



Chad Howse's

# **FAT** **BLAZING** **CHALLENGE**

# **The PowerHowse Fat Loss Challenge**

**with Chad Howse**  
**[ChadHowseFitness.com](http://ChadHowseFitness.com)**

# The Mission

We're going to accomplish one thing with this system: **burn as much fat as possible, in as little time as possible.**

Byproducts of this type of training will be improved strength, muscular endurance and maybe the most important: improved confidence.

## Confidence

**Isn't this why each of us are looking to transform our bodies by losing fat and toning our soft physiques?**

Improving our health is also a big motivation, but building confidence adds so much more to life than we could ever realize. I've been on both ends of the spectrum. **I've had a body that I wasn't all that confident in and I've built a body that I *am* confident with.**

When I was stuck with my skinny and flabby body, it wasn't so much that I was an unconfident guy. I was raised well, and I knew that I had a lot going for me even though I wasn't happy with how I looked.

What it *did* do was limit me in a number of areas. I wasn't confident when I was around the opposite sex, and as a result my dating life wasn't all that exciting. I was also hesitant to try new things, really give my all in new areas, and let my awesome personality come out (I'm not sure if it was all that awesome, but either way I was shy when I didn't need to be).

Confidence is one of the greatest things we can possess. It lets us be ourselves in our very best form, and that's going to be a huge benefit and addition to your life after you've finished this system.

You're going to burn fat like never before, get lean, shredded muscle, and all-in-all feel great about yourself and what you've accomplished.

Now let's get down to business:

## Quality vs Quantity

When many of us think of fat loss we immediately think of long runs and seemingly endless bouts of cardio. Or at least we *did*. I'm sure you've heard of **High Intensity Interval Training** (HIIT)? In short, the premise behind it is that intense bursts of exertion, followed by brief rest periods, results in greater *fat* loss and maintained muscle – and it's been shown to be more effective than longer, steady-state cardio routines.

So not only is HIIT more effective, but it also takes up less time and you end up getting better results in less time.

## A different spin

When we think fat loss, we also immediately think of cardio. The thing with cardio, is that it again isn't the best way to burn fat. Lifting weights – whether that is bodyweight or actual weights – is a far more effective way to train for fat loss than simply doing cardio. Combining the two is even more optimal, but for now let's talk about weight training.

When you hear the words “weight training” an image of a massive bodybuilder comes to mind. You think of big, hulking bodybuilder's with unattractive amounts of muscle. I hear this from women via email everyday – “I want to lose fat, but I don't want to build a ton of muscle – is there something I can do besides lifting weights to look more toned?”

The answer is simple: no.

You DON'T have to worry about building a ton of muscle ladies, you simply aren't eating enough, you don't have the right hormones, and in these workouts you're not going to be training in a manner that'll add massive amounts of muscle anyways.

We're going to be specifically training for fat loss, but through different methods that you're used to.

# Metabolism

**Dave's nutrition system** will help you in this area in a big way, but I'm going to take this one step further. We're going to add a bit of muscle – not too much by any means – and in turn lose fat. The more muscle you have, the higher your metabolism is because of the fact that your body now has to “feed” this muscle.

We're also going to be **focusing on brief but INTENSE training sessions that will spike your metabolism for up to 24 hours *after* you've worked out.** We're NOT going to be doing long, drawn out workouts that a. take forever, and b. give you round, soft-looking muscle.

**This means you'll be burning fat even after you have left the gym.**

What we're *also* focusing on is HIIT built into the workouts, not after them like you'll see in many training systems. We're going to focus on breaking down your body as much as possible in a short amount of time, then letting our bodies recover, and replenish, then repeat the cycle.

## The System

This system is surrounded around challenge-based workouts that are designed to give you the absolute best results you can possibly get in as little time as possible.

Challenge workouts are the ultimate in my mind. There aren't any scheduled rest periods, so the workouts can take as long or as little as it takes you to complete them. The better shape you're in, the faster they'll go by, which also means that the workouts will be getting shorter as you progress through the system.

## Blood Flow

You'll notice that typically bodybuilders will focus much of one session to one or two body parts. They'll get all of the blood-flow possible to this one area, break it down, then work on recovery, thus building bigger muscles.

**We'll be doing it a bit – or a lot – differently by alternating bigger muscle groups. For example:**

A set of push-ups will focus your body's blood flow to the chest, shoulders, and triceps. We'll follow this with a squat, which will bring the blood to the quads, gluts, and hamstrings. *Then* we'll bring it right back up to your lats and biceps with a pulling exercise like chin-ups.

This will help you burn more calories than you would by simply focusing on one muscle group at a time as your body needs more energy (or fuel) to be constantly changing focus and moving all of this blood from one large muscle group to another. This is *especially* prevalent when moving from a big upper body muscle, to a bit lower body muscle, then back up to a big upper body muscle group and so forth.

