



WARP SPEED FAT LOSS  
**EXTREME**

**PROCEED WITH  
CAUTION**

CUTTING EDGE TRAINING  
FOR SAFE RAPID FAT LOSS

By **Mike Roussel** and **Alwyn Cosgrove**  
<http://www.WarpSpeedFatLoss.com>

# Warp Speed Fat Loss 2.0: Extreme

Because No One Wants To Lose Weight SLOW

Alwyn Cosgrove

Mike Roussell

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### **PLEASE READ**

The information in this book is offered for educational purposes only. The author is not engaged in rendering professional advice or services to the individual reader. The ideas, procedures, and suggestions contained in this book are not intended as a substitute for consulting with your physician. All matters regarding your health require medical supervision. The author shall not be liable or responsible for any loss or damage allegedly arising from any information or suggestion in this book.

Please read our full medical disclaimer at:

<http://www.warpspeedfatloss.com/medical.html>



## About The Author:

**Mike Roussell** is a consultant, author, freelance writer, and researcher. Mike received his bachelor of science in biochemistry graduating magna cum laude with high honors from Hobart and William Smith Colleges. From there he attended the University of Vermont Medical School before deciding to follow his passion of studying nutrition.

Currently, Mike is pursuing his doctorate in nutrition at Pennsylvania State University, studying the effects of diet and fatty acids on cardiovascular disease and emerging cardiovascular disease risk factors.

Mike's nutritional coaching is sought out by people from a variety of backgrounds ranging from collegiate athletes to business professionals to fitness enthusiasts. Mike's writings can be seen in magazines such as Men's Health, Men's Fitness and on the web

at Testosterone Nation and Bodybuilding.com. Mike also served as the nutritional consultant for the Men's Health Book of Power Training and Cardio Strength Training: Torch Fat, Build Muscle, and Get Stronger Faster .

- <http://www.NakedNutritionNetwork.com> – Massive FREE Fat Loss and Health Site. Articles, Podcasts, Videos, and More.
- <http://www.NakedNutritionNetwork.com/blog> - Mike's Personal Blog
- <http://www.WarpSpeedFatLoss.com> – Lose 10,15, or 20lbs in the next 28 days with the Complete Done-4-You Warp Speed Fat Loss Rapid Weight Loss Blueprint.
- <http://www.NakedNutritionGuide.com> – Mike's Complete Multimedia Fat Loss System for fast and permanent weight loss
- <http://www.NakedNutritionInsider.com> – Monthly Health & Fitness Newsletter, Private Forum Access, Access to Mike, Insider Discounts



### **About the Author:**

*Alwyn Cosgrove is one of the most in demand and exciting coaches, writers and speakers in the fitness industry today. He currently spends his time lecturing, teaching, training and writing and as the owner of Results Fitness in Santa Clarita, CA*

*For the past seventeen years Alwyn Cosgrove has been committed to achieving excellence in the field of fitness training and athletic preparation. Specializing in performance enhancement, Alwyn has helped countless individuals and athletes reach their goals through sound scientific training.*

*Alwyn has an honors degree in Sports Science from Chester College, the University of Liverpool, is certified with distinction as a strength & conditioning specialist with the National Strength and Conditioning Association and has been recognized as a Master of Sports Sciences with the*

*International Sports Sciences Association.*

*A former Taekwon-do international champion, Alwyn has utilized his personal experience as an athlete and combined it with the advanced theories of European Sports Science and the principles of modern strength and conditioning systems.*

*During his career as a strength and conditioning coach, Alwyn has worked with a wide variety of clientele, including several Olympic and national level athletes, five World Champions and professionals in a multitude of sports including boxing, martial arts, soccer, ice skating, football, fencing, triathlon, rugby, bodybuilding, dance and fitness competition.*

*Alwyn has co-authored the book *The New Rules of Lifting* with Lou Schuler and is currently a writer with *Men's Health* magazine.*

*In July 2004 Alwyn was diagnosed with Stage IV Cancer. After a long battle, and intensive chemotherapy, Alwyn was pronounced in full clinical remission as of March 2005. Unfortunately the cancer returned in March 2006 and Alwyn again was treated with very aggressive chemotherapy and this time underwent an autologous stem cell transplant.*

*Alwyn is currently living in Stevenson Ranch, California with his wife Rachel.*

- <http://www.AlwynCosgrove.com>
- <http://www.Results-Fitness.com>

## WSFL Training 2.0 Weekly Schedules

**Sunday: Off/Active Recovery**

**Monday: WSFL 4x Zone Training**

**Tuesday: AM - Targeted Fat Loss Cardio. PM – Intervals**

**Wednesday: WSFL 4x Zone Training**

**Thursday: AM - Targeted Fat Loss Cardio. PM – Intervals**

**Friday: WSFL 4x Zone Training**

**Saturday: AM - Targeted Fat Loss Cardio. PM – Intervals**

## Wk 1.Day 1 - Monday

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**Strength Zone** (90 seconds rest between sets. Alternate Exercises)

1. **Squat: 2-3 sets 4-6 reps**
2. **Dumbbell or Cable Row: 2-3 sets 4-6 reps**

**Transition Zone** (60 seconds rest between sets. Alternate Exercises)

3. **Jump Squats: 3 sets 8-12 reps**
4. **Dumbbell or Cable Row: 2-3 sets 4-6 reps**

**Burn Zone** (No rest between A & B exercises. 60 seconds rest between A/B supersets)

- 5A. **Step Ups: 2-3 sets 12-15 reps (each leg)**
- 5B. **Lat Pulldown: 2-3 sets 12-15 reps**
- 6A. **DB Squat (Heels Raised): 2-3 sets 12-15 reps**
- 6B. **Push Press/Band Press: 2-3 sets 12-15 reps**

### Metabolic Zone

- **Jumping Jacks** x 30 seconds
- Jump Rope for 90 seconds of active recovery
- **Single Leg Burpees** x 30 seconds
- Jump Rope for 90 seconds of active recovery
- **Mountain Climbers** x 30 seconds
- Jump Rope for 90 seconds of active recovery
- **Kettlebell Swings** x 30 seconds
- Jump Rope for 90 seconds of active recovery
- **Jumping Jacks** x 30 seconds
- Jump Rope for 90 seconds of active recovery
- **Single Leg Burpees** x 30 seconds

## WSFL Training 2.0 Weekly Schedules

**Sunday: Off/Active Recovery**

**Monday: WSFL 4x Zone  
Training**

**Tuesday: AM - Targeted Fat  
Loss Cardio. PM – Intervals**

**Wednesday: WSFL 4x Zone  
Training**

**Thursday: AM - Targeted Fat  
Loss Cardio. PM – Intervals**

**Friday: WSFL 4x Zone Training**

**Saturday: AM - Targeted Fat  
Loss Cardio. PM – Intervals**

## Wk 1. Day 2 - Tuesday

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### Metabolic Zone - AM

- **Kettlebell Swings** for 60 seconds
- Rest for 120 seconds
- **Burpees** for 60 seconds
- Rest for 120 seconds
- **Kettlebell Swings** for 60 seconds

Rest 5 minutes

### Body Fat Utilization Zone

20 minutes of moderate intensity cardiovascular activity.

