

The most critical key to fat loss in your exercise program is focusing on your major fat-burning muscle groups and generating a positive hormonal response.

With hybrid training, you're going to employ a power lift at the beginning of the workout to generate a strong secretion of anabolic hormones (along with good rest and nutrition). After your power lifting sets, you'll transition right into fat-burning supersets.

Hybrid Training (Level I-A)

***Complete warm up circuits or light cardio for 5 minutes**

***Complete mobility exercises (deep sitting, hip flexor stretches, etc)**

***Complete 1 body weight warm up of your lift, then 1 light warm up set, then 4 to 5 working sets. Ex:**

-15 body weight squats

-15 barbell squats (no weight added)

Working sets 5 x 5 (5 sets of 5 reps) 2 - 3 min. rest b/t sets

Squat - 135 lbs -> 155 lbs -> 185 lbs -> 185 lbs (or higher)

***Note: Adjust weights for your unique strength level. The final set should ideally be close to your max.**

Rest 2 - 3 minutes then head into Supersets - Focus: Chest & Legs

90 second rest between sets (Mid-range to high rep count)

SS 1: 15 Push ups + 30 walking lunges (3 sets)

SS 2: 15 Chest Press Machine + 15 Inner Thigh or Goblet Squats (2 sets)

SS 3: 10 Incline Press Machine + 10 Triceps extensions (2 sets)

Hybrid Training (Level I-B)

***Complete warm up circuits or light cardio for 5 minutes**

***Complete mobility exercises (deep sitting, hip flexor stretches, etc)**

***Complete 1 body weight warm up of your lift, then 1 light warm up set, then 4 to 5 working sets. Ex:**

-15 body weight squats

-15 barbell squats (no weight added)

-10 Deadlifts at 135 lbs

Working sets 4 x 4 (4 sets of 4 reps) 2 - 3 min. rest b/t sets

Deadlift - 165 lbs -> 185 lbs -> 200 lbs -> 215 lbs (or higher)

***Note: Adjust weights for your unique strength level. The final set should ideally be close to your max.**

Rest 2 - 3 minutes then head into Supersets - Focus: Back & Shoulders

90 second rest between sets (Mid-range to high rep count)

SS 1: 15 Seated Shoulder Presses + 15 Lat Pull-downs (3 sets)

SS 2: 12 Arnold Presses + 12 Reverse Grip Lat Pull-downs (2 sets)

Straight set: 10 Single-Arm Rows (2 sets each arm)

Straight set: Lateral raises (2 sets)

Sample Phase 1 Schedule:

Monday - Hybrid Training (1-A)

Tuesday - Abs & HIIT

Wednesday - Health Walk (45 - 60 min quick pace)

Thursday - Hybrid Training (1-B)

Friday - Off (or 30 min health walk if desired)

Saturday - Abs, light body weight exercises of choice (squats, push-ups, etc) and Health Walk (45 min quick pace)

Sunday - Off (or 30 min health walk if desired)

[Access The Entire Fat Loss Code Program](#)
[Right Here!](#)