

FAT BLASTER

Gym Training Plan

TEAM LIVE LEAN

WELCOME

Welcome to the Fat Blaster workout program.

This program includes:

- Live Lean Fitness Test: including 5 categories and benchmarks to strive towards.
- 5 quick and fast paced full body workouts designed to get you super shredded.
- Dynamic warm up and cool down mobility and stretching exercises so you can move better, injury proof your body, and get sustainable results.
- 2-3 recovery days per week.
- A workout calendar that schedules your workout and recovery days so you can stay on track.

Thank you for following our member's only exclusive Team Live Lean workout programs. We want to see your results, so please send your before and after progress pics to: info@liveleantv.com

Spread the love and positive inspiration by tagging us, [@LiveLeanTV](https://www.instagram.com/LiveLeanTV), using the hashtag #TeamLiveLean, on all your social media posts. Who knows, you may be featured on our [@LiveLeanTV](https://www.instagram.com/LiveLeanTV) Instagram page!


We're striving to create the best fitness content ever, so please share your feedback in the [Team Live Lean Facebook](#) group and connect with other members.

Keep Living Lean!

Your Coaches,

Brad & Jess

TRAINING SCHEDULE

Click on the workout name below to be taken directly to the workout 

This workout calendar schedules your workouts and recovery OFF days to keep you on track. This month we'll be following a 2 on 1 off workout to recovery frequency. This will require 4-5 workouts and 2-3 recovery off days per week. If you miss a day, you can make it up on any of the scheduled recovery OFF days. Remember that REST is crucial for growth. So hit your workouts hard, and enjoy your off days.

SUN	MON	TUE	WED	THU	FRI	SAT
			Fit Test	FB 1	OFF	FB 2
FB 3	OFF	FB 4	FB 5	OFF	FB 1	FB 2
OFF	FB 3	FB 4	OFF	FB 5	FB 1	OFF
FB 2	FB 3	OFF	FB 4	FB 5	OFF	FB 1
FB 2	OFF	FB 3	FB 4	OFF	FB 5	


What should you do on your "OFF DAY"?

Rest those muscles and let them repair themselves. Remember that high intensity exercise is a form of "stress" to the body. Although it's a positive one, it still requires periodic rest times. Do not skip your off days. It's highly recommended that you take at least 1 day per week away from high intensity lifting to Live Lean. It's all about consistency, and this periodic off day helps keep you healthy and Living Lean for the long run.

Here are a few ideas of how to spend your typical 45 minute workout time:

- Go for a long walk
- Play sports
- Work on flexibility, mobility, and/or meditation
- Read inspirational books
- Spend time with family and/or friends
- Nap
- Go see a movie
- Prep meals for the week ahead
- **Have fun and enjoy your fit body!**

WARM UP

Tap the exercise image to watch the video demonstration 

Do this warm up before all of the workouts. Complete as a tri-set, moving from one exercise to the next, without rest. Repeat 3 total tri-sets, then proceed to the workout.