*6-8 hrs Later*

### Metabolic Zone – PM

- **Running** for 120 seconds
- Walking for 60 seconds
- **Running** for 120 seconds
- Walking for 60 seconds
- **Running** for 120 seconds



## WSFL Training 2.0 Weekly Schedules

**Sunday: Off/Active Recovery**

**Monday: WSFL 4x Zone Training**

**Tuesday: AM - Targeted Fat Loss Cardio. PM – Intervals**

**Wednesday: WSFL 4x Zone Training**

**Thursday: AM - Targeted Fat Loss Cardio. PM – Intervals**

**Friday: WSFL 4x Zone Training**

**Saturday: AM - Targeted Fat Loss Cardio. PM – Intervals**

## Wk 1.Day 3 - Wednesday

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**Strength Zone** (90 seconds rest between sets. Alternate Exercises)

1. **Snatch Grip Deadlift: 2-3 sets 4-6 reps**
2. **Dumbbell or Barbell Bench Press: 2-3 sets 4-6 reps**

**Transition Zone** (60 seconds rest between sets. Alternate Exercises)

3. **Snatch Grip Deadlift: 3 sets 8-12 reps**
4. **Dumbbell or Barbell Bench Press: 2-3 sets 8-12 reps**

**Burn Zone** (No rest between A & B exercises. 60 seconds rest between A/B supersets)

**5A. Bulgarian Split Squat (Front Foot Elevated): 2-3 sets 12-15 reps (each leg)**

**5B. Standing Cable Row: 2-3 sets 12-15 reps**

**6A. Pull Throughs: 2-3 sets 12-15 reps**

**6B. Explosive Push Ups: 2-3 sets 12-15 reps**

## Metabolic Zone

- **Complete the following Exercise Circuit for 120 seconds**
  - Hop Scotch x 10 reps
  - Explosive Step Up x 10 reps
  - Plank Walk Ups x 10 reps
  - Squat Jump x 10 reps
- 120 seconds recovery
- **Complete the following Exercise Circuit for 120 seconds**
  - Hop Scotch x 10 reps
  - Explosive Step Up x 10 reps
  - Plank Walk Ups x 10 reps
  - Squat Jump x 10 reps
- 120 seconds recovery
- **Complete the following Exercise Circuit for 120 seconds**
  - Hop Scotch x 10 reps
  - Explosive Step Up x 10 reps
  - Plank Walk Ups x 10 reps
  - Squat Jump x 10 reps
- 120 seconds recovery

## WSFL Training 2.0 Weekly Schedules

**Sunday: Off/Active Recovery**

**Monday: WSFL 4x Zone Training**

**Tuesday: AM - Targeted Fat Loss Cardio. PM – Intervals**

**Wednesday: WSFL 4x Zone Training**

**Thursday: AM - Targeted Fat Loss Cardio. PM – Intervals**

**Friday: WSFL 4x Zone Training**

**Saturday: AM - Targeted Fat Loss Cardio. PM – Intervals**

## Wk 1. Day 4 - Thursday

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### Metabolic Zone - AM

- **Kettlebell Swings** for 60 seconds
- Rest for 120 seconds
- **Burpees** for 60 seconds
- Rest for 120 seconds
- **Kettlebell Swings** for 60 seconds

Rest 5 minutes

### Body Fat Utilization Zone

20 minutes of moderate intensity cardiovascular activity.

*6-8 hrs Later*

### Metabolic Zone – PM

- **Running** for 120 seconds
- Walking for 60 seconds
- **Running** for 120 seconds
- Walking for 60 seconds
- **Running** for 120 seconds

## WSFL Training 2.0 Weekly Schedules

**Sunday: Off/Active Recovery**

**Monday: WSFL 4x Zone  
Training**

**Tuesday: AM - Targeted Fat  
Loss Cardio. PM – Intervals**

**Wednesday: WSFL 4x Zone  
Training**

**Thursday: AM - Targeted Fat  
Loss Cardio. PM – Intervals**

**Friday: WSFL 4x Zone Training**

**Saturday: AM - Targeted Fat  
Loss Cardio. PM – Intervals**

## Wk 1.Day 5 - Friday

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**Strength Zone** (90 seconds rest between sets. Alternate Exercises)

1. **Front Squat: 2-3 sets 4-6 reps**
2. **Chins/Assistant Chins: 2-3 sets 4-6 reps**

**Transition Zone** (60 seconds rest between sets. Alternate Exercises)

3. **Front Squat: 3 sets 8-12 reps**
4. **Chins/Assistant Chins: 2-3 sets 4-6 reps**

**Burn Zone** (No rest between A & B exercises. 60 seconds rest between A/B supersets)

- 5A. **Step Ups: 2-3 sets 12-15 reps (each leg)**
- 5B. **Lat Pulldown: 2-3 sets 12-15 reps**
- 6A. **DB Squat (Heels Raised): 2-3 sets 12-15 reps**
- 6B. **Push Press: 2-3 sets 12-15 reps**

### Metabolic Zone

- **Lateral Step Out Squat** x 30 seconds
- Jump Rope for 90 seconds of active recovery
- **Alternating Step Up** x 30 seconds
- Jump Rope for 90 seconds of active recovery
- **Plant Walk-Ups** x 30 seconds
- Jump Rope for 90 seconds of active recovery
- **Burpees** x 30 seconds
- Jump Rope for 90 seconds of active recovery
- **Lateral Step Out Squat** x 30 seconds
- Jump Rope for 90 seconds of active recovery
- **Alternating Step Up** x 30 seconds

## WSFL Training 2.0 Weekly Schedules

**Sunday: Off/Active Recovery**

**Monday: WSFL 4x Zone Training**

**Tuesday: AM - Targeted Fat Loss Cardio. PM – Intervals**

**Wednesday: WSFL 4x Zone Training**

**Thursday: AM - Targeted Fat Loss Cardio. PM – Intervals**

**Friday: WSFL 4x Zone Training**

**Saturday: AM - Targeted Fat Loss Cardio. PM – Intervals**

## Wk 1. Day 6 - Saturday

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### Metabolic Zone - AM

- **Kettlebell Swings** for 60 seconds
- Rest for 120 seconds
- **Burpees** for 60 seconds
- Rest for 120 seconds
- **Kettlebell Swings** for 60 seconds

Rest 5 minutes

### Body Fat Utilization Zone

20 minutes of moderate intensity cardiovascular activity.

