

Aggressive Fat Loss

[The AFL Workout Program For
Incredible Muscle Tone]

By:

Greg O'Gallagher



KINOBODY

When you're on an aggressive cut, the main goal of your workout routine is to maintain lean body mass.

Simply put, fat loss is taken care of from intermittent fasting and eating at an aggressive calorie deficit.

So most of our efforts should be honed in on maintaining muscle and strength. What this will do is ensure that every pound you drop will be fat.

This way, after 3 months, if you dropped 30 pounds, you lost 30 pounds of fat! Not 20 pounds of fat and 10 pounds of muscle.

Interestingly enough, many people following my programs, especially those who are still a ways away from their maximum muscular potential, may be able to gain a good chunk of muscle on the AFL program.

One major issue with most 'fat loss programs' is they're obsessed with scale weight loss, they're going for maximum caloric burn.

This accelerates muscle loss!

Can You Drop Fat & Build Muscle

Now, interestingly enough, most men following my fat loss courses will actually increase strength and build muscle while dropping fat.

On a scientific basis, this is quite difficult to do. But essentially what is happening is, you're spending a big chunk of the day in a catabolic state.

This is known as the fasting period. It's when you break down body fat. Most people think you can't gain muscle and lose fat at the same time.

This is because, technically, it's impossible to be catabolic and anabolic at the same time. At-least with the exception of taking anabolic steroids, that is!

But here's the thing. When you fast until the afternoon, then eat all your calories in two meals. You shift yourself into a intense feeding period.

This brings you into an anabolic state. So if your training is dialled in, and you're building strength, you can actually drop plenty of fat, while adding some muscle in the process.

Focus on the Areas You Really Want to Build

When calories are on the low side, you're not going to be able to add a lot of muscle everywhere.

Therefore, you need to really emphasize the key muscle groups you want to build. For most men, I recommend focusing on the shoulders and upper chest.

This will create the most aesthetic looking physique! Moreover, the shoulders and upper chest tend to be underdeveloped in most men.

And these key muscle groups contribute the most to a great looking masculine physique.

Training Volume Needs to Be Low

As well, on lower calories, you won't be able to tolerate a high volume of training.

Lifting three times per week and performing about 8-12 total work sets per workout, will ensure you can recover from the workout while making strength gains.

If you workout too much, you will ramp up your appetite, making aggressive dieting next to impossible. You will also break your body down, without giving it enough time to recover.

This will cause more harm than good! Remember, the diet is taking care of almost everything.

Focus on intense lifting a few days per week, to support a great looking shape. Ditch the intervals, circuits and long runs.

This is also where my MEGA Training protocol comes in. Minimum Effort Growth Acceleration.

By focusing on the key protocols that support the greatest level of strength and muscle gains, you side step overtraining on a diet, and produce some pretty remarkable gains.

The ability to cover all your bases over fewer workouts and fewer exercises will allow for a much faster rate of strength and muscle gains.

This is because you will experience better recovery, both neural and muscular, and you will be able to train without compromising intensity or psychological arousal.

As natural lifters, we're not very good at doing multiple things at once. Recovering from a torturous amount of training volume and making consistent improvements in strength and power is very hard to do.

The Power of Training Program

On this training program, you will be strength training three days per week. This is the optimal frequency for maximum strength and muscle gains.

By having at-least one day of rest between strength sessions, you allow full recovery to your central nervous system. If you were to lift two days in a row, your cns would be fatigued for your second session.

Therefore you would be training under your true potential, which would limit your ability to promote strength and muscle gains.

My routines are based around building up your strength on the movements that have the best carryover to your physique development.

Simply getting stronger on key exercises will allow you to consistently build muscle. To maximize strength development volume needs to be low.

This means 4-6 exercises per workout, 2-3 sets per movement and long rest periods. If you perform too many exercises and sets and don't take enough rest, you will be lifting in a fatigued state.

In the fatigued state you will be unable to build strength and promote lasting muscle growth. But instead, you will be training yourself to better handle fatigue.

This type of training causes increases in fluid and glycogen in the muscles but this increase only accounts for only a small, 20-25% of muscle growth, at best.

In addition, this increase in muscle size can be considered temporary; as once you stop lifting you will quickly lose the size. This is precisely why so many individuals struggle to build lasting muscle.

They focus predominantly on fatigue/volume training instead of on the intense high-tension strength work.

For building a hard, dense physique, pump training is counter productive and should only be used on stubborn muscle groups in moderation, ex: lateral and rear delts.

Too much volume (exercises and sets) can actually interfere with your strength and true muscle development.

This is because your body is not great at doing two things at once. When you do too much volume, having to restock lots of muscle glycogen and increase sarcoplasm stores can get in the way of repairing and rebuilding muscle fibers.