Straight
Arm
Plank
Pike

Sets: 3
Reps: 10
Rest: 0 sec



Prisoner
Jump
Squat

Sets: 3
Reps: 15
Rest: 0 sec

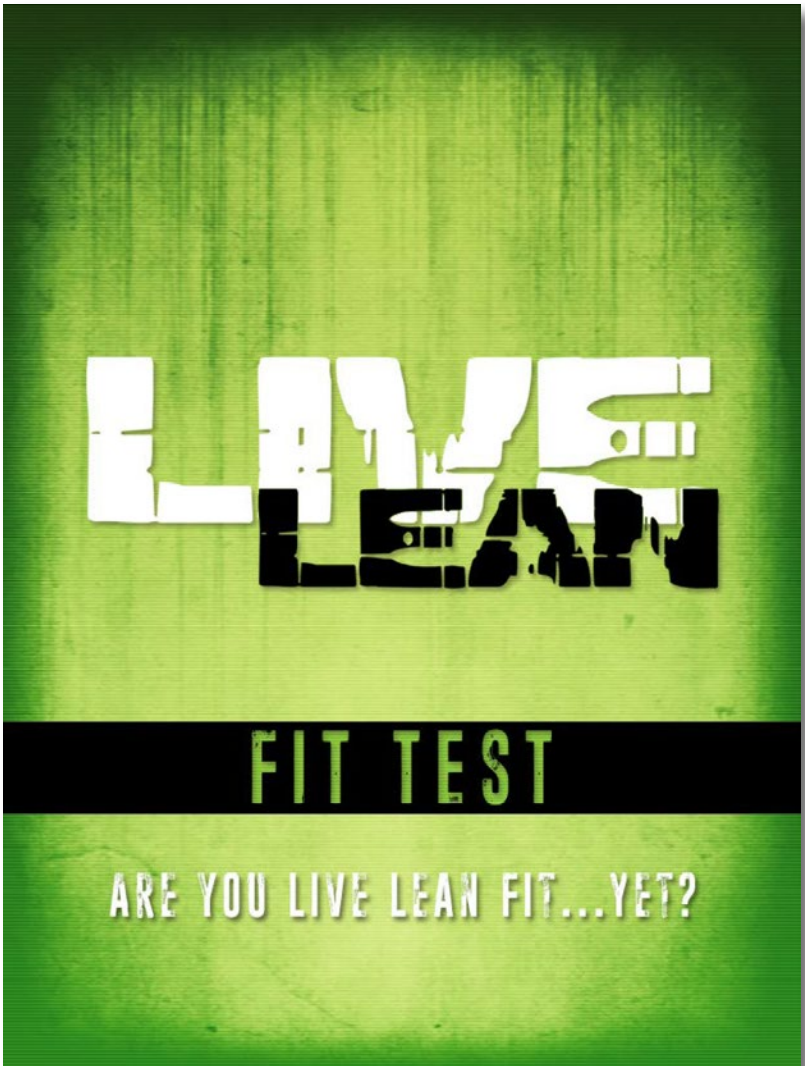


Reverse
Lunge

Sets: 3
Reps: 10
Rest: 0 sec

LIVE LEAN FIT TEST

SEE THE "LIVE LEAN FIT TEST" PDF IN TEACHABLE FOR THIS MONTH'S FIT CHALLENGE.



FAT **BLASTER 1**

Not sure how to do an exercise? Click the exercise image to watch the exercise demonstration video.



Complete the **Warm Up** first. Before starting, set up your workout station so you have all the equipment you need to complete the circuit. Then complete each exercise in circuit format resting 10 seconds between each exercise. At the end of the circuit, rest 2 minutes, then repeat up to a total of 5 circuits, depending on your fitness level, as indicated in the table above the workout. Finish the workout with the **Cool Down**.

BEGINNER: 3 sets **INTERMEDIATE:** 4 sets **ADVANCED:** 5 sets

A1		Alternating Step Up With Knee Drive	Sets: 5* Reps: 20 sec Rest: 10 sec Tempo: N/A
A2		Box Jumps	Sets: 5* Reps: 20 sec Rest: 10 sec Tempo: N/A
A3		Jump Burpee Push Up	Sets: 5* Reps: 20 sec Rest: 10 sec Tempo: N/A
A4		Scissor Kick	Sets: 5* Reps: 20 sec Rest: 10 sec Tempo: N/A
A5		Box Jumps	Sets: 5 Reps: 20 sec Rest: 10 sec Tempo: N/A
A6		Bicycle Crunch	Sets: 5* Reps: 20 sec Rest: 2 min Tempo: N/A

Note: it's important to stick to the 20 sec work to 10 sec rest times.

To help with that, here's a link to the interval timer that we use:

<https://www.liveleantv.com/tabatatimer>

FAT BLASTER 2

Not sure how to do an exercise? Click the exercise image to watch the exercise demonstration video.



