

12 Week Fat Destroyer:

Complete Fat Loss Workout & Diet Program

WORKOUT SUMMARY

Main Goal	Lose Fat
Workout Type	Full Body
Training Level	Beginner
Program Duration	12 weeks
Days Per Week	4
Time Per Workout	30-45 minutes
Equipment Required	Barbell, Bodyweight, Cables, Dumbbells, Kettle Bells
Target Gender	Male & Female

This is a complete 12 week program to help you get ripped. Feature includes detailed diet plan and cardio schedule, along with a 4 day upper/lower muscle building split.

Workout Description

This workout plan is designed to help you shred fat and get in shape in only 12 weeks. This might sound like hype, but it's not. The following plan is not easy. It starts slowly, but builds rapidly.

Every detail of your diet and training for the next 12 weeks will be laid out for you. You will be told exactly what to eat, how much cardio to do, and how to weight train.

The goal is simple: lose fat, maintain muscle mass, get in shape and transform your physique as much as possible over the next 3 months. You want to not only look better, but have the fitness level and strength to match your new body.

Over the next 12 weeks your goals and expectations are:

Fat Loss - To lose at least 10 pounds of fat.

Muscle Mass - To maintain or even gain lean muscle mass.

Conditioning - To be in amazing shape; perhaps the best shape in years.

The 12 Week Diet Plan

Each week will consist of 3 different types of eating days.

High Carb Days - 1 day per week

Moderate Carb Days - 3 days per week

Low Carb Days - 3 days per week

You may structure these days in any preferred manner. I suggest keeping the high carb day for special occasions. That way you can attend family functions, or eat out with friends, and indulge a little more than normal.

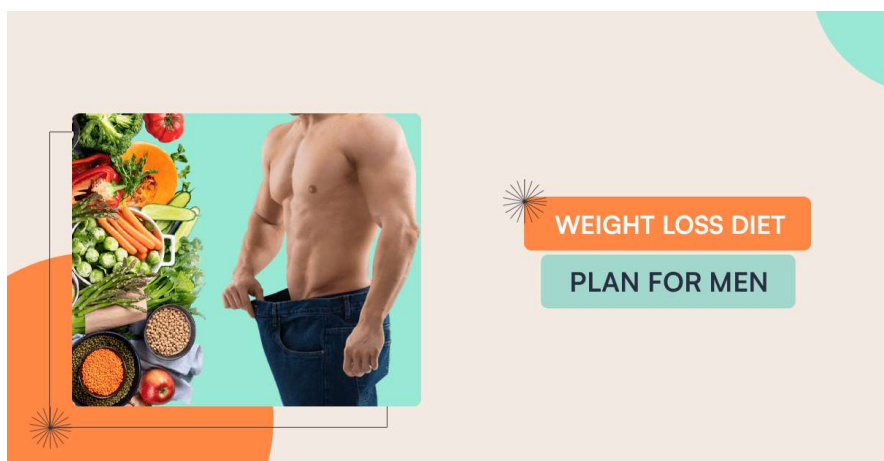
It should be noted that calorie intake can be adjusted based on metabolism. The following changes are recommended:

Men 40+ - Reduce daily calories by 300.

Men 20-25 - Increase daily calories by 300.

Women 40+ - Reduce daily calories by 200.

Women 20-25 - Increase daily calories by 200.



12 Week Eating Plan for Men

Week 1 - 3 low carb days with 2300 calories, 3 moderate carbs days with 2400 calories, 1 high carb day of 2700 calories.

Week 2 - 3 low carb days with 2200 calories, 3 moderate carbs days with 2400 calories, 1 high carb day of 2700 calories.

Week 3 - 3 low carb days with 2100 calories, 3 moderate carbs days with 2400 calories, 1 high carb day of 2700 calories.

Week 4 - 3 low carb days with 2000 calories, 3 moderate carbs days with 2400 calories, 1 high carb day of 2700 calories.

Week 5 - 3 low carb days with 2300 calories, 3 moderate carbs days with 2300 calories, 1 high carb day of 2700 calories.

Week 6 - 3 low carb days with 2200 calories, 3 moderate carbs days with 2300 calories, 1 high carb day of 2700 calories.

Week 7 - 3 low carb days with 2100 calories, 3 moderate carbs days with 2300 calories, 1 high carb day of 2700 calories.

Week 8 - 3 low carb days with 2000 calories, 3 moderate carbs days with 2300 calories, 1 high carb day of 2700 calories.

Week 9 - 3 low carb days with 2300 calories, 3 moderate carbs days with 2200 calories, 1 high carb day of 2700 calories.

