
- % 75-85** 3 reps in reserve
- % 65-75** pick a weight you can move easily
- % >65** warm-up sets

EXERCISE EQUIPMENT REPLACEMENTS

| IF YOU DON'T HAVE | CONDITION | REPLACEMENT |
|------------------------|--------------------------------|-------------------------|
| CABLES | → | BANDS |
| TRAP BAR | → | FULL BAR DEADLIFT |
| KETTLE BELLS | IN THE ACTIVATION OR A CIRCUIT | 5 BROAD JUMPS |
| | IN PRIMARY OR SECONDARY | ROMANIAN DEADLIFT |
| TRX BANDS | FOR A ROW | DUMBELL ROW VARIATION |
| | FOR ABS | EXERCISE BALL |
| ABDUCTION MACHINE | → | SEATED ABDUCTION BANDED |
| ADDUCTION MACHINE | → | BALL SQUEEZES |
| BACK EXTENSION MACHINE | → | THE BENCH FROG |
| MEDICINE BALLS | FOR A SLAMS | 5 EXPOSIVE JUMPS |
| | FOR ABS | WEIGHT PLATE |
| BOXING BAG | → | SKIPPING ROPE |
| BATTLE ROPES | → | BURPEES OR ASSAULT BIKE |
| ROWING MACHINE | → | OTHER CARDIO MACHINE |
| ASSAULT BIKE | → | OTHER CARDIO MACHINE |

CAN'T PERFORM AN EXERCISE?

In case you have any injuries, strength restrictions, or movement restrictions, you can swap the exercises in the program to another exercise from the app. Below you find common restrictions and replacement exercises for them.

| IF YOU CAN'T DO | | REPLACEMENT |
|-----------------|---|---|
| CHIN-UPS | → | ASSISTED CHIN-UP VARIATIONS OR A ROW |
| FRONT SQUAT | → | GOBLET SQUAT |
| RUNNING | → | ANY OTHER FORM OF CARDIO SUCH AS SWIMMING, CYCLING, OR ROWING |
| DIPS | → | PUSH-UPS |
| JUMPING | → | BODY WEIGHT SQUATS OR JUMP ONTO BOX |
| FULL DEADLIFT | → | TRAP BAR DEADLIFT, RACK PULL, OR RDL |



THE BEST DIET FOR YOUR PROGRAM

WHAT ABOUT DIET?

EAT FOR YOUR TARGETS

The most important factor for changing your body composition is your diet. If weight loss is the goal, you need to reduce your calories and enter into a calorie deficit. However, don't make the mistake of trying to lose weight too quickly, in too much of a deficit.

For both muscle growth and fat-loss, males need to make sure they consume a high amount of good quality protein. This is especially important when training on an intense program such as this, as you need to recover. This will allow you to train harder and burn more calories, and thus improve your body composition.

EAT LIKE A MAN!

When trying to lose weight, many men drop calories excessively, eating mostly salads and reducing protein and quality nutrients which are necessary for the body. This is not the most effective way to achieve results, and will not be sustainable, and thus not give you long-term results.

You should ensure you eat adequate protein, especially when weight training. This helps lead to fat loss, and muscle gain targets. By gaining muscle, you increase your resting metabolic rate, thus burning more calories every day prior to any exercise. Losing weight does not have to be a painful process if you find a sustainable approach and stick to it.