Complete the **Warm Up** first. Before starting, set up your workout station so you have all the equipment you need to complete the circuit. Then complete each exercise in circuit format resting 10 seconds between each exercise. At the end of the circuit, rest 2 minutes, then repeat up to a total of 5 circuits, depending on your fitness level, as indicated in the table above the workout. Finish the workout with the **Cool Down**.

BEGINNER: 3 sets **INTERMEDIATE:** 4 sets **ADVANCED:** 5 sets

A1



Speed Jump
Rope

Sets: 5*
Reps: 20 sec
Rest: 10 sec
Tempo: N/A

A2



Forearm Plank
Jack

Sets: 5*
Reps: 20 sec
Rest: 10 sec
Tempo: N/A

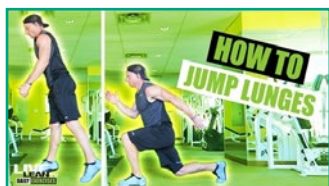
A3



Kettlebell
Swing

Sets: 5*
Reps: 20 sec
Rest: 10 sec
Tempo: N/A

A4



Jump Lunges

Sets: 5*
Reps: 20 sec
Rest: 10 sec
Tempo: N/A

A5



Speed Jump
Rope

Sets: 5
Reps: 20 sec
Rest: 10 sec
Tempo: N/A

A6



Kettlebell
Goblet Squat

Sets: 5*
Reps: 20 sec
Rest: 10 sec
Tempo: N/A

Note: it's important to stick to the 20 sec work to 10 sec rest times.

To help with that, here's a link to the interval timer that we use:

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FAT BLASTER 3

Not sure how to do an exercise? Click the exercise image to watch the exercise demonstration video.



Complete the **Warm Up** first. Before starting, set up your workout station so you have all the equipment you need to complete the superset. Then complete the first exercise in each superset, rest 10 seconds, then complete the second exercise in the superset. At the end of the superset, rest 40 sec, then repeat up to a total of 5 supersets, depending on your fitness level, as indicated in the table above the workout. Finish the workout with the **Cool Down**.

BEGINNER: 3 sets **INTERMEDIATE:** 4 sets **ADVANCED:** 5 sets

A1



Dumbbell Flat
Bench Press

Sets: 5*
Reps: 20 sec
Rest: 10 sec
Tempo: N/A

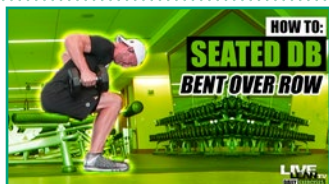
A2



Bench Hop
Over

Sets: 5*
Reps: 20 sec
Rest: 40 sec
Tempo: N/A

B1



Seated
Dumbbell Bent
Over Row

Sets: 5*
Reps: 20 sec
Rest: 10 sec
Tempo: N/A

B2



Alternating
Dumbbell
Reverse Lunge

Sets: 5*
Reps: 20 sec
Rest: 40 sec
Tempo: N/A

C1



Dumbbell
Decline Sit Up

Sets: 5
Reps: 20 sec
Rest: 10 sec
Tempo: N/A

C2



Bench Hop
Over

Sets: 5*
Reps: 20 sec
Rest: 40 sec
Tempo: N/A

Note: it's important to stick to the 20 sec work to 10 sec rest times.

To help with that, here's a link to the interval timer that we use:

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FAT BLASTER 4

Not sure how to do an exercise? Click the exercise image to watch the exercise demonstration video.



Complete the **Warm Up** first. Before starting, set up your workout station so you have all the equipment you need to complete the circuit. Then complete each exercise in circuit format resting 10 seconds between each exercise. At the end of the circuit, rest 2 minutes, then repeat up to a total of 5 circuits, depending on your fitness level, as indicated in the table above the workout. Finish the workout with the **Cool Down**.