*6-8 hrs Later*

### Metabolic Zone – PM

- **Running** for 120 seconds
- Walking for 60 seconds
- **Running** for 120 seconds
- Walking for 60 seconds
- **Running** for 120 seconds

**WSFL Training 2.0**  
**Weekly Schedules**

**Sunday: Off/Active Recovery**

**Monday: WSFL 4x Zone  
Training**

**Tuesday: AM - Targeted Fat  
Loss Cardio. PM – Intervals**

**Wednesday: WSFL 4x Zone  
Training**

**Thursday: AM - Targeted Fat  
Loss Cardio. PM – Intervals**

**Friday: WSFL 4x Zone Training**

**Saturday: AM - Targeted Fat  
Loss Cardio. PM – Intervals**

## Wk 2. Day 7 - Sunday

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**Rest & Active Recovery**

## WSFL Training 2.0 Weekly Schedules

**Sunday: Off/Active Recovery**

**Monday: WSFL 4x Zone Training**

**Tuesday: AM - Targeted Fat Loss Cardio. PM – Intervals**

**Wednesday: WSFL 4x Zone Training**

**Thursday: AM - Targeted Fat Loss Cardio. PM – Intervals**

**Friday: WSFL 4x Zone Training**

**Saturday: AM - Targeted Fat Loss Cardio. PM – Intervals**

## Wk 2.Day 8 - Monday

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**Strength Zone** (90 seconds rest between sets. Alternate Exercises)

1. **Romanian Deadlift: 2-3 sets 4-6 reps**
2. **Military Press: 2-3 sets 4-6 reps**

**Transition Zone** (60 seconds rest between sets. Alternate Exercises)

3. **Romanian Deadlift: 3 sets 8-12 reps**
4. **Military Press: 2-3 sets 8-12 reps**

**Burn Zone** (No rest between A & B exercises. 60 seconds rest between A/B supersets)

**5A. Bulgarian Split Squat (Front Foot Elevated): 2-3 sets 12-15 reps (each leg)**

**5B. Standing Cable Row: 2-3 sets 12-15 reps**

**6A. Pull Throughs: 2-3 sets 12-15 reps**

**6B. Explosive Push Ups: 2-3 sets 12-15 reps**

## Metabolic Zone

- **Complete the following Exercise Circuit for 120 seconds**
  - **Hop Scotch x 10 reps**
  - **Explosive Step Up x 10 reps**
  - **Prone Step Offs (Feet On Swiss Ball) x 10 reps**
  - **Bodyweight Squat x 10 reps**
- 120 seconds recovery
- **Complete the following Exercise Circuit for 120 seconds**
  - **Hop Scotch x 10 reps**
  - **Explosive Step Up x 10 reps**
  - **Prone Step Offs (Feet On Swiss Ball) x 10 reps**
  - **Bodyweight Squat x 10 reps**
- 120 seconds recovery
- **Complete the following Exercise Circuit for 120 seconds**
  - **Hop Scotch x 10 reps**
  - **Explosive Step Up x 10 reps**
  - **Prone Step Offs (Feet On Swiss Ball) x 10 reps**
  - **Bodyweight Squat x 10 reps**
- 120 seconds recovery

## WSFL Training 2.0 Weekly Schedules

**Sunday: Off/Active Recovery**

**Monday: WSFL 4x Zone  
Training**

**Tuesday: AM - Targeted Fat  
Loss Cardio. PM – Intervals**

**Wednesday: WSFL 4x Zone  
Training**

**Thursday: AM - Targeted Fat  
Loss Cardio. PM – Intervals**

**Friday: WSFL 4x Zone Training**

**Saturday: AM - Targeted Fat  
Loss Cardio. PM – Intervals**

## Wk 2. Day 9 - Tuesday

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### Metabolic Zone - AM

- **Kettlebell Swings** for 60 seconds
- Rest for 120 seconds
- **Burpees** for 60 seconds
- Rest for 120 seconds
- **Kettlebell Swings** for 60 seconds
- Rest for 120 seconds
- **Burpees** for 60 seconds

Rest 5 minutes

### Body Fat Utilization Zone

20 minutes of moderate intensity cardiovascular activity.

**6-8 hrs Later**

### Metabolic Zone – PM

- **Running** for 120 seconds
- Walking for 60 seconds
- **Running** for 120 seconds
- Walking for 60 seconds
- **Running** for 120 seconds
- Walking for 60 seconds
- **Running** for 120 seconds

## WSFL Training 2.0 Weekly Schedules

**Sunday: Off/Active Recovery**

**Monday: WSFL 4x Zone Training**

**Tuesday: AM - Targeted Fat Loss Cardio. PM - Intervals**

**Wednesday: WSFL 4x Zone Training**

**Thursday: AM - Targeted Fat Loss Cardio. PM - Intervals**

**Friday: WSFL 4x Zone Training**

**Saturday: AM - Targeted Fat Loss Cardio. PM - Intervals**

## Wk 2.Day 10 - Wednesday

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**Strength Zone** (90 seconds rest between sets. Alternate Exercises)

1. **Squat: 2-3 sets 4-6 reps**
2. **Dumbbell or Cable Row: 2-3 sets 4-6 reps**

**Transition Zone** (60 seconds rest between sets. Alternate Exercises)

3. **Jump Squat: 3 sets 8-12 reps**
4. **Dumbbell or Cable Row: 2-3 sets 4-6 reps**

**Burn Zone** (No rest between A & B exercises. 60 seconds rest between A/B supersets)

- 5A. **Step Ups: 2-3 sets 12-15 reps (each leg)**
- 5B. **Lat Pulldown: 2-3 sets 12-15 reps**
- 6A. **DB Squat (Heels Raised): 2-3 sets 12-15 reps**
- 6B. **Push Press: 2-3 sets 12-15 reps**

### Metabolic Zone

- **Single Leg Burpees** x 30 seconds
- Jump Rope for 90 seconds of active recovery
- **Spiderman** x 30 seconds
- Jump Rope for 90 seconds of active recovery
- **Bodyweight Squat** x 30 seconds
- Jump Rope for 90 seconds of active recovery
- **Single Leg Burpees** x 30 seconds
- Jump Rope for 90 seconds of active recovery
- **Spiderman** x 30 seconds
- Jump Rope for 90 seconds of active recovery
- **Bodyweight Squat** x 30 seconds



