

8 WEEKS TO WEIGHT LOSS

The logo features a large black number '8' with a blue circular arrow around it. To the right of the '8' is the text 'WEEKS TO' in black and 'WEIGHT LOSS' in blue. Below 'WEEKS TO' are four small icons: a blue square with a white grid, a grey square with a white shoe, a yellow square with a white eye, and a yellow square with a black dumbbell.

PLEASE NOTE: All readers are advised to consult their physician before beginning any exercise and nutrition program. BPI Sports and the contributors do not accept any responsibility for injury sustained as a result of following the advice or suggestions contained within the content of this program.



8 WEEKS TO WEIGHT LOSS

WEIGHT LOSS

WORKOUT OVERVIEW

This 8 Weeks to Weight Loss training program is designed to burn fat and build lean muscle through a 4-cycle training progression with high sets and high reps. The program is divided into 4 days of weight lifting and 2 sessions of HIIT cardio every week to torch fat and get lean. You have 2 different workouts per body part as noted by A and B to constantly switch things up and keep the body guessing.

8 WEEKS **4 CYCLES** **2 WAYS**

CYCLE 1 CYCLE 2 CYCLE 3 CYCLE 4

4 Sets of 8 Reps 4 Sets of 10 Reps 4 Sets of 12 Reps 4 Sets of 14 Reps

4 DAYS WEIGHT LIFTING (2 WAYS, A & B), 2 HIIT CARDIO

- Shoulders/Triceps
- Back/Biceps
- Chest/Abs
- Legs/Glutes
- Plyo HIIT
- Treadmill HIIT



THINGS TO KNOW:

HIIT: is an enhanced form of interval training. This exercise strategy alternates periods of short intense anaerobic exercise with less-intense recovery periods. HIIT is a form of cardiovascular exercise. Usual HIIT sessions may vary from 4–30 minutes. These short, intense workouts provide improved athletic capacity and condition, improved glucose metabolism, and enhanced fat burning.

PLYO: also known as "jump training" or "plyos", are exercises based around having muscles exert maximum force in short intervals of time, with the goal of increasing both speed and power. This training focuses on learning to move from a muscle extension to a contraction in a rapid or "explosive" manner, for example: repeated jumping.

CYCLE 1 EXAMPLE

A DAYS

DAY 1 SHOULDERS/TRICEPS	DAY 2 LEGS/GLUTES	DAY 3 REST	DAY 4 CHEST/ABS	DAY 5 BACK/BICEPS	DAY 6 PLYO HIIT	DAY 7 REST
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B DAYS

DAY 1 SHOULDERS/TRICEPS	DAY 2 LEGS/GLUTES	DAY 3 REST	DAY 4 CHEST/ABS	DAY 5 BACK/BICEPS	DAY 6 TREADMILL HIIT	DAY 7 REST
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8 Weeks To Weight Loss

8 WEEKS TO WEIGHT LOSS

NUTRITION

It sounds like a contradiction but to lose weight, you need to eat. With this nutrition guide, you can calculate the macros specific to your body and rearrange the plan according to your weight loss goals. You'll find that this plan is filled with lean proteins, fruits, veggies, and carbs that will fuel your body properly for maximizing fat loss and increasing lean muscle.

1

Protein 22.6g
Carbs 39.4g
Fat 7g
Calories 309.5

MEAL 1

1 Medium Banana
½ cup Oatmeal
3 Egg Whites
1 Whole Egg

2

Protein 31.3g
Carbs 8.5g
Fat 17g
Calories 295

MEAL 2

1 scoop Whey-HD™
1 oz. Almonds

3

Protein 28g
Carbs 13g
Fat 3g
Calories 194

MEAL 3

3 oz. Chicken
½ cup Sweet Potato

4

Protein 5.5g
Carbs 26g
Fat 8g
Calories 195

MEAL 4

1 Large Apple
1 Tablespoon Unsalted Peanut Butter

5

Protein 26.5g
Carbs 30g
Fat 11.5g
Calories 325

MEAL 5

4 oz. Lean Ground Turkey Burger
1 Ezekiel Tortilla
1 cup Steamed Broccoli

6

Protein 36g
Carbs 32g
Fat 1g
Calories 265.6

MEAL 6

1 cup Non-Fat Plain Greek Yogurt
1 scoop Whey-HD™
1 cup Blueberries

WEIGHT LOSS



8 WEEKS TO WEIGHT LOSS

NUTRITION

PROTEIN ALTERNATIVES

Lean Sirloin
Extra Lean Ground Beef or Chicken
Tilapia
Salmon
Tuna

VEGGIE ALTERNATIVES

Spinach
Asparagus
Brussel Sprouts
Green Beans
Salad (Romaine, Tomato, Cucumber, Carrot)

