
The 10-3-X Workout Program

*******Special Report*******

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Bonus Report: The 10-3-X Workout Program



The right diet program can help you lose fat.

An aggressive diet program can help you punch fat in the face.

But paired with the right workout program and you can actually murder fat cells.

That's not hype. Here's

the science:

When you GAIN fat, your body does two things:

First, your body will store some excess fat in your existing fat cells. But if you continue to keep getting fatter, your body is forced to create new fat cells.

This is BAD as once you have these new fat cells, they are nearly impossible to get rid of. When you lose fat by dieting or cardio, your fat cells SHRINK... but they don't go away.

Unless you employ a certain trick that actually KILLS fat cell.

The death of fat cells is called apoptosis.

New research shows that RESISTANCE TRAINING actually triggers apoptosis.

Often times I'll hear someone say they want to join a gym but not until AFTER they've lost 20 pounds. Or just the other day I heard a guy at the gym say he's already lost 35 pounds from doing only cardio and that once he'd lost 50 pounds THAN he was going to start lifting weights.

But this is completely ass-backwards. Do not even attempt to lose weight unless you're doing some kind of resistance training along with your diet.

For starters, resistance training helps preserve muscle. But it also helps to kill fat cells so trying to lose fat without resistance training means you're just setting yourself up to gain it all back.

High Reps For Cuts?

40 years ago, bodybuilders believed that you should use higher rep ranges and shorter rest periods to get lean.

But science has come a long way and we now know the exact OPPOSITE is actually more effective for getting lean.



Heavier weights and lower reps are the ticket to getting lean quickly. Maybe you've seen this picture of Olympic weightlifter Ivan Stoisov.

As you can see, the dude is ripped. But he didn't get that way with high reps and light weights. Olympic weightlifters almost never do more than 3 REPs on any given exercise!

That's why the 10-3-X workout program is solid gold for fat loss.

The basis of this program involves doing 10 sets of 3 reps of a main exercise per day. Not only does this provide enough volume to help you build and maintain muscle, but it also sets the stage for massive amounts of apoptosis – the death of fat cells.

After the 10 sets of 3 on the primary exercise of the day, you'll do some extra (Hence, the "X") assistance work.

Here is the program. You should adjust warm-ups, cool-downs, stretching and rest periods as you see fit. Perform ab work after each workout or on your off days.

The 10-3-X Workout Program

Monday:

Any Compound Leg Exercise: 10 sets of 3 reps. (same weight for all 10 sets. When you can accomplish all 10 sets of 3 reps easily, increase the weight by 5-10 pounds next time.)

Acceptable Leg Exercises: Squats, front squats, goblet squats, leg press, leg press machine.

Standing Barbell Curl: 4 sets of 8 reps. (same weight for all sets.)

Barbell Row: 4 sets of 8 reps. (same weight for all sets.)

Lat Pulldown: 4 sets of 8 reps. (same weight for all sets.)

Seated Incline Dumbbell Curl: 4 sets of 8 reps.

Wednesday:

Bench Press: 10 sets of 3. (same weight for all 10 sets. Can sub this for close-grip bench press, weighted dips or chest press machine.)

Leg Extension: 4 sets of 8 reps (same weight for all sets.)

Leg Curl: 4 sets of 8 reps (same weight for all sets.)

Calf Exercise (your choice): 4 sets of 8 reps (same weight for all sets.)

Friday:

Chins: (Use additional weight if you're strong enough. Or just use bodyweight or do assisted chins. Can sub lat pulldown machine.) 10 sets of 3 reps.

Shoulder Press: 4 sets of 8 reps (same weight for all sets.)

Triceps Push-down: 4 sets of 8 reps.

Dumbbell Side Laterals: 4 sets of 8 reps.

Standing 2-Handed Overhead DB Triceps Extensions: 4 sets of 8 reps.

There you have it – a simple workout that takes less than 3 hours out of your week but can make you lean & fit.

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Medical Stuff

The information and workout procedures provided in this guide are very intense and should not be attempted by anyone unless a doctor has cleared you for such an intense workout.

If you have any existing health problems that would prohibit you from taking part in any of these activities, you should refrain.

As always, you should clear this program with your doctor before you begin.