## WSFL Training 2.0 Weekly Schedules

**Sunday: Off/Active Recovery**

**Monday: WSFL 4x Zone  
Training**

**Tuesday: AM - Targeted Fat  
Loss Cardio. PM – Intervals**

**Wednesday: WSFL 4x Zone  
Training**

**Thursday: AM - Targeted Fat  
Loss Cardio. PM – Intervals**

**Friday: WSFL 4x Zone Training**

**Saturday: AM - Targeted Fat  
Loss Cardio. PM – Intervals**

## Wk 2. Day 11 - Thursday

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### Metabolic Zone - AM

- **Kettlebell Swings** for 60 seconds
- Rest for 120 seconds
- **Burpees** for 60 seconds
- Rest for 120 seconds
- **Kettlebell Swings** for 60 seconds
- Rest for 120 seconds
- **Burpees** for 60 seconds

Rest 5 minutes

### Body Fat Utilization Zone

20 minutes of moderate intensity cardiovascular activity.

**6-8 hrs Later**

### Metabolic Zone – PM

- **Running** for 120 seconds
- Walking for 60 seconds
- **Running** for 120 seconds
- Walking for 60 seconds
- **Running** for 120 seconds
- Walking for 60 seconds
- **Running** for 120 seconds

## WSFL Training 2.0 Weekly Schedules

**Sunday: Off/Active Recovery**

**Monday: WSFL 4x Zone Training**

**Tuesday: AM - Targeted Fat Loss Cardio. PM – Intervals**

**Wednesday: WSFL 4x Zone Training**

**Thursday: AM - Targeted Fat Loss Cardio. PM – Intervals**

**Friday: WSFL 4x Zone Training**

**Saturday: AM - Targeted Fat Loss Cardio. PM – Intervals**

## Wk 2.Day 12 - Friday

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**Strength Zone** (90 seconds rest between sets. Alternate Exercises)

1. **Snatch Grip Deadlift: 2-3 sets 4-6 reps**
2. **Dumbbell or Barbell Bench Press: 2-3 sets 4-6 reps**

**Transition Zone** (60 seconds rest between sets. Alternate Exercises)

3. **Snatch Grip Deadlift: 3 sets 8-12 reps**
4. **Dumbbell or Barbell Bench Press: 2-3 sets 8-12 reps**

**Burn Zone** (No rest between A & B exercises. 60 seconds rest between A/B supersets)

**5A. Bulgarian Split Squat (Front Foot Elevated): 2-3 sets 12-15 reps (each leg)**

**5B. Standing Cable Row: 2-3 sets 12-15 reps**

**6A. Pull Throughs: 2-3 sets 12-15 reps**

**6B. Explosive Push Ups: 2-3 sets 12-15 reps**

## Metabolic Zone

- **Complete the following Exercise Circuit for 120 seconds**
  - **Lateral Ski Jump x 10 reps**
  - **Alternating Step Ups x 10 reps**
  - **Prone Step Offs (Feet On Swiss Ball) x 10 reps**
  - **Kettlebell Swing x 10 reps**
- 120 seconds recovery
- **Complete the following Exercise Circuit for 120 seconds**
  - **Lateral Ski Jump x 10 reps**
  - **Alternating Step Ups x 10 reps**
  - **Prone Step Offs (Feet On Swiss Ball) x 10 reps**
  - **Kettlebell Swing x 10 reps**
- 120 seconds recovery
- **Complete the following Exercise Circuit for 120 seconds**
  - **Lateral Ski Jump x 10 reps**
  - **Alternating Step Ups x 10 reps**
  - **Prone Step Offs (Feet On Swiss Ball) x 10 reps**
  - **Kettlebell Swing x 10 reps**
- 120 seconds recovery

## WSFL Training 2.0 Weekly Schedules

**Sunday: Off/Active Recovery**

**Monday: WSFL 4x Zone  
Training**

**Tuesday: AM - Targeted Fat  
Loss Cardio. PM – Intervals**

**Wednesday: WSFL 4x Zone  
Training**

**Thursday: AM - Targeted Fat  
Loss Cardio. PM – Intervals**

**Friday: WSFL 4x Zone Training**

**Saturday: AM - Targeted Fat  
Loss Cardio. PM – Intervals**

## Wk 2. Day 13 - Saturday

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### Metabolic Zone - AM

- **Kettlebell Swings** for 60 seconds
- Rest for 120 seconds
- **Burpees** for 60 seconds
- Rest for 120 seconds
- **Kettlebell Swings** for 60 seconds
- Rest for 120 seconds
- **Burpees** for 60 seconds

Rest 5 minutes

### Body Fat Utilization Zone

20 minutes of moderate intensity cardiovascular activity.

**6-8 hrs Later**

### Metabolic Zone – PM

- **Running** for 120 seconds
- Walking for 60 seconds
- **Running** for 120 seconds
- Walking for 60 seconds
- **Running** for 120 seconds
- Walking for 60 seconds
- **Running** for 120 seconds

**WSFL Training 2.0**  
**Weekly Schedules**

**Sunday: Off/Active Recovery**

**Monday: WSFL 4x Zone  
Training**

**Tuesday: AM - Targeted Fat  
Loss Cardio. PM – Intervals**

**Wednesday: WSFL 4x Zone  
Training**

**Thursday: AM - Targeted Fat  
Loss Cardio. PM – Intervals**

**Friday: WSFL 4x Zone Training**

**Saturday: AM - Targeted Fat  
Loss Cardio. PM – Intervals**

## Wk 3. Day 14 - Sunday

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**Rest & Active Recovery**

## WSFL Training 2.0 Weekly Schedules

**Sunday: Off/Active Recovery**

**Monday: WSFL 4x Zone Training**

**Tuesday: AM - Targeted Fat Loss Cardio. PM – Intervals**

**Wednesday: WSFL 4x Zone Training**

**Thursday: AM - Targeted Fat Loss Cardio. PM – Intervals**

**Friday: WSFL 4x Zone Training**

**Saturday: AM - Targeted Fat Loss Cardio. PM – Intervals**

## Wk 3.Day 15 - Monday

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**Strength Zone** (90 seconds rest between sets. Alternate Exercises)

1. **Front Squat: 2-3 sets 4-6 reps**
2. **Chins/Assistant Chins: 2-3 sets 4-6 reps**

