

**TBFK - TRAINING BODY FAT KILLER  
(HOW TO SCULPT YOUR BODY IN 6 WEEK)**



**Many people ask me; What is the best fat burning workout?**

**The answer is the following, a high intensity workout, which must be followed by a correct and healthy diet and the right recovery.**

**The high intensity TBFK (Training Body Fat Killer) training, as the name implies, was designed to put a strain on your endurance and test your level of training, has been structured by inserting the best exercises and intensive techniques with medium high repetitions and short recovery times for an optimal total training time.**

**This workout is designed to boost your metabolism and burn fat for energy, allowing you to burn calories for several hours after the end of the session, allowing you to then reduce fat mass promoting the development of the lean, sculpting your muscles week after week, I will never tire of reiterating that nutrition plays a key role as the only training without proper nutrition and recovery and completely ineffective. The training and subdivide in 5 days Monday, Tuesday, Thursday, Friday and Saturday the remaining days you will need to recover, alternatively the recovery can be active so you can do cardio low intensity 20/30 minutes.**

**Many will say but train almost every day at such a high intensity is not wrong? Nothing could be more false because TBFK lasts only 6 weeks is not a lifestyle to follow forever!**

**DAY 1: - CHEST**

<b>Exercise</b>	<b>Sets</b>	<b>Rep.</b>	<b>Rec.</b>	<b>Kg.</b>
<b>Warm-up Cyclette/Tapis 10'</b>				
<b>Exercises for Articular Mobility, Intra / Extra Omer Rotators.</b>	<b>2</b>	<b>10</b>	<b>60"</b>	
<b>Giant Sets: Push-Up Push-Up Smith Machine Bar Grade 1 Push-Up Smith Machine Bar Grade 2 (decrease the grip) Push-Up Smith Machine Close Grip Bar Grade 3 Push-Up Smith Machine Grip reverse Bar Grade 3</b>	<b>3</b>	<b>10</b>	<b>60"</b>	
<b>Giant Sets: Dumbbell Bench Press Dumbbell High Bench Press + Cross With Dumbbell In 2 Time (1 push + 1 cross)</b>	<b>4</b>	<b>12 10 10</b>	<b>60"</b>	
<b>Push-Up Cloack</b>	<b>3</b>		<b>60"</b>	
<b>Stripping: Crossover High Cable</b>	<b>4</b>	<b>6 8 10 max</b>	<b>60"</b>	
<b>Cyclette/Tapis 10' + Stretching.</b>				
<b>NOTE:</b>				
<b>THE WARM-UP SETS ARE NOT SIGNED BUT YOU HAVE DO IT BEFORE STARTING ANY EXERCISE.</b>				

**DAY 2: - BACK**

<b>Exercise</b>	<b>Sets</b>	<b>Rep.</b>	<b>Rec.</b>	<b>Kg.</b>
<b>Warm-up Cyclette/Tapis 10'</b>				
<b>Exercises for Articular Mobility, Intra / Extra Omer Rotators.</b>	<b>2</b>	<b>10</b>	<b>60"</b>	
<b>Reverse Row Smith Machine</b>	<b>3</b>	<b>12 10 Max</b>	<b>60"</b>	
<b>Giant Sets: Pull-Ups Low Pulley Dumbbell Back Raise 90°</b>	<b>3</b>	<b>12</b>	<b>60"</b>	
<b>Super Sets Row Single Hand High Cable Pull Down</b>	<b>3</b>	<b>12/15</b>	<b>30"</b>	
<b>Stripping Dumbbell Row</b>	<b>4</b>	<b>6/8/10/ max</b>		
<b>Cyclette/Tapis 10' + Stretching.</b>				
<b>NOTE:</b>				
<b>THE WARM-UP SETS ARE NOT SIGNED BUT YOU HAVE DO IT BEFORE STARTING ANY EXERCISE.</b>				

