

Total Fitness

4 Week Accelerated Fat Loss Strength System



★ 15 Turbo Charged workouts lasting only 30 Minutes or LESS that you can do in your basement, backyard, or garage!

★ Pre and Post Challenge to gauge your results!

★ Intermittent Fasting Template

Derek Delisle PTS
TOTAL FITNESS

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CHALLENGE PRE-TEST

1A) Max Strict Pull Ups OR Recline Rows* x 3 Sets

*If you have to do rows, feet must be directly under the anchor point with straps just above your waist line

*****7 Min Time Cap to complete all 3 sets**

*****SCORE = TOTAL Reps Completed*****

2A) Max Strict HSPU's OR Pike Presses x 3 Sets

*****7 Min Time Cap to complete all 3 sets**

*****SCORE = TOTAL Reps Completed*****

3A) 8 Min AMRAP Of:

a) Single KB Sumo DL x 6

b) Single KB Sumo DL High Pull x 6

c) Single KB Ground To Overhead x 6

d) Single KB Goblet Squat x 6

*****Complex must go UNBROKEN in order for the round to count**

*****SCORE = TOTAL FULL Rounds Completed + Weight used.**

TOTAL FITNESS 4 WEEK FAT LOSS STRENGTH SYSTEM EXPLAINED

1. Insane Intervals (II)

II Days are specifically geared towards Lactic Acid Training via timed intervals.

These are specific to shredding fat off the body as well as increasing overall conditioning.

Time Interval Progression Options:

Week 1 – 30/30 (Beginner)

Week 2 – 40/20 (Intermediate)

Week 3 – 50/10 (BEAST)

Week 4 – DELOAD

The numbers above represent time intervals of WORK/REST. Do for 30/30, it means you'd work for 30 secs then rest for 30 secs.

As you can see, you'll INCREASE in work time and DECREASE in rest time each week. You'll be amazed at how different of a workout it really is when you go from 30/30 to 50/10 ;)

2. Speed Shred (SS)

SS Days are geared to be fast paced with focus on POWER. You'll always start SS days off with an explosive set of jumps or a complex power-based movement.

From there you'll progress into a strength-based circuit or set of intervals with NO set rest periods. Here your focus is on gunning through the circuit as fast and efficient as you can to keep your training session fast pace (your goal is always to finish your workout in UNDER 24 total mins)

As with all the other days, you'll be challenged at the end with different types of short, aggressive, HIGH INTENSITY Finishers.

3. Strength / Repeat Day (SR)

These days use a favorite set up of mine via repeat intervals known at E.M.O.T.M.'s. With this there will be a lot of different set ups being used combining low rep complexes and strength / power based training.

S/R days serve as a great means to increasing your ability to produce more power and get strong like kong. On S/R days you'll always finish off with a quick, challenge based finisher (Of course I can't let you off the hook).

4. Complex Days (CD)

What would a brutal, badass training program be without COMPLEXES??

Complex Days are straight up NASTY. These sessions will begin with a strength focus that zero's in on one specific movement such as a squat, push, pull, or full body movement.

From there we get crazy and move into a strength / conditioning complex that combines different movements into one continuous complex circuit. If you've never done complexes before, just be ready for hell and if you have, then you know what to expect. ;)

5. Density Acclimation Days (DAS)

DAS workouts are set up with "density AMRAP sets" where overtime your goal is to get in as many reps and sets as possible for each movements listed.

With this, you'll notice for any type of "Density" (AMRAPs included) there will be a set of 3 different numbers. These represent how long each density set will last. The first number is for beginners, next number for intermediate, and when you become a total badass, you'll progress to the 3rd density time listed.

Day 1 – Insane Intervals

1A) 3 Rounds – Intervals

- a) Bodyweight Squats
- b) Push Ups
- c) Recline Row
- d) DB RDL
- e) Plank

*****Interval Progressions: 30/30 40/20 50/10 (Circle Which Level You Do)**

2A) Tabata Intervals – 20/10

- a) Sit Ups
- b) Hollow Rocks

*****Interval Progressions: 4 Rounds Each, 6 Rounds Each, 8 Rounds Each (Circle Which Option You Choose)**

Day 2 – Density Acclimation Day

1A) SELECT - 5 / 6 / 8 min AMRAP Set Of:

- a) Burpee x 3
- b) Pull Ups x 5 (jumping pull-ups)
- c) DB Thruster x 5

2A) SELECT - 5 / 6 / 8 Min AMRAP Of:

- a) Kettlebell Sumo DL High Pull x 4, 6, 8, 10...
- b) PushUps x2, 4, 6, 8...

Day 3 - Strength Repeat Day

1A) 3 Sets E.M.O.T.M. x 8 Mins

- a) Power Clean x 1 b) Push Press x 1
- c) Thruster x 1

*****Complete 3 full rounds through the complex = 1 set**

2A) SELECT - 5 / 6 / 8 Min AMRAP Of:

- a) Push Ups x 5
- b) Cossack Squats x 5 / Side

3A) Death by swings - E.M.O.T.M. x ???