This becomes increasingly true when you're on a diet to drop body fat. Building an outstanding physique is a matter of reaching and maintaining a low body fat through proper nutrition and dieting.

In addition to hitting high level strength targets on key exercises in the 5-8 rep range. On a side note, getting stronger in the 1-3 rep range improves your neural strength (ability to recruit muscle fibers) with limited increases seen in muscle size.

In any case, the point being, if I take you to 8% body fat and build you up to 225 lbs incline bench press for 6 reps, 90 lbs chin ups for 6 reps and 160 lbs military press for 6 reps, you can be damn sure you will look fantastic!

Not to mention, that muscle size will be dense and compact. It won't fluctuate depending on the day and you won't need to pump up for it.

If you go on a two-week vacation you will look pretty much the same from the first day to the last. The same cannot be said with those who build their physiques off high volume routines.

Enter Reverse Pyramid Training

To milk the most strength and muscle gains out of a lift, I use a technique known as reverse pyramid training.

This involves performing one heavy set with maximum effort followed by one to two progressively lighter sets with full rest periods between all sets. By performing the heaviest set first, you are completely fresh. This allows you to lift at your true potential.

And by doing so, you will set yourself up for consistent personal records on each and every lift.

Now, one heavy set per exercise is all you need. If you try to repeat that set multiple times, you will create excessive neural and mental fatigue.

After completing the heavy set, the next step is to drop the weight by approximately 10%. (This is going to feel surprisingly light.)

What that heavy set triggers is a state known as postactivation potentiation, resulting in greater muscle fiber recruitment and force.

When you follow your heavy set up with 1-2 lighter sets, you increase the muscle-building stimulus on those lighter sets.

Here's How It Looks

Let's say bench pressing and your goal is 200 lbs for 5 reps. After a couple low-rep build-up sets, you'd do 200 lbs for 5, 180 lbs for 6-7 and 160 lbs for 8-9.

With each subsequent set of reverse pyramid training, you want to shoot for 1-2 additional reps. Make sure to take a full three minutes of rest between these sets.

I have used this training protocol to build up to a 315 lbs bench for 4 and 135 lbs weighted chin-ups for 4 at a bodyweight of 185 lbs. It really is that effective. This occurred while I was training only two or three days per week.

Bringing In The Pump

If you use reverse pyramid training to build a high level of relative strength, you will move towards what I refer to as the ‘Greek God Physique’.

This is a physique categorized by a very solid level of muscle development and proportion. Think Brad Pitt in Troy or Daniel Craig in Skyfall. Taut waist, v-shaped back, square chest and well defined legs, shoulders and arms.

But there’s a step beyond that, which is a look I call the “Superhero” physique. For adequate examples, just look at Henry Cavill in Man of Steel or Chris Hemsworth in Thor.

This is similar to the ‘Greek God Physique’, but with an extra 10 pounds of ‘pretty’ muscle. This extra size is the result of enhanced fluid and glycogen in the muscles.

This gives your physique a fuller and more powerful look. To achieve this Superhero physique, we need to bring in a form of pump training. By itself, pump training is a horrible replacement for proper strength training, but when combined strategically, it works wonders.

The style of pump training I’m about to share with you will allow you to gain an additional 6 to 10 pounds of “pretty” muscle. Think of it as the cherry on top.

That being said, we will be exclusively using pump training on our shoulders, specifically lateral raises and rear delt raises.

Since we're on a cut, we need to keep the volume low. Limiting pump training to shoulders, will lead to better gains.

In fact, you should notice a boost in development in our shoulders during the aggressive fat loss program.

Reverse Pyramid Training as our bread and butter, plus pump training on our shoulders, leads to a physique that can only be described as jaw dropping.

Dense, hard, compact musculature. With round delts that give you a masculine, aesthetic and hard hitting edge.

The Muscle Pump of Superheroes

Before we get into the form of pump training that works best, we need to understand what this kind of training is for.

Normally, the goal of pump training is to create a high degree of cumulative fatigue using lighter weights with short rest periods – which creates a massive pump. This type of training stimulates increased glycogen storage in the muscle and sarcoplasm, the fluid-like substance in the muscle.

While this produces very quick results (the “pump effect”), those results top off pretty quickly. Meaning, there's only so much sarcoplasm and glycogen you can stuff into your muscles before they're full.

Here's what you must understand:

Lighter weight training results in limited muscle fiber recruitment, except for those last few really challenging reps.

To enhance this training stimulus, I utilize a technique known as “Rest Pause” training.

With rest pause training, you're doing one high-rep activation set followed by multiple “mini sets” with only 10-20 seconds of rest between sets.

