



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



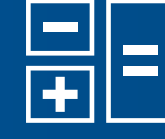
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12 WEEK FAT DESTROYER: COMPLETE FAT LOSS WORKOUT & DIET PROGRAM

This is a complete 12 week program to help you get ripped. Feature includes detailed diet plan and cardio schedule, along with a 4 day upper/lower muscle building split.

Link to Workout: <https://www.muscleandstrength.com/workouts/12-week-fat-destroyer>

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 12 Weeks

Days Per Week: 4 Days

Time Per Workout: 30-45 Mins

Equipment: Barbell, Bodyweight, Cables, Dumbbells, Kettle Bells

Author: Max Riley

Day 1

Exercise	Sets	Reps
Upper A		
Incline Bench Press	3	8 - 10
One Arm Dumbbell Row	3	10 - 12
Seated Barbell Press	3	8 - 10
Pull Ups	3	10
Skullcrushers	3	10 - 12
Dumbbell Curl	3	10 - 12

Day 2

Exercise	Sets	Reps
Lower A		
Squats	3	8 - 10
Leg Curl	3	12 - 15
Leg Extension	3	12 - 15
Leg Press Calf Raise	3	15 - 20
Plank	3	60 sec
Twisting Hanging Knee Raise	3	20

Day 4

Exercise	Sets	Reps
Upper B		
Dumbbell Bench Press	3	10
Barbell Row	3	8 - 10
Dumbbell Lateral Raise	3	12 - 15
Lat Pull Down	3	10 - 12
Cable Tricep Extensions	3	10 - 12
EZ Bar Preacher Curl	3	10 - 12

Day 5

Exercise	Sets	Reps
Lower B		
Leg Press	3	15 - 20
Stiff Leg Deadlift	3	8 - 10
Walking Dumbbell Lunge	3	10
Seated Calf Raise	3	15 - 20
Cable Crunch	3	20
Russian Twist	3	20