CARB ALTERNATIVES

Red Potatoes/White Potatoes
Whole Grain Bread
Quinoa
Brown Rice

$$\begin{array}{ccccc} \text{1g PROTEIN} & \times & \text{PER POUND BODY WEIGHT} & = & \text{DAILY AMOUNT} \end{array}$$

$$\begin{array}{ccccc} \text{1.25g CARB} & \times & \text{PER POUND BODY WEIGHT} & = & \text{DAILY AMOUNT} \end{array}$$

$$\begin{array}{ccccc} \text{0.25g FAT} & \times & \text{PER POUND BODY WEIGHT} & = & \text{DAILY AMOUNT} \end{array}$$

PROTEIN FORMULA:
1g PROTEIN X PER POUND BODYWEIGHT = DAILY AMOUNT

CARB FORMULA:
1.25g CARB X PER POUND BODYWEIGHT = DAILY AMOUNT

FAT FORMULA:
0.25g FAT X PER POUND BODYWEIGHT = DAILY AMOUNT

8 WEEKS TO WEIGHT LOSS

WEIGHT LOSS

TRAINING CALENDAR

CYCLE 1

A DAYS

DAY 1 SHOULDERS/TRICEPS	DAY 2 LEGS/GLUTES	DAY 3 REST	DAY 4 CHEST/ABS	DAY 5 BACK/BICEPS	DAY 6 PLYO HIIT	DAY 7 REST
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B DAYS

DAY 1 SHOULDERS/TRICEPS	DAY 2 LEGS/GLUTES	DAY 3 REST	DAY 4 CHEST/ABS	DAY 5 BACK/BICEPS	DAY 6 TREADMILL HIIT	DAY 7 REST
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CYCLE 2

A DAYS

DAY 1 SHOULDERS/TRICEPS	DAY 2 LEGS/GLUTES	DAY 3 REST	DAY 4 CHEST/ABS	DAY 5 BACK/BICEPS	DAY 6 PLYO HIIT	DAY 7 REST
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B DAYS

DAY 1 SHOULDERS/TRICEPS	DAY 2 LEGS/GLUTES	DAY 3 REST	DAY 4 CHEST/ABS	DAY 5 BACK/BICEPS	DAY 6 TREADMILL HIIT	DAY 7 REST
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CYCLE 3

A DAYS

DAY 1 SHOULDERS/TRICEPS	DAY 2 LEGS/GLUTES	DAY 3 REST	DAY 4 CHEST/ABS	DAY 5 BACK/BICEPS	DAY 6 PLYO HIIT	DAY 7 REST
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B DAYS

DAY 1 SHOULDERS/TRICEPS	DAY 2 LEGS/GLUTES	DAY 3 REST	DAY 4 CHEST/ABS	DAY 5 BACK/BICEPS	DAY 6 TREADMILL HIIT	DAY 7 REST
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CYCLE 4

A DAYS

DAY 1 SHOULDERS/TRICEPS	DAY 2 LEGS/GLUTES	DAY 3 REST	DAY 4 CHEST/ABS	DAY 5 BACK/BICEPS	DAY 6 PLYO HIIT	DAY 7 REST
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B DAYS

DAY 1 SHOULDERS/TRICEPS	DAY 2 LEGS/GLUTES	DAY 3 REST	DAY 4 CHEST/ABS	DAY 5 BACK/BICEPS	DAY 6 TREADMILL HIIT	DAY 7 REST
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8 WEEKS



KEEP THIS CALENDAR WITH YOU AND CHECK OFF EACH DAY AS YOU COMPLETE THE PROGRAM TO KEEP TRACK OF YOUR PROGRESS.