## Plateauing

You'll find that a lot of the time you'll get GREAT results when you first start a program, which will then tail off as you continue doing the same thing with each workout. Well, again, we're going to do things differently.

You're not going to be doing the same workouts for 3 weeks, even 1 week. We're going to consistently change the stress being placed on your body and continually pushing it to new heights and durations.

This means you're going to get great results in the first week, but also in the LAST.

## Fat Loss vs Weight Loss

You hear this all the time: "I want to lose x amount of pounds by this summer". I get what you're thinking, but bad way to go about it. "Weight" shouldn't be the focus of your transformation – which is what we're doing here, we're transforming our bodies to better reflect an ideal image of what we see ourselves looking like. "Fat loss" should be the definitive focus and end result.

You could technically lose weight but not build this ideal body-type. You could also lose *no* weight, but burn a ton of fat and add lean muscle and end up with your ideal body-type. Now, you're going to see the numbers on the scale drop because of the way you're going to be eating and the methods you're using in the gym – so don't worry. What I'm saying is, is that your focus should be on losing fat, not simply just dropping a few pounds.

## Intensity

What you put into each workout will be directly correlated with what you take out of it. You'll know if you're slacking on your workouts *and* if you're improving every time you're in the gym because of the fact that each workout is timed. You'll be able to look back to your last score, and say "holy shit" – either because you KILLED your last time, or completely slacked off.

These workouts will keep you true. They're tailor-made to help you succeed because of the challenge aspect and the progressions we're going to be using.

# Challenge Workouts

Here's the idea behind challenge-based workouts:

- 1. There are no scheduled rest periods, so, the faster you perform, the shorter the workouts are going to be.**
- 2. They're INTENSE; your HR (heart rate) will be spiked throughout the workout – meaning more calories burned in less time.**
- 3. Each workout is timed. This means you're going to be constantly competing against your last time. You'll be able to see your improvements after each workout you complete.**

## **What to do:**

Each workout will have an assigned rep count for each exercise. Your job is to complete every rep of each exercise in the order that they're given (while taking minimum rest periods). **The clock DOES NOT STOP until you have completed EVERY exercise on the list for their full rep count.**

However long it takes you to complete the full exercise is your score.

There is going to be 2 phases to the workout which will make it a 4-month challenge. The first phase includes 3 sessions a week, and the second includes 4 sessions each week.

Go through the first phase before you go through the second.

Base Exercises	Alternatives
<b>Upper body Pushes</b> Bench press     Military Press	Push-ups (any incline) Bench Press (any incline) Dips Close grip bench press  Lateral Raise Bent-over Lateral raise
<b>Upper body Pulls</b> Chin-ups     Curls    Upright Row	Cable lat pulldown Yates Row Inverted Row Bent-over Row Bodyweight Row Goblet Squat  Hammer Curl Barbell Curl Dumbbell Curl
<b>Lower Body Pushes</b> Squat	Squat Jumps Lunges Lunge-Jumps Hack Squat
<b>Lower Body Pulls</b> Deadlift	Hamstring Curls Romanian Deadlift

## Weights

For body weight exercises, obviously just use bodyweight. But if you're progressing through the program and your body weight isn't providing enough resistance, then make an adjustment to the routine by adding in a weighted exercise.

To keep the challenges fair, here are 3 weight categories you can use for each exercise (weights for exercises calculate for using a bar unless otherwise stated).



Exercise	Beginner	Intermediate	Advanced
<b>Squat</b> (including alternatives)	65 lbs	95lbs	185 bs
<b>Deadlift</b>	65 lbs	95 lbs	185 lbs
<b>Hamstring Curl</b>	30 lbs	50 lbs	70 lbs
<b>Bench Press</b>	45 lbs	95 lbs	155 lbs
<b>Miliary Press</b>	45 lbs	65 lbs	95 lbs
<b>Lateral Raise</b> (dumbbell)	10 lbs	20 lbs	30 lbs
<b>Lat Pulldown</b> (cable)	50 lbs	80 lbs	150 lbs
<b>Yates Row, Bent over Row, Inverted Row</b>	65 lbs	95 lbs	155 lbs
<b>Curls – dumbbell</b>	15 lbs	20 lbs	35 lbs
<b>- Barbell</b>	30 lbs	45 lbs	65 lbs

\*if you can't perform the weights described above, complete the exercises with just your bodyweight or drop the weight and build up to the weights being used above.

