

# TRADE FAT FOR MUSCLE

Use this 4-week workout to **melt your flab** and **unveil your abs!**

If you want to lose your gut, don't think of lifting weights as an option: consider it a requirement.

## DIRECTIONS:

Perform these workouts 4 days a week. Do the upper-body and lower-body workouts on consecutive days, rest a day, and repeat. For your first upper body day, follow the high rep workout. Then switch for your second 2 days of training, so every week you end up performing both high and low reps for your upper and lower body.

For the upper-body workout, alternate between the exercises that have the same number (1A and 1B, for example). Do 1 set of the first exercise and rest again. Complete all your sets for each exercise pair and then move to the next pair (2A and 2B).

For the lower-body workout, do 1 set of exercise 1, rest, and repeat until you've finished all the sets. Do the same with 2. Then perform 3A and 3B as pairs, alternating between them as you did with the upper-body workout. Do the same for exercises 4A and 4B.

## LOW-REP WORKOUT

Complete 5 to 8 repetitions of each exercise, resting 60 seconds between sets.

**Upper Body:** Do 2 or 3 sets of each exercise.

**Lower Body:** Do 2 or 3 sets of each exercise\*.

\*Do one set of the Swiss- ball plank.

## HIGH-REP WORKOUT

Perform 12 to 15 Reps in each set. For exercises 1 and 2, rest 60 to 90 seconds between sets. For 3A, 3B, 4A, and 4B, rest 30 to 45 seconds between each sets.

**Upper Body:** Do 2 or 3 sets of each exercise.

**Lower Body:** Do 2 sets of each exercise.

## **DAYS 1 & 3** Upper Body

### **1A. Dumbbell Bench Press**

On a flat, lie face up holding a pair of dumbbells above your chest with your arms straight. Lower the dumbbells to the sides of your chest, and then push them back up to the starting position.

### **1B. Wide-Grip Pull up**

Grab the bar with an overhand grip that's about one and a half times shoulder width, and hang at arm's length. Pull yourself up until your upper chest hits the bar. Pause and slowly lower yourself to the starting position.

### **2A. Dumbbell Push Press**

Stand holding a pair of dumbbells just outside your shoulders, your arms bent and palms facing each other. Bend your knees slightly to dip your body, and then push up with your legs as you press the dumbbells straight over your shoulders. Keep your torso upright throughout. Lower the dumbbells to the starting position, and repeat.

### **2B. Barbell Bent-Over Row**

Grab a barbell with an overhand grip that's just beyond shoulder width, and hold it at arm's length. Lower your torso until it's almost parallel to the floor. Let the bar hang at arm's length. Pull the bar to your upper abs as you squeeze your shoulder blades together. Pause, and slowly lower the bar back to the starting position. That's 1 rep.

## **DAYS 2 & 3** Lower Body

### **1. Barbell Front Squat**

Cross your arms in front of your chest and rest a barbell on the front of your shoulders. Your elbows should be held high, with your upper arms remaining parallel to the floor as you perform the move. Set your feet shoulder width apart. Push your hips back, and lower your body until your thighs are at least parallel to the floor. Pause, and push your body back to the starting position.

## **2. Barbell Romanian Deadlift**

Grab the bar with an overhand grip that's just beyond shoulder width, and hold it at arm's length in front of your thighs. Keep your knees slightly bent. With your lower back naturally arched, bend at your hips and lower your torso until it's parallel to the floor. Pause, and then rise back to the starting position.

### **3A. Swiss-Ball Hip Extension and Leg Curl**

Lie on your back with your lower legs on a Swiss ball. Extend your arms to your sides, palms up. Raise your hips so your body is straight from your shoulders to knees. Pull your heels in, bringing the ball toward your butt. Pause for 1 second, and reverse the motion. Lower your hips to the floor and repeat.

### **3B. Jump Squat**

With your feet hip-width apart, squat until your thighs are parallel to the floor, and then jump as high as you can. Allow your knees to bend 45 degrees when you land, and then immediately drop back down into a squat and jump again.

### **4A. Swiss-Ball Plank**

Place your forearms on a Swiss ball and raise your chest so your elbows are under your shoulders. Your legs should be extended behind you on the floor, and your body should form a straight line from ankles to head. Pull your shoulder blades back and down and brace your abs. Hold that position for 30 to 60 seconds. That's 1 set.

### **4B. Swiss-Ball Jackknife**

Start in pushup position (your hands set slightly wider than and in line with your shoulders), and rest your shins on a Swiss ball. Your body should form a straight line from shoulders to ankles. Roll the Swiss ball toward your chest by raising your hips and slightly rounding your back as you pull the ball forward with your feet. Pause, and then return the ball to the starting position by rolling it backward.