Limiting rest after a high rep set to only 20 seconds lets the body maintain the temporary state of heightened muscle fiber recruitment.

Four to five of these “mini sets” are all it takes to trigger a high level of muscle growth.

Keep in mind, you want to use the same weight on your mini sets as your initial activation set. This is due to the fact that you’re only resting 10-20 seconds.

Rest pause training is like a muscle-building loophole that allows you to get enhanced muscle fiber stimulation with a light weight.

Here’s How It Looks

Let’s say I’m doing dumbbell lateral raises. I might do 40 lbs for 12-15 reps, followed by 4-5 sets of 3-5 reps with only 10-20 second rest between.

Here’ another way of putting it:

40 lbs for 12-15 reps + 3-5, 3-5, 3-5, 3-5, 3-5 reps (20 seconds of rest between sets and same weight for all sets).

The goal is to build up to 15 reps on the activation set and 5 sets of 5 reps with no more than 20 seconds of rest between sets before increasing the weight.

The Workout Routine

In this workout routine, we will be using rest pause training exclusively on our shoulders, this will result in remarkable shoulder development.

Great shoulder development is a key sign of a masculine and aesthetic physique.

For most of the other movements, we will be sticking to reverse pyramid training!

Monday – Upperbody

- Seated DB Shoulder Press: 3 sets – 4-6, 6-8, 8-10 (RPT)
- Lat Pull Down or (weighted pull ups): 3 sets – 4-6, 6-8, 8-10 (RPT)
- Weighted Dips or (close grip bench): 2 sets – 6-8, 8-10 (RPT)
- Barbell Curls: 2 sets – 6-8, 8-10 (RPT)
- Lateral Raises: 12-15 reps + 4 sets of 4-5 reps (rest pause)

Wednesday – Legs & Abs

- Bulgarian Split Squats: 2 sets x 6-8, 8-10 reps (RPT)
- Romanian Deadlifts: 2 sets x 6-8, 8-10 reps (RPT)
- Calf Raises: 3 sets x 8-10, 10-12 (RPT)
- Hanging Leg Raises: 2 sets x 10-15 reps (1.5-2 minutes rest)
- Abs Wheel Roll outs: 2 sets x 10-15 reps (1.5-2 minutes rest)
- Back Bridge Hold or Hip Bridge Hold: 2 sets x 10-20 seconds (1 minute rest)

Friday - Upperbody

- Incline Bench Press: 3 sets – 4-6, 6-8, 8-10 (RPT)
- Flat Bench Press: 2 sets - 6-8, 8-10 (RPT)
- Cable Rope Push Downs: 2 sets – 6-8, 8-10 (RPT)
- Hammer Curls: 2 sets – 6-8, 8-10 (RPT)
- Bent Over Flyes: 12-15 reps + 4 sets of 4-5 reps (rest pause)

Workout Notes

Perform 2-3 build up sets for the first two exercises of each workout. Rest 2-3 minutes between sets for reverse pyramid training (RPT). For RPT you will be doing your heaviest set first and reducing the weight by 10% for each set thereafter.

Only increase the weight when you can do the top end of the rep range. So for incline bench, you'll increase the weight on your first set when you can do 6 reps. For your second set you need to hit 8 reps before increasing the weight.

For lateral raises and bent over flyes you will select a weight you can do for 12-15 reps. This will be the activation set. After completing the activation set you will perform 4 rest pause sets (with the same weight as the activation set). For rest pause sets you will rest only 10-15 second and perform 4-5 reps.

For weighted pull ups, weighted dips, bulgarian split squats and calf raises - reduce the weight by 10% of total weight (bodyweight + additional weight) for Reverse Pyramid Training

So if you're performing weighted dips with 45 lbs and you weight 180 lbs. Total weight = 225. So you'd reduce it by 10% of 225, which is 22.5 lbs. So you can drop the weight by 22.5 lbs or simply round down to 20 lbs.

Cardio

On this routine, you'll be lifting 3 days per week. To assist with fat loss on your rest days, I recommend not being a lazy bum.

My main recommendation is to get about 40-60 minutes of brisk walking. You can do this outside or at the gym on the treadmill.

This will help contribute to some calorie expenditure, putting you in a nice calorie deficit, so you can drop about 1.5-2 lbs of fat per week.

What's more, walking has been shown to have a neutral effect on appetite. So this activity won't jack up your hunger like most forms of cardio do.

My recommendation is to listen to audiobooks or podcasts on these walks. The walk will go bye in a blink of an eye.

If you want a caloric number to aim for, if you're going to be exercising at the gym. Aim to burn double your bodyweight in pounds for calories.

So if you're 200 lbs, you would aim to burn about 400 calories. This is only on the rest days! There's no need or benefit to do this exercise on the days you're strength training.