# The Workouts

<b>Workout 1</b>  1. Squats 2. Push-ups 3. Lunge Jumps 4. Chin-ups 5. Mountain Climbers 6. Hanging Leg Raise	<b>Workout 2</b>  1. Feet-elevated push-ups 2. Goblet Squat 3. Bent-over Row 4. Hamstring Curls 5. Burpees 6. Decline Sit-up	<b>Workout 3</b>  1. Squats 2. Squat Jumps 3. Military Press 4. Lateral Raise 5. Decline sit-ups 6. Hanging Leg Raise 7. Box Jumps 8. Inverted Row
<b>Workout 4</b>  1. High knee's – 60 seconds 2. Squat Jumps 3. Bench Press 4. Inverted Row 5. Goblet Squat 6. Lateral Raise 7. Plank – 60 seconds 8. Leg Raise	<b>Workout 5</b>  1. Mountain Climbers 2. Box jumps 3. Abs roll-outs 4. Burpees 5. Military Press 6. Bent over Row	<b>Workout 6</b>  1. Feet Elevated Push-up (or inclined bench press) 2. Bodyweight Row 3. Lunges 4. Box Jumps 5. Curls 6. Lateral Raise 7. Mountain Climbers 8. Bicycle (abs)

# Month 1 and 3 Schedule

## Phase 1

	Day 1	Day 2	Day 3
<b>Week 1</b>	Workout 1 – 30 reps each exercise	Workout 2 – 30 reps each exercise	Workout 3 – 30 reps each exercise
<b>Week 2</b>	Workout 5 – 30 reps each exercise	Workout 6 – 30 reps each exercise	Workout 1 – 30 reps each exercise
<b>Week 3</b>	Workout 3 – 40 reps each exercise	Workout 4 – 40 reps each exercise	Workout 2 – 40 reps each exercise
<b>Week 4</b>	Workout 4 – 40 reps each exercise	Workout 5 – 40 reps each exercise	Workout 6 – 40 reps each exercise

## Phase 2

	Day 1	Day 2	Day 3	Day 4
<b>Week 1</b>	Workout 1 – 30 reps each exercise	Workout 2 – 30 reps each exercise	Workout 3 – 30 reps each exercise	Workout 4 – 30 reps each exercise
<b>Week 2</b>	Workout 5 – 30 reps each exercise	Workout 6 – 30 reps each exercise	Workout 1 – 30 reps each exercise	Workout 2 – 30 reps each exercise
<b>Week 3</b>	Workout 3 – 40 reps each exercise	Workout 4 – 40 reps each exercise	Workout 5 – 40 reps each exercise	Workout 6 – 40 reps each exercise
<b>Week 4</b>	Workout 4 – 40 reps each exercise	Workout 5 – 40 reps each exercise	Workout 3 – 40 reps each exercise	Workout 6 – 40 reps each exercise

Scores	30 reps	40 reps
Workout 1	First: Last:	First: Last:
Workout 2	First: Last:	First: Last:
Workout 3	First: Last:	First: Last:
Workout 4	First: Last:	First: Last:
Workout 5	First: Last:	First: Last:
Workout 6	First: Last:	First: Last:

## Month 2 and 4 schedule

### Phase 1

	Day 1	Day 2	Day 3
<b>Week 1</b>	Workout 1 – 50 reps each exercise	Workout 2 – 40 reps each exercise	Workout 3 – 50 reps each exercise
<b>Week 2</b>	Workout 5 – 50 reps each exercise	Workout 6 – 40 reps each exercise	Workout 1 – 50 reps each exercise
<b>Week 3</b>	Workout 3 – 50 reps each exercise	Workout 4 – 40 reps each exercise	Workout 2 – 50 reps each exercise
<b>Week 4</b>	Workout 4 – 50 reps each exercise	Workout 5 – 40 reps each exercise	Workout 6 – 50 reps each exercise

### Phase 2

	Day 1	Day 2	Day 3	Day 4
<b>Week 1</b>	Workout 1 – 50 reps each exercise	Workout 2 – 40 reps each exercise	Workout 3 – 50 reps each exercise	Workout 4 – 40 reps each exercise
<b>Week 2</b>	Workout 5 – 50 reps each exercise	Workout 6 – 40 reps each exercise	Workout 1 – 50 reps each exercise	Workout 2 – 40 reps each exercise
<b>Week 3</b>	Workout 3 – 50 reps each exercise	Workout 4 – 40 reps each exercise	Workout 5 – 50 reps each exercise	Workout 6 – 40 reps each exercise
<b>Week 4</b>	Workout 4 – 50 reps each exercise	Workout 5 – 40 reps each exercise	Workout 3 – 50 reps each exercise	Workout 6 – 40 reps each exercise

Scores	60 reps	50 reps
Workout 1	First: Last:	First: Last:
Workout 2	First: Last:	First: Last:
Workout 3	First: Last:	First: Last:
Workout 4	First: Last:	First: Last:
Workout 5	First: Last:	First: Last:
Workout 6	First: Last:	First: Last:

*If you have any questions feel free to contact me via email at [chad@chadhowse.com](mailto:chad@chadhowse.com) and I'd be glad to help.*

*Remember to keep track of your scores throughout the 4 month challenge so you can see your progress.*