

The 28-Day Fat Torch

Most men's workouts tend to emphasize the bathroom mirror muscles—chest, biceps, and abs. But when it comes to truly transforming your body, you need to hammer your lower half too. “Working your lower-body muscles can boost your metabolism and spike your testosterone levels, helping you burn more fat and build more muscle all over,” says Jason Ferruggia, the CEO of Renegade Strength and Conditioning. Use his 28-day training plan to gain strength, obliterate calories, and sculpt your body from head to toe. You'll look better in almost no time.

► **DIRECTIONS** Perform Workout A one day and Workout B on the next. Rest a day and repeat. For example, do Workout A on Monday and Thursday and Workout B on Tuesday and Friday. Do the exercises in the order shown, performing paired exercises as supersets (back-to-back). For those with varying reps (like 6, 8, and 10), do the first number of reps for your first set, the second for your second set, and so on, using progressively lighter weights.

WORKOUT A



1 Barbell Squat

- **SETS** 3
- **REPS** 6, 8, 10
- **REST** 2 minutes between sets

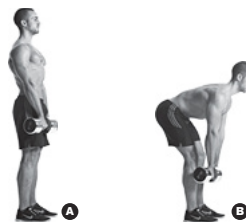
Stand with your feet shoulder-width apart and hold a barbell across your upper back using an overhand grip [A]. Keeping your lower back slightly arched and your torso upright, brace your core, push your hips back, bend your knees, and lower your body until your thighs are at least parallel to the floor [B]. Reverse the move to return to the starting position, driving your heels into the floor as you push yourself back up.



2 Elevated-Back-Foot Dumbbell Split Squat

- **SETS** 2
- **REPS** 10/leg
- **REST** 1 minute

Hold a pair of dumbbells at your sides, palms in, with your back foot on a 6-inch box or step [A]. Lower your body as far as you can [B]. Pause, then return to the starting position. Do all your reps, switch legs, and repeat.

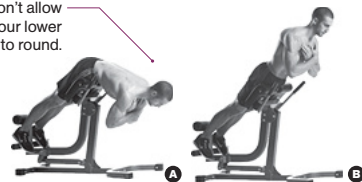


3 Dumbbell Straight-Leg Deadlift

- **SETS** 3
- **REPS** 12, 10, 8
- **REST** 1 minute

Hold a pair of dumbbells at arm's length in front of your thighs with your knees slightly bent [A]. Without changing the bend in your knees, bend at your hips and lower your torso until it's almost parallel to the floor [B]. Pause, then return to the starting position.

Cross your arms and don't allow your lower back to round.



4 Back Extension

- **SETS** 1
- **REPS** 25
- **REST** 1 minute

Position yourself in a back extension station and hook your feet under the leg anchors. Keeping your back naturally arched, lower your upper body as far as you can [A]. Raise your torso until it's in line with your legs [B]. Pause, then slowly lower your torso back to the starting position.

**WORKOUT
B**



1 Dumbbell Single-Arm Snatch

- ▶ **SETS** 4
- ▶ **REPS** 6–8/arm
- ▶ **REST** 90 seconds

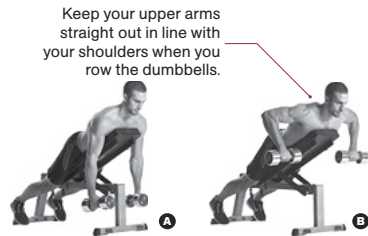
Grab a dumbbell using an overhand grip, and squat with the weight between your feet, which should be slightly beyond shoulder width [A]. Move to throw the dumbbell at the ceiling—but don't let go. Let your forearm rotate up and back until your arm is straight and your palm faces forward. Pull your body under the weight [B]. Reverse the move to return to the starting position. That's 1 rep. Do all your reps, switch arms, and repeat.



2A Dumbbell Low-Incline Bench Press

- ▶ **SETS** 3
- ▶ **REPS** 6, 8, 10
- ▶ **REST** 1 minute

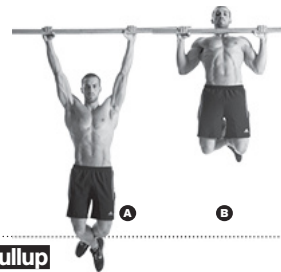
Lie on your back on a bench set to a low incline (15 to 30 degrees) and hold a pair of dumbbells above your shoulders with your arms straight [A]. Lower the dumbbells to your chest [B] and then press them back up to the starting position.



2B Lying Elbows-Out Dumbbell Supported Row

- ▶ **SETS** 3
- ▶ **REPS** 8, 10, 12
- ▶ **REST** 1 minute

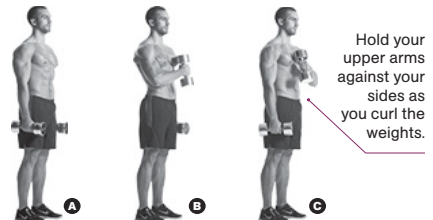
Holding a dumbbell in each hand, lie facedown on an incline bench and let the weights hang at arm's length [A]. Pull the weights to the sides of your chest. Don't let your upper body collapse against the bench [B]. Pause, then return to the starting position.



3 Pullup

- ▶ **SETS** 5
- ▶ **REPS** 2 short of failure
- ▶ **REST** 1 minute

Hang from a chinup bar using an overhand grip that's slightly beyond shoulder width [A]. Pull your chest to the bar [B]. Once the top of your chest touches it, pause and slowly lower your body back to a dead hang. Can't do at least 2 full reps per set? Do lat pulldowns instead.



4 Cross-Body Hammer Curl

- ▶ **SETS** 3
- ▶ **REPS** 8
- ▶ **REST** 1 minute

Stand holding a pair of dumbbells at your sides, palms in [A]. Curl the dumbbell in your right hand across your body toward your left shoulder [B]. Lower it, then repeat with your left hand, curling the dumbbell toward your right shoulder [C]. That's 1 rep. Continue alternating.