4-Week Fat Loss (3 Days／w)

Duration :	**4 Week(s)**	**- 期間**
Workout Per Week :	**3 workouts**	**- 頻度/週**
Equipment Needed :	**Full Gym**	**- 設備**
Category :	**Fat Loss**	**- カテゴリー**

High volume on major muscle groups with additional cardio menu to maximise the fat burn.
回数設定の多いセットで主要な筋肉群に働きかけ、さらに有酸素のメニューで脂肪燃焼を最大化させます。

Full Workout Calender / ワークアウトスケジュール

Day	Duration	Theme	Target	Note
1	Rest			
2	40 Min	Endurance	Legs, Back	
3	Rest			
4	30 Min	Endurance	Active Rest, Cardio	
5	Rest			
6	40 Min	Endurance	Legs, Chest	
7	Rest			
8	Rest			
9	40 Min	Endurance	Legs, Back	
10	Rest			
11	30 Min	Endurance	Active Rest, Cardio	
12	Rest			
13	40 Min	Endurance	Legs, Chest	
14	Rest			
15	Rest			
16	40 Min	Endurance	Legs, Back	
17	Rest			
18	30 Min	Endurance	Active Rest, Cardio	
19	Rest			
20	40 Min	Endurance	Legs, Chest	
21	Rest			
22	Rest			
23	40 Min	Endurance	Legs, Back	
24	Rest			
25	30 Min	Endurance	Active Rest, Cardio	
26	Rest			
27	40 Min	Endurance	Legs, Chest	
28	Rest			

Training Record / レコード記入欄

Upon your convinience, use the record below to track your performance / 必要に応じてパフォーマンスの記録をとっていきましょう。

	W1					W2					W3					W4									
Target / Date																									
Squat 20 RM Weight (kg)																									
Back 20 RM Weight (kg)																									
Chest 20 RM Weight (kg)																									
Waist (cm) *At Belly Button																									
Weight (kg)																									
Diet (kcal)																									
Protein (g)																									

Day 1 - Day 7

Reps : Repetitions. RM : Rep Max. XXkg/YYkg : Completing one set with XXkg then another with YYkg.
Reps : 回数を表します。RMは最大努力での回数を表します。XXkg/YYkg : セットが進むごとに重さを変えます。

Compound Set/Super Set/Circuit Set : Complete All Coloured Exercises Before Rest.

Quick Tip ➜ RMセットを行うとき、良いフォームが保てないようであれば重さを落とします。セットの途中でできなくなるとき、重さを落としてすぐにその回数を完了させます。

Day 1

Rest, ,

Exercises	Warm Up	Training Set	Bonus Sets & Note
Stretch		10 Min	

Rest 30 Sec between sets.

Day 2

40 Min, Endurance, Legs, Back

Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Dumbbell (Goblet) Squat	5 Reps sets until you hit the 20RM Weight	20 RM	
Bench Squat		20 Reps	Use Dumbbell if its too easy, 3 Sets
Machine Leg Press		20 RM 3 Sets	
Machine Row		20 RM 3 Sets	Only Top Range

Day 3

Rest, ,

Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Stretch		10 Min	

Day 4

30 Min, Endurance, Active Rest, Cardio

Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Treadmill	3 Min, 5.5-7km/h@1-3%	30 Min Cardio Programme, Power walking	30 Sec Push > 90 Sec Base : Complete 15 Rounds
			Base : 5.5-7km/h@1-3%
			Push : Add incline to 6% or more

Day 5

Rest, ,

Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Stretch		10 Min	

Rest 30 Sec between sets.

Day 6

40 Min, Endurance, Legs, Chest

Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Dumbbell Squat	5 Reps sets until you hit the 20RM Weight	20 RM	
Bench Squat		20 Reps	Use Dumbbell if its too easy, 3 Sets
Machine Leg Press		20 RM, 3 Sets	
Machine Chest Press		20 RM, 3 Sets	

Day 7

Rest, ,

Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Stretch		10 Min	

References:

RM Calculator QR Code 2 QR Code 3 QR Code 4

QR Code 5 QR Code 6 QR Code 7 QR Code 8

Dumbbell (Goblet) Squat QR Code 3 QR Code 4

Bench Squat QR Code 6 QR Code 7 QR Code 8

The Shoulder Joint Routine QR Code 3 QR Code 4

QR Code 5 QR Code 6 QR Code 7 QR Code 8

QR Code 1 QR Code 2 QR Code 3 QR Code 4

QR Code 5 QR Code 6 QR Code 7 QR Code 8

QR Code 1 QR Code 2 QR Code 3 QR Code 4

QR Code 5 QR Code 6 QR Code 7 QR Code 8

Simplified Clean & Press QR Code 3 QR Code 4
https://www.youtube.com/watch?v=ukDylVbucxM

QR Code 5 QR Code 6 QR Code 7 QR Code 8

QR Code 1 QR Code 2 QR Code 3 QR Code 4

QR Code 5 QR Code 6 QR Code 7 QR Code 8

Day 8 - Day 14

Quick Tip → 2週目からデッドリフト（背中）を行います。ビデオを見てもわからない場合はトレーナーに質問してください。そのほかは同じ種目なので、扱う重さを高めていきましょう。

Day 8

Rest, ,

Exercises	Warm Up	Training Set	Bonus Sets & Note
Stretch		10 Min	

Day 9

Rest 30 Sec between sets.