**Transition Zone** (60 seconds rest between sets. Alternate Exercises)

3. **Front Squat: 3 sets 8-12 reps**
4. **Chins/Assistant Chins: 2-3 sets 4-6 reps**

**Burn Zone** (No rest between A & B exercises. 60 seconds rest between A/B supersets)

- 5A. **Step Ups: 2-3 sets 12-15 reps (each leg)**
- 5B. **Lat Pulldown: 2-3 sets 12-15 reps**
- 6A. **DB Squat (Heels Raised): 2-3 sets 12-15 reps**
- 6B. **Push Press: 2-3 sets 12-15 reps**

### Metabolic Zone

- **Explosive Step Up** x 30 seconds
- **Jumping Jacks** for 90 seconds of active recovery
- **Plant Walk-Ups** x 30 seconds
- **Jumping Jacks** for 90 seconds of active recovery
- **Kettlebell Single Arm Clean** x 30 seconds
- **Jumping Jacks** for 90 seconds of active recovery
- **Explosive Step Up** x 30 seconds
- **Jumping Jacks** for 90 seconds of active recovery
- **Plant Walk-Ups** x 30 seconds
- **Jumping Jacks** for 90 seconds of active recovery
- **Kettlebell Single Arm Clean** x 30 seconds

## WSFL Training 2.0 Weekly Schedules

**Sunday: Off/Active Recovery**

**Monday: WSFL 4x Zone  
Training**

**Tuesday: AM - Targeted Fat  
Loss Cardio. PM – Intervals**

**Wednesday: WSFL 4x Zone  
Training**

**Thursday: AM - Targeted Fat  
Loss Cardio. PM – Intervals**

**Friday: WSFL 4x Zone Training**

**Saturday: AM - Targeted Fat  
Loss Cardio. PM – Intervals**

## Wk 3. Day 16 - Tuesday

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### Metabolic Zone - AM

- **Kettlebell Swings** for 60 seconds
- Rest for 120 seconds
- **Burpees** for 60 seconds
- Rest for 120 seconds
- **Kettlebell Swings** for 60 seconds
- Rest for 120 seconds
- **Burpees** for 60 seconds
- Rest for 120 seconds
- **Kettlebell Swings** for 60 seconds

Rest 5 minutes

### Body Fat Utilization Zone

20 minutes of moderate intensity cardiovascular activity.

*6-8 hrs Later*

### Metabolic Zone – PM

- **Running** for 120 seconds
- Walking for 60 seconds
- **Running** for 120 seconds
- Walking for 60 seconds
- **Running** for 120 seconds
- Walking for 60 seconds
- **Running** for 120 seconds
- Walking for 60 seconds
- **Running** for 120 seconds

## WSFL Training 2.0 Weekly Schedules

**Sunday: Off/Active Recovery**

**Monday: WSFL 4x Zone Training**

**Tuesday: AM - Targeted Fat Loss Cardio. PM – Intervals**

**Wednesday: WSFL 4x Zone Training**

**Thursday: AM - Targeted Fat Loss Cardio. PM – Intervals**

**Friday: WSFL 4x Zone Training**

**Saturday: AM - Targeted Fat Loss Cardio. PM – Intervals**

## Wk 3.Day 17 - Wednesday

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**Strength Zone** (90 seconds rest between sets. Alternate Exercises)

1. **Romanian Deadlift: 2-3 sets 4-6 reps**
2. **Military Press: 2-3 sets 4-6 reps**

**Transition Zone** (60 seconds rest between sets. Alternate Exercises)

3. **Romanian Deadlift: 3 sets 8-12 reps**
4. **Military Press: 2-3 sets 8-12 reps**

**Burn Zone** (No rest between A & B exercises. 60 seconds rest between A/B supersets)

**5A. Bulgarian Split Squat (Front Foot Elevated):** 2-3 sets 12-15 reps (each leg)

**5B. Standing Cable Row:** 2-3 sets 12-15 reps

**6A. Pull Throughs:** 2-3 sets 12-15 reps

**6B. Explosive Push Ups:** 2-3 sets 12-15 reps

## Metabolic Zone

- **Complete the following Exercise Circuit for 120 seconds**
  - **Lateral Step-Out Squat Moving** x 10 reps
  - **Lunge Jumps** x 10 reps
  - **Prone Step Offs (Feet On Swiss Ball)** x 10 reps
  - **Squat Jumps** x 10 reps
- 120 seconds recovery
- **Complete the following Exercise Circuit for 120 seconds**
  - **Lateral Step-Out Squat Moving** x 10 reps
  - **Lunge Jumps** x 10 reps
  - **Prone Step Offs (Feet On Swiss Ball)** x 10 reps
  - **Squat Jumps** x 10 reps
- 120 seconds recovery
- **Complete the following Exercise Circuit for 120 seconds**
  - **Lateral Step-Out Squat Moving** x 10 reps
  - **Lunge Jumps** x 10 reps
  - **Prone Step Offs (Feet On Swiss Ball)** x 10 reps
  - **Squat Jumps** x 10 reps
- 120 seconds recovery

## WSFL Training 2.0 Weekly Schedules

**Sunday: Off/Active Recovery**

**Monday: WSFL 4x Zone  
Training**

**Tuesday: AM - Targeted Fat  
Loss Cardio. PM – Intervals**

**Wednesday: WSFL 4x Zone  
Training**

**Thursday: AM - Targeted Fat  
Loss Cardio. PM – Intervals**

**Friday: WSFL 4x Zone Training**

**Saturday: AM - Targeted Fat  
Loss Cardio. PM – Intervals**

## Wk 3. Day 18 - Thursday

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### Metabolic Zone - AM

- **Kettlebell Swings** for 60 seconds
- Rest for 120 seconds
- **Burpees** for 60 seconds
- Rest for 120 seconds
- **Kettlebell Swings** for 60 seconds
- Rest for 120 seconds
- **Burpees** for 60 seconds
- Rest for 120 seconds
- **Kettlebell Swings** for 60 seconds

Rest 5 minutes

### Body Fat Utilization Zone

20 minutes of moderate intensity cardiovascular activity.