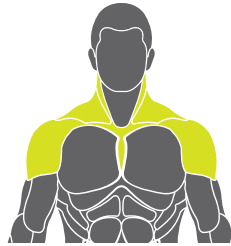


8 Weeks To Weight Loss

8 WEEKS TO WEIGHT LOSS

WORKOUT

Each workout has been constructed with high sets and high reps to keep your heart rate up and keep the calories burning. Keep in mind: Only allow about 30 seconds to 1 minute **MAXIMUM** rest between exercises.



SHOULDERS

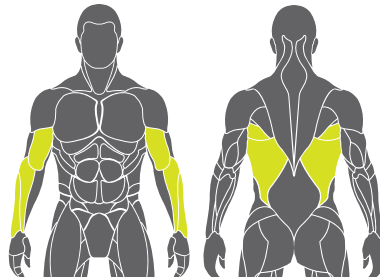
A DAYS

- Dumbbell Flies
- Dumbbell Front Raises
- Shoulder Push Ups
- Cable Tricep Push Down w/ Rope
- Bench Dips



B DAYS

- Seated Barbell Shoulder Press
- Dumbbell Upright Row
- Plate Raises
- Single Arm Cable Tricep Pushdown
- Dumbbell Kickbacks



BACK / BICEPS

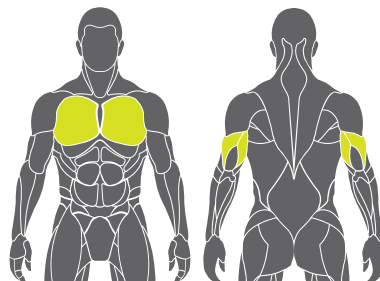
A DAYS

- Lateral Pull-Downs
- Assisted Pull-Ups
- Seated Cable Row
- Hammer Curls
- Incline Dumbbell Curls



B DAYS

- Assisted Pull-Ups
- Bent Over Barbell Row
- Inverted Bodyweight Row
- Cable Bicep Curls
- Preacher Curls



CHEST / ABS

A DAYS

- Push-Ups
- Chest Press Machine
- Hanging Leg Raises
- V-Ups
- Plank

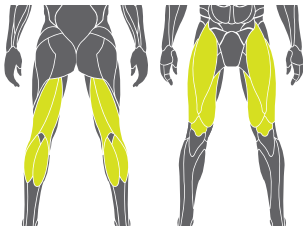


B DAYS

- Pec Flye Machine
- Dumbbell Chest Press
- Cable Crunches
- Decline Bench Crunches
- Bicycle Crunches

8 WEEKS TO WEIGHT LOSS

WORKOUT



A
DAYS

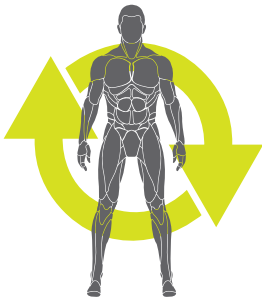
LEGS / GLUTES

Single Leg Extension Machine (each leg)
Leg Curl Machine
Dumbbell Sumo Squats
Walking Lunges



B
DAYS

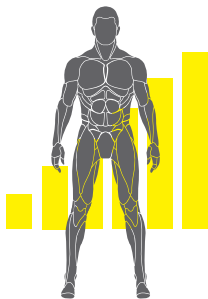
Cable Kickbacks
Hip Bridge Thrusts (Unweighted, Wide Stance)
Superset Hip Bridge Thrusts (Unweighted, Narrow Stance)
Leg Extension Machine
Hack Squat



PLYO HIIT

REPEAT 4X

Squat Jumps x12
Alternative Jump Lunges x12 each leg
Box Jumps x12
Burpee-to-Push Up x12
Mountain Climbers x12
High Knees x12



TREADMILL HIIT

Minutes Speed (mph)

0:00-2:00 3.5
2:00-3:00 6.0
3:00-4:00 7.5
4:00-5:00 6.0
5:00-6:00 7.5
6:00-7:00 6.5
7:00-8:00 8.0
8:00-9:00 6.5
9:00-10:00 8.0
10:00-12:00 6.0
12:00-14:00 8.5
14:00-15:00 3.5

WEIGHT LOSS