40 Min, Endurance, Legs, Back

Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Dumbbell Squat	5 Reps sets until you hit the 20RM Weight	20 RM	
Bench Squat		20 Reps	Use Dumbbell if its too easy, 3 Sets
Barbell Deadlift		10 Reps	Just a bar (20kg)
Machine Row		20 RM 3 Sets	Only Top Range

Day 10

Rest, ,

Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Stretch		10 Min	

Day 11

30 Min, Endurance, Active Rest, Cardio

Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Treadmill	3 Min, 5.5-7km/h@1-3%	30 Min Cardio Programme, Power walking	30 Sec Push > 90 Sec Base : Complete 15 Rounds
			Base : 5.5-7km/h@1-3%
			Push : Add incline to 6% or more

Day 12

Rest, ,

Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Stretch		10 Min	

Day 13

Rest 30 Sec between sets.

40 Min, Endurance, Legs, Chest

Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Dumbbell Squat	5 Reps sets until you hit the 20RM Weight	20 RM	
Bench Squat		20 Reps	Use Dumbbell if its too easy, 3 Sets
Machine Leg Press		20 RM, 3 Sets	
Machine Chest Press		20 RM, 3 Sets	

Day 14

Rest, ,

Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Stretch		10 Min	

References:

QR Code 1 QR Code 2 QR Code 3 QR Code 4

QR Code 5 QR Code 6 QR Code 7 QR Code 8

Barbell Deadlift

QR Code 1 QR Code 2 QR Code 3 QR Code 4

QR Code 5 QR Code 6 QR Code 7 QR Code 8

QR Code 1 QR Code 2 QR Code 3 QR Code 4

QR Code 5 QR Code 6 QR Code 7 QR Code 8

QR Code 1 QR Code 2 QR Code 3 QR Code 4

QR Code 5 QR Code 6 QR Code 7 QR Code 8

QR Code 1 QR Code 2 QR Code 3 QR Code 4

QR Code 5 QR Code 6 QR Code 7 QR Code 8

QR Code 1 QR Code 2 QR Code 3 QR Code 4

QR Code 5 QR Code 6 QR Code 7 QR Code 8

QR Code 1 QR Code 2 QR Code 3 QR Code 4

QR Code 5 QR Code 6 QR Code 7 QR Code 8

Day 15 - Day 20

Quick Tip ➜ 3週目になると挑戦できる重さに挑戦できるはずです。しっかりとRMギリギリの重さを選択していきます。有酸素のペースも必要に応じて高めていきます。

Day 15

Rest, ,

Exercises	Warm Up	Training Set	Bonus Sets & Note
Stretch		10 Min	

Day 16

Rest 30 Sec between sets.

40 Min, Endurance, Legs, Back

Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Dumbbell Squat	5 Reps sets until you hit the 20RM Weight	20 RM	
Bench Squat		20 Reps	Use Dumbbell if its too easy, 3 Sets
Barbell Deadlift		20 Reps	Just a bar (20kg)
Machine Row		20 RM 3 Sets	Only Top Range

Day 17

Rest, ,

Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Stretch		10 Min	

Day 18

30 Min, Endurance, Active Rest, Cardio

Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Treadmill	3 Min, 5.5-7km/h@1-3%	30 Min, 4 Min Jogging : 1 Min Power walking	Repeat 4 Min 7-9km/h@1% / 1 Min 5.5km/h@3%, 6 Sets

Day 19

Rest, ,

Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Stretch		10 Min	

Day 20

Rest 30 Sec between sets.

40 Min, Endurance, Legs, Chest

Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Dumbbell Squat	5 Reps sets until you hit the 20RM Weight	20 RM	
Bench Squat		20 Reps	Use Dumbbell if its too easy, 3 Sets
Machine Leg Press		20 RM, 3 Sets	
Machine Chest Press		20 RM, 3 Sets	

Day 21

Rest, ,

Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Stretch		10 Min	

References:

QR Code 1 QR Code 2 QR Code 3 QR Code 4

QR Code 5 QR Code 6 QR Code 7 QR Code 8

Day 22 - Day 28

Quick Tip ➜ 1ヶ月のトレーニングの結果を確認します。開始から1ヶ月で得られる効果は主に神経系の適応です。例：疲れにくくなった。重さが扱えるようになった。動きが滑らかにできるようになった。2ヶ月目以降の方針・メニューを作成するためにトレーナーとのレビューセッションをおこなってください。

References:

QR Code 1 QR Code 2 QR Code 3 QR Code 4

QR Code 5 QR Code 6 QR Code 7 QR Code 8

Day 22

Rest, ,

Exercises	Warm Up	Training Set	Bonus Sets & Note
Stretch		10 Min	

Rest 30-60 Sec between sets.

Day 23

40 Min, Endurance, Legs, Back

Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Dumbbell Squat	5 Reps sets until you hit the 20RM Weight	20 RM	
Bench Squat		20 Reps	Use Dumbbell if its too easy, 3 Sets
Barbell Deadlift		20 Reps 2 Sets	Just a bar (20kg)
Machine Row		20 RM 3 Sets	Only Top Range

Rest 30-60 Sec between sets.

Day 24

Rest, ,

Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Stretch		10 Min	

Day 25

30 Min, Endurance, Active Rest, Cardio

Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Treadmill	3 Min, 5.5-7km/h@1-3%	30 Min, 4 Min Jogging : 1 Min Power walking	Repeat 4 Min 7-9km/h@1% / 1 Min 5.5km/h@3%, 6 Sets

Rest 30-60 Sec between sets.

Day 26

Rest, ,

Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Stretch		10 Min	

Day 27

40 Min, Endurance, Legs, Chest

Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Dumbbell Squat	5 Reps sets until you hit the 20RM Weight	20 RM	
Bench Squat		20 Reps	Use Dumbbell if its too easy, 3 Sets
Machine Leg Press		20 RM, 3 Sets	
Machine Chest Press		20 RM, 3 Sets	

Day 28

Rest, ,

Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Stretch		10 Min	