*6-8 hrs Later*

### Metabolic Zone – PM

- **Running** for 120 seconds
- Walking for 60 seconds
- **Running** for 120 seconds
- Walking for 60 seconds
- **Running** for 120 seconds
- Walking for 60 seconds
- **Running** for 120 seconds
- Walking for 60 seconds
- **Running** for 120 seconds



## WSFL Training 2.0 Weekly Schedules

**Sunday: Off/Active Recovery**

**Monday: WSFL 4x Zone Training**

**Tuesday: AM - Targeted Fat Loss Cardio. PM - Intervals**

**Wednesday: WSFL 4x Zone Training**

**Thursday: AM - Targeted Fat Loss Cardio. PM - Intervals**

**Friday: WSFL 4x Zone Training**

**Saturday: AM - Targeted Fat Loss Cardio. PM - Intervals**

## Wk 3.Day 19 - Friday

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**Strength Zone** (90 seconds rest between sets. Alternate Exercises)

1. **Jump Squat: 2-3 sets 4-6 reps**
2. **Dumbbell or Cable Row: 2-3 sets 4-6 reps**

**Transition Zone** (60 seconds rest between sets. Alternate Exercises)

3. **Jump Squat: 3 sets 8-12 reps**
4. **Dumbbell or Cable Row: 2-3 sets 4-6 reps**

**Burn Zone** (No rest between A & B exercises. 60 seconds rest between A/B supersets)

- 5A. **Step Ups: 2-3 sets 12-15 reps (each leg)**
- 5B. **Lat Pulldown: 2-3 sets 12-15 reps**
- 6A. **DB Squat (Heels Raised): 2-3 sets 12-15 reps**
- 6B. **Push Press: 2-3 sets 12-15 reps**

### Metabolic Zone

- **Single Leg Burpees** x 30 seconds
- Jump Rope for 90 seconds of active recovery
- **Spiderman** x 30 seconds
- Jump Rope for 90 seconds of active recovery
- **Bodyweight Squat** x 30 seconds
- Jump Rope for 90 seconds of active recovery
- **Single Leg Burpees** x 30 seconds
- Jump Rope for 90 seconds of active recovery
- **Spiderman** x 30 seconds
- Jump Rope for 90 seconds of active recovery
- **Bodyweight Squat** x 30 seconds

## WSFL Training 2.0 Weekly Schedules

**Sunday: Off/Active Recovery**

**Monday: WSFL 4x Zone  
Training**

**Tuesday: AM - Targeted Fat  
Loss Cardio. PM – Intervals**

**Wednesday: WSFL 4x Zone  
Training**

**Thursday: AM - Targeted Fat  
Loss Cardio. PM – Intervals**

**Friday: WSFL 4x Zone Training**

**Saturday: AM - Targeted Fat  
Loss Cardio. PM – Intervals**

## Wk 3. Day 20 - Saturday

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### Metabolic Zone - AM

- **Kettlebell Swings** for 60 seconds
- Rest for 120 seconds
- **Burpees** for 60 seconds
- Rest for 120 seconds
- **Kettlebell Swings** for 60 seconds
- Rest for 120 seconds
- **Burpees** for 60 seconds
- Rest for 120 seconds
- **Kettlebell Swings** for 60 seconds

Rest 5 minutes

### Body Fat Utilization Zone

20 minutes of moderate intensity cardiovascular activity.

*6-8 hrs Later*

### Metabolic Zone – PM

- **Running** for 120 seconds
- Walking for 60 seconds
- **Running** for 120 seconds
- Walking for 60 seconds
- **Running** for 120 seconds
- Walking for 60 seconds
- **Running** for 120 seconds
- Walking for 60 seconds
- **Running** for 120 seconds

**WSFL Training 2.0**  
**Weekly Schedules**

**Sunday: Off/Active Recovery**

**Monday: WSFL 4x Zone  
Training**

**Tuesday: AM - Targeted Fat  
Loss Cardio. PM – Intervals**

**Wednesday: WSFL 4x Zone  
Training**

**Thursday: AM - Targeted Fat  
Loss Cardio. PM – Intervals**

**Friday: WSFL 4x Zone Training**

**Saturday: AM - Targeted Fat  
Loss Cardio. PM – Intervals**

## Wk 4. Day 21 - Sunday

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**Rest & Active Recovery**

## WSFL Training 2.0 Weekly Schedules

**Sunday: Off/Active Recovery**

**Monday: WSFL 4x Zone Training**

**Tuesday: AM - Targeted Fat Loss Cardio. PM – Intervals**

**Wednesday: WSFL 4x Zone Training**

**Thursday: AM - Targeted Fat Loss Cardio. PM – Intervals**

**Friday: WSFL 4x Zone Training**

**Saturday: AM - Targeted Fat Loss Cardio. PM – Intervals**

## Wk 4.Day 22 - Monday

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**Strength Zone** (90 seconds rest between sets. Alternate Exercises)

1. **Snatch Grip Deadlift: 2-3 sets 4-6 reps**
2. **Dumbbell or Barbell Bench Press: 2-3 sets 4-6 reps**

**Transition Zone** (60 seconds rest between sets. Alternate Exercises)

3. **Snatch Grip Deadlift: 3 sets 8-12 reps**
4. **Dumbbell or Barbell Bench Press: 2-3 sets 8-12 reps**

**Burn Zone** (No rest between A & B exercises. 60 seconds rest between A/B supersets)

**5A. Bulgarian Split Squat (Front Foot Elevated): 2-3 sets 12-15 reps (each leg)**

**5B. Standing Cable Row: 2-3 sets 12-15 reps**

**6A. Pull Throughs: 2-3 sets 12-15 reps**

**6B. Explosive Push Ups: 2-3 sets 12-15 reps**

## Metabolic Zone

- **Complete the following Exercise Circuit for 120 seconds**
  - **Hop Scotch x 10 reps**
  - **Explosive Step Ups x 10 reps**
  - **Hand Step Ups x 10 reps**
  - **Squat Jumps x 10 reps**
- **120 seconds recovery**
- **Complete the following Exercise Circuit for 120 seconds**
  - **Hop Scotch x 10 reps**
  - **Explosive Step Ups x 10 reps**
  - **Hand Step Ups x 10 reps**
  - **Squat Jumps x 10 reps**
- **120 seconds recovery**
- **Complete the following Exercise Circuit for 120 seconds**
  - **Hop Scotch x 10 reps**
  - **Explosive Step Ups x 10 reps**
  - **Hand Step Ups x 10 reps**
  - **Squat Jumps x 10 reps**
- **120 seconds recovery**



## WSFL Training 2.0 Weekly Schedules

**Sunday: Off/Active Recovery**

**Monday: WSFL 4x Zone Training**

**Tuesday: AM - Targeted Fat Loss Cardio. PM – Intervals**

**Wednesday: WSFL 4x Zone Training**

**Thursday: AM - Targeted Fat Loss Cardio. PM – Intervals**

**Friday: WSFL 4x Zone Training**

**Saturday: AM - Targeted Fat Loss Cardio. PM – Intervals**

## Wk 4.Day 24 - Wednesday

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**Strength Zone** (90 seconds rest between sets. Alternate Exercises)