- a) KB Swings 12, 14, 16 etc...

*****Go until you fail to complete the work listed within the minute**

Day 4 - SPEED SHRED Day

1A) 2 Reps Every 20 Secs x 3 mins
Squat Jump

2A) 3 Rounds Of:

- a) DB Strict Push Press 3 x 5
- b) DBFrontRackSquat 3x 10
- c) DB Bent Row 3x10

3A) 3 Reps Every 20 Secs x 3 mins

- a) KB Sumo Deadlift x 3

4A) Death By Burpee – E.M.O.T.M. x ??? 8, 10, 12...

Day 5 - Complex Day

1A) E.M.O.T.M. x 5 / Leg x 6 Mins

a) Split Squat

2A) Complex - 5 Rounds

a) DB Clean x 5

b) KB Russian Swing x 5

c) DB Deadlifts x 5

d) Push Ups x 10

*****Rest 60-90 secs between complexes or LESS**

3A) Interval Finisher – 30/30/15 x 4 Rounds

a) Jump chins

b) Plank

Day 6 – Insane Interval

1A) 3 Rounds – Intervals

a) KB Sumo Deadlift High Pull

b) Jumping Pull Ups

d) Reverse Lunge

e) Pike Press

*****Interval Progressions: 30/30, 40/20 , 50/10 (Circle Which Level You Do)**

2A) Tabata Interval x 10 Rounds (5 Rounds EACH movements)

a) KB Russian Swing

b) Mountain Climbers

Day 7 - Density Acclimation Day

1A) SELECT - 6 / 8 / 10 Min Density Set Of:

- a) Vertical Jumps x 3
- b) Off set Push-up x5/Arm
- c) 1 Arm Row x 10

2A) 30/15 "Iron To Body Switch" Intervals x 3 Rounds Of:

*****For the 1st 30 secs you'll perform the weighted "Iron" movement then rest 15 secs. You'll then go directly to the unweighted "Bodyweight" movement for 30 secs then rest 15 secs and so on throughout the circuit.**

- a) DB Squat ==> --> Squat Jumps
 - b) DB chest Press ==> Push Ups
 - c) DB Bent Rows ==> Recline Rows
- ***45 sec REST between full rounds**

Day 8 - Strength REPEAT Day

1A) E.M.O.T.M. x 8 Mins

- a) Repeat "Power" Pull Ups x 3-5
- b) Explosive Push Ups x 3-5

*****Keep these reps EXPLOSIVE ***Avoid excessive fatigue**

2A) SELECT - 5 / 6 / 8 Min AMRAP Of:

- a) KB Sumo Deadlift x 5
- b) Double KB Single Leg RDL x 3 / Leg

3A) SELECT - 5 / 6 / 8 Min AMRAP Of:

- a) Burpees x 5
- b) Sit Ups x 10 reps

Day 9 - SPEED SHRED Day

1A) 2 Reps / Leg Every 20 Secs x 3 Mins

a) Power Split Jumps X 2/leg

*****As explosive as possible on each rep ***Alternate legs each rep (switch in mid air)**

2A) 4 Rounds Of:

a) Box Assisted Pistol Squats 4 x 5 / Leg

b) 1A Russian Snatch 4 x 6-10 / arm

c) Hindu Push Ups 4 x submax

*****Rest only as needed between rounds - push the pace**

3A) 2 Reps / Leg Every 20 Secs x 3 Mins

a) Kneeling Jump x 2

B) 6 Min AMRAP Of:

a) 1A Power Clean R/L x 1,2,3

b) Burpee x 1, 2, 3...

c) 1A Power Clean R/L (opposite side as above) x 1, 2, 3...

d) Burpee x 1, 2, 3...

*****SCORE = Total Reps Completed**

Day 10 - Complex Day

1A) 3-5 Reps / Arm E.M.O.T.M. x 6 Mins

a) 1A KB Strict Press

*****Complete reps on BOTH sides each round ***HEAVIEST possible**

2A) Complex x 3 Rounds NOT For Time:

a) Single Arm KB Power Clean x 5

b) Single Arm Rack Front Squat x 5

c) Single Arm Russian Swing x 10

d) Single Arm OH Drop Lunge x 5 / leg

*****Switch Arms then repeat on other side = 1 round ***Rest 60-90 secs between complete rounds**

3A) 5 Min AMRAP Of:

a) KB or DB 1 arm clean and press x 5

*****Alternate Arms Each Rep**

Day 11 - Insane Interval Day

1A) Intervals x 3 Rounds

a) Double KB Ground To Overhead b) Push Ups

c) Split Lunge (l)

d) Split Lunge (r)

e) Plank

*****Interval Progressions: 30/30 40/20 50/10 (Circle Which Level You Do)**

2A) Tabata Interval – 20/10 x 12 Rounds (6 Rounds Each Movement) a)