Week 10 - 3 low carb days with 2200 calories, 3 moderate carbs days with 2200 calories, 1 high carb day of 2700 calories.

Week 11 - 3 low carb days with 2100 calories, 3 moderate carbs days with 2200 calories, 1 high carb day of 2700 calories.

Week 12 - 3 low carb days with 2000 calories, 3 moderate carbs days with 2200 calories, 1 high carb day of 2700 calories.

Protein intake should be a minimum of 180 grams per day. If you are a bigger guy, or have a fair amount of muscle mass, then eat 200 to 220 grams of protein per day. If you eat a little more protein the drop your daily fat intake to make up for the calories.

Fat intake should be approximately 20-30% of your daily calories. Once you have determined your daily calories from proteins and fats, fill in your eating plan with carbohydrates.

Also, you are allowed up to 10% of your daily calories from dirty foods/junk foods. You do not have to eat any junk if you prefer. This option exists as a convenience, should you be battling a craving, or attending a social gathering where you would prefer to have a small snack.



12 Week Eating Plan for Women

Week 1 - 3 low carb days with 1500 calories, 3 moderate carbs days with 1600 calories, 1 high carb day of 1900 calories.

Week 2 - 3 low carb days with 1400 calories, 3 moderate carbs days with 1600 calories, 1 high carb day of 1900 calories.

Week 3 - 3 low carb days with 1300 calories, 3 moderate carbs days with 1600 calories, 1 high carb day of 1900 calories.

Week 4 - 3 low carb days with 1200 calories, 3 moderate carbs days with 1600 calories, 1 high carb day of 1900 calories.

Week 5 - 3 low carb days with 1500 calories, 3 moderate carbs days with 1500 calories, 1 high carb day of 1900 calories.

Week 6 - 3 low carb days with 1400 calories, 3 moderate carbs days with 1500 calories, 1 high carb day of 1900 calories.

Week 7 - 3 low carb days with 1300 calories, 3 moderate carbs days with 1500 calories, 1 high carb day of 1900 calories.

Week 8 - 3 low carb days with 1200 calories, 3 moderate carbs days with 1500 calories, 1 high carb day of 1900 calories.

Week 9 - 3 low carb days with 1500 calories, 3 moderate carbs days with 1400 calories, 1 high carb day of 1900 calories.

Week 10 - 3 low carb days with 1400 calories, 3 moderate carbs days with 1400 calories, 1 high carb day of 1900 calories.

Week 11 - 3 low carb days with 1300 calories, 3 moderate carbs days with 1400 calories, 1 high carb day of 1900 calories.

Week 12 - 3 low carb days with 1200 calories, 3 moderate carbs days with 1400 calories, 1 high carb day of 1900 calories.

For women, protein intake should be a minimum of 100 grams per day. If you are in good shape and have a fair amount of muscle mass, then eat 120 grams of protein per day. If you eat a little more protein the drop your daily fat intake to make up for the calories.

Fat intake should be approximately 20-30% of your daily calories. Once you have determined your daily calories from proteins and fats, fill in your eating plan with carbohydrates.

Also, you are allowed up to 10% of your daily calories from dirty foods/junk foods. You do not have to eat any junk food if you prefer. This option exists as a convenience, should you be battling a craving, or attending a social gathering where you would prefer to have a small snack.

The 12 Week Cardio Plan



It doesn't matter which form of cardio you use for these 12 weeks. Pick something that gets your heart moving, be it treadmill, elliptical, or swimming.

The first thing you will notice about this cardio plan is that it starts slow. That's ok. Right now you are out of shape. This program is designed to get you in shape over the course of 12 weeks.

Be patient! Trust the plan and stick to the plan. After the end of 12 weeks your level of conditioning may surprise you.

During the first 6 weeks take at least one day of rest between cardio workouts. After week 6 it is recommended that you perform cardio using a 2 days on, 1-2 days off pattern.

Week 1 - 3 cardio sessions. 5, 8 and 5 minutes.

Week 2 - 3 cardio sessions. 8, 10 and 8 minutes.

Week 3 - 3 cardio sessions. 10, 12 and 10 minutes.

Week 4 - 3 cardio sessions. 12, 15 and 12 minutes.

Week 5 - 3 cardio sessions. 15, 20 and 15 minutes.

Week 6 - 3 cardio sessions. 20, 20 and 20 minutes.

Week 7 - 4 cardio sessions. 20, 22, 20 and 22 minutes.

Week 8 - 4 cardio sessions. 22, 25, 22 and 25 minutes.

Week 9 - 4 cardio sessions. 25, 27, 25 and 27 minutes.

Week 10 - 4 cardio sessions. 27, 30, 27 and 30 minutes.

