

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)**

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