1. **Front Squat: 2-3 sets 4-6 reps**
2. **Chins/Assistant Chins: 2-3 sets 4-6 reps**

**Transition Zone** (60 seconds rest between sets. Alternate Exercises)

3. **Front Squat: 3 sets 8-12 reps**
4. **Chins/Assistant Chins: 2-3 sets 4-6 reps**

**Burn Zone** (No rest between A & B exercises. 60 seconds rest between A/B supersets)

- 5A. **Step Ups: 2-3 sets 12-15 reps (each leg)**
- 5B. **Lat Pulldown: 2-3 sets 12-15 reps**
- 6A. **DB Squat (Heels Raised): 2-3 sets 12-15 reps**
- 6B. **Push Press: 2-3 sets 12-15 reps**

### Metabolic Zone

- **Single Leg Burpees** x 30 seconds
- Jumping Rope for 90 seconds of active recovery
- **Mountain Climber** x 30 seconds
- Jumping Rope for 90 seconds of active recovery
- **Bodyweight Squat** x 30 seconds
- Jumping Rope for 90 seconds of active recovery
- **Single Leg Burpees** x 30 seconds
- Jumping Rope for 90 seconds of active recovery
- **Mountain Climber** x 30 seconds
- Jumping Rope for 90 seconds of active recovery
- **Bodyweight Squat** x 30 seconds



## WSFL Training 2.0 Weekly Schedules

**Sunday: Off/Active Recovery**

**Monday: WSFL 4x Zone Training**

**Tuesday: AM - Targeted Fat Loss Cardio. PM – Intervals**

**Wednesday: WSFL 4x Zone Training**

**Thursday: AM - Targeted Fat Loss Cardio. PM – Intervals**

**Friday: WSFL 4x Zone Training**

**Saturday: AM - Targeted Fat Loss Cardio. PM – Intervals**

## Wk 4.Day 26 - Friday

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**Strength Zone** (90 seconds rest between sets. Alternate Exercises)

1. **Romanian Deadlift: 2-3 sets 4-6 reps**
2. **Military Press: 2-3 sets 4-6 reps**

**Transition Zone** (60 seconds rest between sets. Alternate Exercises)

3. **Romanian Deadlift: 3 sets 8-12 reps**
4. **Military Press: 2-3 sets 8-12 reps**

**Burn Zone** (No rest between A & B exercises. 60 seconds rest between A/B supersets)

**5A. Bulgarian Split Squat (Front Foot Elevated): 2-3 sets 12-15 reps (each leg)**

**5B. Standing Cable Row: 2-3 sets 12-15 reps**

**6A. Pull Throughs: 2-3 sets 12-15 reps**

**6B. Explosive Push Ups: 2-3 sets 12-15 reps**

## Metabolic Zone

- **Complete the following Exercise Circuit for 120 seconds**
  - **Lateral Step-Out Squat Moving x 10 reps**
  - **Alternating Step Ups x 10 reps**
  - **Plank Walk-Ups x 10 reps**
  - **Burpees x 10 reps**
- 120 seconds recovery
- **Complete the following Exercise Circuit for 120 seconds**
  - **Lateral Step-Out Squat Moving x 10 reps**
  - **Alternating Step Ups x 10 reps**
  - **Plank Walk-Ups x 10 reps**
  - **Burpees x 10 reps**
- 120 seconds recovery
- **Complete the following Exercise Circuit for 120 seconds**
  - **Lateral Step-Out Squat Moving x 10 reps**
  - **Alternating Step Ups x 10 reps**
  - **Plank Walk-Ups x 10 reps**
  - **Burpees x 10 reps**
- 120 seconds recovery





# Wk 4. Day 28 - Sunday

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**CONGRATULATIONS!!!!!!!!!!!!**

**You've Completed the Warp Speed Fat Loss 2.0 Program**

# Exercises & Descriptions

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## Military Press



How To: Stand with a dumbbell in each hand at shoulder height, palms facing forward. Your knees should be slightly bent, not locked, and your abs should be engaged. Movement: Extend your arms straight overhead and touch the dumbbells together at the top. Pause and lower the weights under control to the starting position.

## Standing Split Stance Cable Row



**How To:** Standing facing a high cable pulley with handles attached split your legs into a split stance with one foot in front of the other. Grasp the handles and position your body where your arms are extended and the weight is lifted just off the stack to start with.

**Movement:** Using your back muscles, squeezing your shoulder blades together, row the cable toward your body. Keep your elbows in close to you and your shoulders down. Pull it in as far as you can maintaining your form, pause, and then slowly lower the weight back to the starting position by slowly extending your arms resisting the load.

## Jump Squat



Stand erect with your feet slightly beyond shoulder width, toes pointed straight ahead or slightly out. Keeping your back stable in its natural curve and your weight on your heels, bend at the hips and knees to lower your glutes toward the floor. When your thighs are parallel to the floor, you've reached the start position.

Forcefully straighten your hips, knees and ankles in one explosive contraction, causing your feet to lose contact with the floor. Your objective is to get as high off the ground as possible. As your feet return to the floor and your toes make contact, absorb the shock by immediately returning to the low-squat position. Without pausing, repeat. (At first, you may need to stop briefly in the low-squat position to regain your balance and stability.)

When doing jump squats with a barbell, the bar should never lose contact with your traps. If it does, you risk injury. Also, don't try to go heavier than 40-50% of your one-rep max for the regular squat, because the resulting loss of rep speed will diminish the exercise's power-training properties.

The only difference between jump squats and explosive squats are that the jump squat is even further along towards the velocity end of the force-velocity curve. We are using less load, but we are moving faster and actually leaving the floor.

### 3 Point Dumbbell Row



How To: The “three points” refer to the three points of support – your two feet and one hand pressed against a bench. Begin standing with feet slightly wider than shoulder width. Grab a dumbbell in one hand and bend forward to approximately a 45 degree angle, head in neutral, knees bent to twenty degrees (this activates the iliotibial band and the gluteus maximus to provide much needed support for load sharing in the lower back) and place one hand on the bench for support. Simply row the DB towards your waist and then return to the start position.

***Coaching Tip: Make sure to keep your abs tight throughout the movement. Do not put your knee up on a bench.***

## Snatch Grip Deadlift



How To: Bar should be on the floor (a dead stop – hence the name). Grasp the bar with an overhand grip 1.5-2x the width of your shoulders, and place your shins against the bar – touching it. Bend your legs so that your thighs are slightly above parallel to the floor but keep your shoulders directly over, or preferably just slightly behind your hands on the bar. Keep your head in neutral alignment, but looking slightly upwards.