BEGINNER: 3 sets **INTERMEDIATE:** 4 sets **ADVANCED:** 5 sets

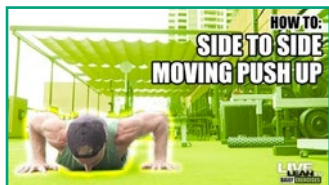
A1



Double Under
Jump Rope
if it's too difficult,
replace with Speed
Jump Rope

Sets: 5*
Reps: 20 sec
Rest: 10 sec
Tempo: N/A

A2



Side To Side
Moving Push
Up

Sets: 5*
Reps: 20 sec
Rest: 10 sec
Tempo: N/A

A3



V-Up

Sets: 5*
Reps: 20 sec
Rest: 10 sec
Tempo: N/A

A4



Double Under
Jump Rope
if it's too difficult,
replace with Speed
Jump Rope

Sets: 5*
Reps: 20 sec
Rest: 10 sec
Tempo: N/A

A5



Forearm Plank
Jack

Sets: 5
Reps: 20 sec
Rest: 10 sec
Tempo: N/A

A6



Double Under
Jump Rope
if it's too difficult,
replace with Speed
Jump Rope

Sets: 5*
Reps: 20 sec
Rest: 2 min
Tempo: N/A

Note: it's important to stick to the 20 sec work to 10 sec rest times.

To help with that, here's a link to the interval timer that we use:

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FAT BLASTER 5

Not sure how to do an exercise? Click the exercise image to watch the exercise demonstration video.



Complete the **Warm Up** first. Before starting, set up your workout station so you have all the equipment you need to complete the superset. Then complete the first exercise in each superset, rest 10 seconds, then complete the second exercise in the superset. At the end of the superset, rest 40 sec, then repeat up to a total of 5 supersets, depending on your fitness level, as indicated in the table above the workout. Finish the workout with the **Cool Down**.

BEGINNER: 3 sets **INTERMEDIATE:** 4 sets **ADVANCED:** 5 sets

A1		Neutral Grip Dumbbell Squat and Press	Sets: 5* Reps: 20 sec Rest: 10 sec Tempo: N/A
A2		Kettlebell Swing	Sets: 5* Reps: 20 sec Rest: 40 sec Tempo: N/A
B1		Alternating Dumbbell Reverse Lunge	Sets: 5* Reps: 20 sec Rest: 10 sec Tempo: N/A
B2		Kettlebell Sit Up	Sets: 5* Reps: 20 sec Rest: 40 sec Tempo: N/A
C1		Standing Dumbbell Hammer Curl And Press	Sets: 5 Reps: 20 sec Rest: 10 sec Tempo: N/A
C2		Kettlebell Swing	Sets: 5* Reps: 20 sec Rest: 40 sec Tempo: N/A

Note: it's important to stick to the 20 sec work to 10 sec rest times.

To help with that, here's a link to the interval timer that we use:

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COOL DOWN

Tap the exercise image to watch the video demonstration 

At the end of the workout, complete the cool down in circuit format. Repeat for a total of 2 circuits.



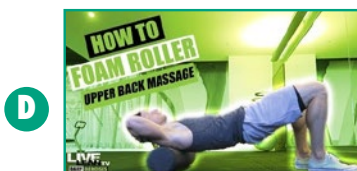
A Foam Roller
IT Band Outer
Thigh Massage **Sets: 2**
Reps: 20 sec/side
Rest: 0 sec



B Foam Roller
Calf Massage **Sets: 2**
Reps: 20 sec/side
Rest: 0 sec



C Foam Roller
Quadriceps
Massage **Sets: 2**
Reps: 20 sec/side
Rest: 0 sec



D Foam Roller
Upper Back
Massage **Sets: 2**
Reps: 20 sec
Rest: 0 sec



E Front Splits **Sets: 2**
Reps: 20 sec/side
Rest: 0 sec



F Seated Forward
Bend **Sets: 2**
Reps: 40 sec
Rest: 0 sec