### DAY 3: - LEGS

<b>Exercise</b>	<b>Sets</b>	<b>Rep.</b>	<b>Rec.</b>	<b>Kg.</b>
<b>Warm-up Cyclette/Tapis 10'</b>				
<b>Exercises for Articular Mobility, Intra / Extra Omer Rotators.</b>	<b>2</b>	<b>10</b>	<b>60"</b>	
<b>Squat</b>	<b>4</b>	<b>12/15</b>	<b>60"</b>	
<b>Super Sets: Pistol Squat Romanian Deadlift</b>	<b>4</b>	<b>12/15</b>	<b>60"</b>	
<b>Super Sets Leg Extension Leg Curl Prone</b>	<b>4</b>	<b>12/15</b>	<b>60"</b>	
<b>Calf Leg Press (Neutral/Internal/External)</b>	<b>4</b>	<b>12/15</b>	<b>60"</b>	
<b>Cyclette/Tapis 10' + Stretching.</b>				
NOTE:				
<b>THE WARM-UP SETS ARE NOT SIGNED BUT YOU HAVE DO IT BEFORE STARTING ANY EXERCISE.</b>				

## DAY 4: - SHOULDER

Exercise	Sets	Rep.	Rec.	Kg.
<b>Warm-up Cyclette/Tapis 10'</b>				
<b>Exercises for Articular Mobility, Intra / Extra Omer Rotators.</b>	<b>2</b>	<b>10</b>	<b>60"</b>	
<b>Supersets: Dumbbell Lateral Raise In 2 Time Alternate (1 Complete + 1 with stop at 90°)</b>	<b>4</b>	<b>12/15</b>	<b>60"</b>	
<b>Super Sets Alternate: Military Press Front + Back (no extended complete the arms - TUT)</b>	<b>3</b>	<b>12/15</b>	<b>60"</b>	
<b>Super Sets T-Bar: Front Push Single Hand External Rotation With 2 Hand</b>	<b>3</b>	<b>12/15</b>	<b>60"</b>	
<b>Super Sets: EZ Front Raise Bench 45° Rear Delt</b>	<b>3</b>	<b>12/15</b>	<b>60"</b>	
<b>Cyclette/Tapis 10' + Stretching.</b>				
NOTE:				
<b>THE WARM-UP SETS ARE NOT SIGNED BUT YOU HAVE DO IT BEFORE STARTING ANY EXERCISE.</b>				

**DAY 5: - ARMS**

<b>Exercise</b>	<b>Sets</b>	<b>Rep.</b>	<b>Rec.</b>	<b>Kg.</b>
<b>Warm-up Cyclette/Tapis 10'</b>				
<b>Exercises for Articular Mobility, Intra / Extra Omer Rotators.</b>	<b>2</b>	<b>10</b>	<b>60"</b>	
<b>Super Sets: Bench Press Close Grip Curl EZ</b>	<b>4</b>	<b>12/15</b>	<b>60"</b>	
<b>Super Sets: Push Down Curl Low Cable</b>	<b>3</b>	<b>12/15</b>	<b>60"</b>	
<b>Stripping: Dip With Overload</b>	<b>4</b>	<b>6/8/10/ max</b>	<b>60"</b>	
<b>Super Sets: Front Extension With Rope Spider Curl EZ Bench 45°</b>	<b>3</b>	<b>12/15</b>	<b>60"</b>	
<b>Cyclette/Tapis 10' + Stretching.</b>				
NOTE:				
<b>THE WARM-UP SETS ARE NOT SIGNED BUT YOU HAVE DO IT BEFORE STARTING ANY EXERCISE.</b>				

## ABS CIRCUIT

<b>Exercise</b>	<b>Reps.</b>
<b>Crunch</b>	<b>10</b>
<b>Legs Raise</b>	<b>10</b>
<b>Russian Twist</b>	<b>10</b>
<b>V-Crunch</b>	<b>10</b>
<b>Reverse Crunch</b>	<b>10</b>
<b>Cyclette Crunch</b>	<b>10</b>
<b>Plank 60"</b>	

NOTE:

**REPEAT THE CIRCUIT ¾ TIME AT WEEK REC. 60" AFTER COMPLETE ALL EXERCISE WITHOUT PAUSE.**