Keeping an arch in your lower back (imperative, as rounding the lower back prevents these muscles from activating properly), pull the bar straight off the floor and bring your hips forward. The bar should never leave contact with the body. The midpoint position has you standing fully erect. Think about pushing the earth away from you – like a jumping action rather than a lifting action. Lower the bar under control to the floor (by flexing the hips and then the knees) to complete the repetition.



## Lat Pulldown



How To: This is a lat pull down to the collarbone - try to keep the elbows under the wrists. Be sure to fully retract and depress the scapula during the exercise.

## Mixed Grip Chin Up



How To: Hang from the chin up bar with an alternating grip – one palm facing you, the other palm facing away from you. Maintaining a neutral torso (i.e. not rotating at all because of your grip) pull your self up by contracting your lats until your chest touches the bar). Chin ups are tough enough, but this grip forces the body to counter-rotate in order to stabilize the torso. This brings in that all important third plane of motion. Alternate grips each set for muscular balance.

If this exercise becomes too easy – add a dumbbell or plates with a chinning belt. If the exercise is too hard – perform pull downs.

***Coaching Tip: If you are having trouble completing all the necessary reps, then use a flex/resistance band to assist you as your muscles fatigue.***

## Romanian Deadlift



How To: Take a medium grip (about shoulder width) and commence in a standing position. Keep a tight arch in your lower back and keep it there. Lower the bar down by bending at the hips, not at the knees. Only flex forward as far as you can PRIOR to any rounding of the spine or posterior rotation of the hip. In the start, the knees should be slightly bent and remain exactly at that joint angle during the lift.

***Coaching Tip: As you begin this movement push your hips back and keep the natural curve in your back.***

## Step Ups



How To: Stand facing a bench. Place one foot on the bench and the other on the floor. Push through the bench foot and lift the body up. Do not allow the trailing leg to touch the bench. Lower under control, pause briefly at the bottom and repeat. Complete all reps for one side before changing legs. Start on a low step – look to increase the height of the step.

***Coaching Tip: As you get tired make sure now to push off with your down leg.***

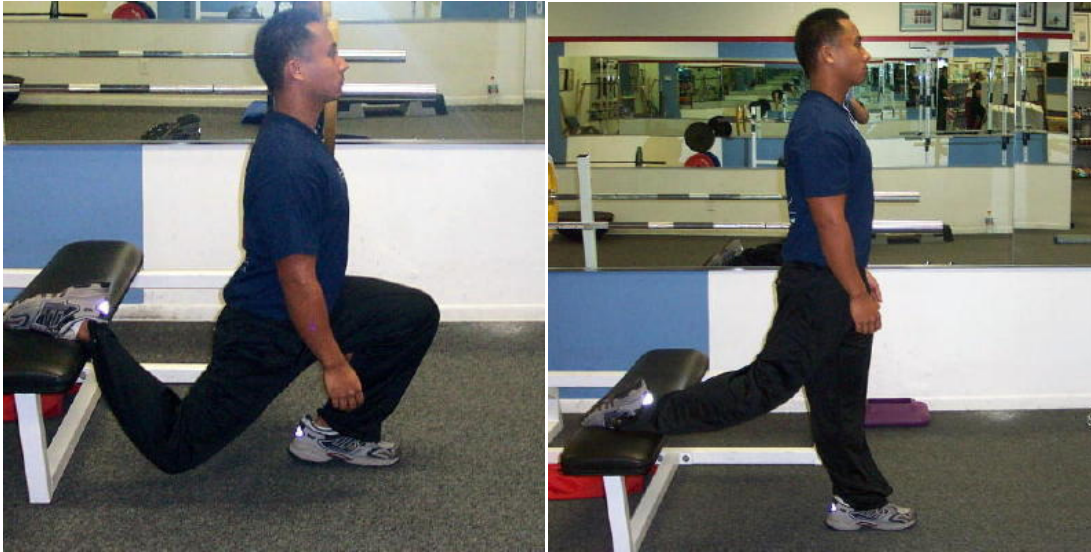
## Explosive Push Ups



How to: In a regular push up position, lower the body under control to one inch from the floor. From this position, push up as hard and as fast as you can, so your hands literally come off the floor. When you land, immediately drop into another repetition. Speed is of the essence here.



## Bulgarian Split Squats



How To: Perhaps the single most hated exercise in my training facility. It's so simple yet brutally effective that quite honestly I think it is a **MUST** for any serious training program. Start with a bench behind you. Facing away from the bench place one foot on the bench and one foot out about two to three feet in front of the bench. You will now be in a modified lunge position. With the bulk of your bodyweight on the front leg, bend your front knee until your thigh is below parallel and the knee of your trailing leg is grazing the floor. Pause in this position and then return to a fully upright stance. Repeat for the desired number of reps and then switch sides.

***Coaching Tip: In the Extreme training program you will put your front foot up on a block or plate to increase the range of motion.***



## Dumbbell Push Press



How To: Essentially a total body dumbbell overhead press. Begin standing with feet slightly wider than shoulder width with a dumbbell in each hand at shoulder height. Dip the body by bending the knees, hips and ankles slightly. Explosively drive upward with the legs, driving the dumbbells up off the shoulders, vigorously extending arms overhead. Lower the dumbbells to your shoulders and repeat.

***Coaching Tip: During this movement think to yourself 'dip and drive'***



## Dumbbell Press



How To: Lie on your back on a bench, with a DB in each hand, palms facing forward towards the feet. Push the dumbbells straight up until the arms are fully extended – have the DB's nearly touching in this top position. Lower down fully to the start position.

## Front Squats



How To: Place the bar as high on your neck as comfortable. Grip the bar with your hands as close to the shoulders as comfortable, and ensure that your elbows are pointing directly forward. The bar should be pressed against the throat. Use a foot stance that is shoulder width, and have your feet either straight or slightly externally rotated. Squat as deeply as you can without exceeding forty-five degree trunk flexion relative to vertical. Keep your knees equal distance apart during the lift. The concentric phase should mirror the eccentric phase exactly.

## Dumbbell Squats (Heels Raised – Not Shown In Picture)



How To: Use a foot stance that is shoulder width, and have your feet either straight or slightly externally rotated. Squat as deeply as you can, breaking from the hips first without exceeding forty-five degree trunk flexion relative to vertical. Keep your knees equal distance apart during the lift. The concentric phase should mirror the eccentric phase exactly.

***Coaching Tip: For increased difficulty slow your rep tempo and/or pause for 2 seconds at the bottom of each rep***

## Pull Throughs