Bottom 1/2 Burpee

b) Sit Ups

Day 12 DENSITY Acclimation Day

1A) SELECT - 8 / 10 / 12 Min Density Set Of:

- a) 1A KB Russian Snatch x 5 /
- b) Assisted Pistol Squat x 5 / Leg
- c) Split Stance Double KB Bent Rows x 10

2A) Density Ladder

- a) Double KB Wide Stance Sumo Deadlifts x 20, 15, 10, 5, 10, 15...
- b) Push up 20, 15, 10, 5, 10, 15, 20

Day 13 - STRENGTH / Repeat Day

1A) 3-5 Reps E.M.O.T.M. x 6 Mins

- a) Double KB "Manchild's"

*****If 3 reps isn't "tough enough", add reps to suit your needs OR increase weight**

2A) 6 Min AMRAP Of:

- a) Pike Press x 3 – 6 Reps
- b) Goblet KB Drop Lunge x 6 / Leg

3A) For Time:

- a) Ball Slam X 50

Day 14 - SPEED SHRED DAY

1A) 2 Reps Every 20 Secs x 3 Mins

a) Seated Vert Jump

2A) 3 Rounds Of:

a) 1 Arm Clean X 5/arm

b) 1 Arm Push press X 10/arm

c) Split Squat Bodyweight 3 x 15 / leg

3A) 2 Reps Every 20 Secs x 3 Mins

a) Power Step Broad Jump

4A) For Time:

a) Push Ups x 10, 8, 6, 4, 2

b) Recline Row x 10, 8, 6, 4, 2

c) KB Russian Swing x 10, 8, 6, 4, 2

*****10 Min Time Cap*****

Day 15 - Complex Day

1A) 3-5 reps E.M.O.T.M. x 6 Mins

a) Strict Pull UpWeighted Pull Ups

2A) 4 Rounds NOT For Time:

a) Double KB Snatch x 5

b) Double KB Push Press x 5

c) Double KB Farmer Drop Lunges x 5/ side

3A) E.M.O.T.M. x 6 Mins

a) KB Sumo DL "Pop" Squats x 4 --> Double KB Power Squat Clean
x 4

b) 1/2 Burpee

*****SCORE = Total 1/2 Burpee completed**

CHALLENGE PRE-TEST

1A) Max Strict Pull Ups OR Recline Rows* x 3 Sets

*If you have to do rows, feet must be directly under the anchor point with straps just above your waist line

***7 Min Time Cap to complete all 3 sets

*****SCORE = TOTAL Reps Completed*****

2A) Max Strict HSPU's OR Pike Presses x 3 Sets

***7 Min Time Cap to complete all 3 sets

*****SCORE = TOTAL Reps Completed*****

3A) 8 Min AMRAP Of:

- a) Single KB Sumo DL x 6
- b) Single KB Sumo DL High Pull x 6
- c) Single KB Ground To Overhead x 6
- d) Single KB Goblet Squat x 6

*****Complex must go UNBROKEN in order for the round to count**

*****SCORE = TOTAL FULL Rounds Completed + Weight used.**

TOTAL FITNESS

HIGH PERFORMANCE

NUTRITION GUIDE

AM Training Session – High Carb FASTING Day

Meal 1 - Pre Workout

-10g of BCAA's

-cup of coffee OR green tea (optional)

Meal 2A – MUSCLE GAIN Post Workout (Immediately after workout)

-35-50g Whey Protein mixed in almond milk OR water

***Optional – For Mass Gain ONLY

1-2c of fruit source (mixed berries or banana or figs w/ post workout shake)

Meal 2B – FAT LOSS –Post Workout (immediately after workout) -10g BCAA's

Meal 3 (After 16 Hour Fasting Period Has Ended)

6-8oz lean meat OR 3-5 eggs

unlimited greens

Meal 4 – (2 Hours Later)

Large mixed greens salad -apple cider vinegar -6-8oz lean meat

-2c smart starches

Meal 5 - (Main Meal) -HUGE mixed greens salad -apple cider vinegar -10-16oz lean meat

-3c smart starches ***Optional – For Mass Gain -1-2c of fruit

AM Training Session - Low Carb FASTING Day

Meal 1 - Pre Workout

-10g of BCAA's

Meal 2A – MUSCLE GAIN Post Workout (Immediately after workout)

35-50g Whey Protein mixed in almond milk OR water

***Optional – For Mass Gain ONLY

-1-2c of fruit source (mixed berries or banana or figs w/ post workout shake)

Meal 2B – FAT LOSS –Post Workout (immediately after workout) -10g BCAA's

Meal 3 (After 16 Hour Fasting Period Has Ended)

-8-10oz lean meat

-unlimited greens

-handful of healthy fats OR 2 tbsp of healthy fat raw butter

Meal 4 – (2 Hours Later)

Large mixed greens salad -apple cider vinegar -6-8oz lean meat

-1 serving healthy fats source

Meal 5 - 7pm (Main Meal)

HUGE mixed greens salad -10-16 oz of lean meat

-1 serving healthy fats source