Week 11 - 4 cardio sessions. 30, 35, 30 and 35 minutes.

Week 12 - 4 cardio sessions. 35, 40, 30 and 45 minutes.



12 Week Gym Workout Split

You will be using an upper/lower workout during the next 12 weeks. Rep schemes are merely guidelines.

When a weight becomes manageable using the given set and rep schemes, add weight to the bar. For sake of convenience, use the same weight for each of the sets for a given exercise.

Day 1 - Upper A

Day 2 - Lower A

Day 3 - Off













Day 4 - Upper B

Day 5 - Lower B

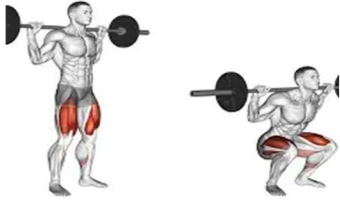





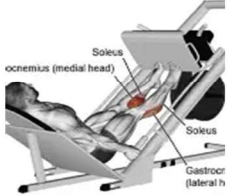



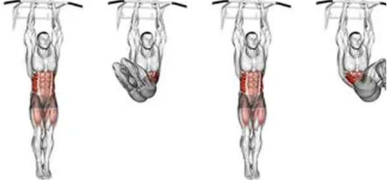

Day 6 - Off

Day 7 - Off



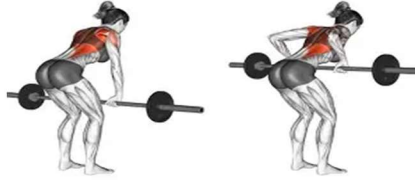









Day 1 – Upper A

Exercises	Muscle	Sets	Reps
<p>Incline Bench Press</p> 	<p>Chest</p> 	3	8~12
<p>One Arm Dumbbell Row</p> 	<p>Back</p> 	3	10~12
<p>Seated Barbell Press</p> 	<p>Shoulder</p> 	3	8~10
<p>Pull Ups</p> 	<p>Back</p> 	3	8~10
<p>Skullcrushers</p> 	<p>Triceps</p> 	3	10~12
<p>Dumbbell Curl</p> 	<p>Biceps</p> 	3	10~12



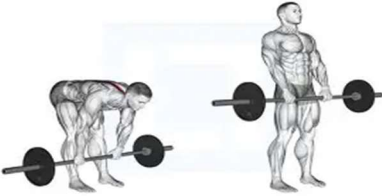









Day 2 – Lower A

Exercises	Muscle	Sets	Reps
<p style="text-align: center;">Squats</p> 	<p style="text-align: center;">Quads</p> 	3	8~10
<p style="text-align: center;">Leg Curl</p> 	<p style="text-align: center;">Hamstrings</p> 	3	12~15
<p style="text-align: center;">Leg Extension</p> 	<p style="text-align: center;">Quads</p> 	3	12~15
<p style="text-align: center;">Leg Press Calf Raise</p> 	<p style="text-align: center;">Calves</p> 	3	15~20
<p style="text-align: center;">Plank</p> 	<p style="text-align: center;">Abs</p> 	3	60 sec
<p style="text-align: center;">Twisting Hanging Knee Raise</p> 	<p style="text-align: center;">Abs</p> 	3	15~20

Day 4 – Upper B

Exercises	Muscle	Sets	Reps
<p>Dumbbell Bench Press</p> 	<p>Chest</p> 	3	10~12
<p>Barbell Row</p> 	<p>Back</p> 	3	8~10
<p>Dumbbell Lateral Raise</p> 	<p>Shoulder</p> 	3	12~15
<p>Lat Pull Down</p> 	<p>Back</p> 	3	10~12
<p>Cable Tricep Extensions</p> 	<p>Triceps</p> 	3	10~12
<p>EZ Bar Preacher Curl</p> 	<p>Biceps</p> 	3	10~12

Day 5 – Lower B

Exercises	Muscle	Sets	Reps
<p style="text-align: center;">Leg Press</p> 	<p style="text-align: center;">Quads</p> 	3	15~20
<p style="text-align: center;">Stiff Leg Deadlift</p> 	<p style="text-align: center;">Hamstrings</p> 	3	8~10
<p style="text-align: center;">Walking Dumbbell Lunge</p> 	<p style="text-align: center;">Quads</p> 	3	10~12
<p style="text-align: center;">Seated Calf Raise</p> 	<p style="text-align: center;">Calves</p> 	3	15~20
<p style="text-align: center;">Cable Crunch</p> 	<p style="text-align: center;">Abs</p> 	3	15~20
<p style="text-align: center;">Russian Twist</p> 	<p style="text-align: center;">Abs</p> 	3	15~20