

Bodyweight Density Workout – Final Phase Fat Loss Bonus for ALL of Joel Marion’s subscribers (because he’s cool).

Because Joel is one of my best friends, when he asked me to put together a Final Phase Fat Loss bodyweight workout just for his subscribers and customers (at no cost), I gladly said yes. Pretty cool, huh? Well, that’s because WE’RE cool (and so are you) 😊

Below is a bonus bodyweight density workout based on the principles of Final Phase Fat Loss. One of the most common questions I get regarding FPFL is, “can this be done at home, with no equipment?” And the answer is, “YES.”

You see, while the workouts featured in Final Phase Fat Loss are absolutely top notch, it’s the **concepts** upon which those workouts are based that make them so incredibly effective.

In this case, we’re talking about the concept of training density, which can be described as the amount of work you do in a given time period.

Using the proven set-up of non-competing circuits, we apply the concept of increase density each set.

Rather than focus on a specific number of reps, each set is performed for TIME. You record the number of reps you complete in that time frame, and then move on to the next exercise in the circuit. When you come back to that circuit, you aim to do MORE REPS for each exercise.

Although it seems like this would not be possible because of fatigue, in almost all cases you’ll be able to achieve the goal. This is because the first set acts as a *primer*—it gets your muscles and your nervous system prepared for more output the second set.

Due to neural activation and neuromuscular junction, your second set is more productive than your first, and you’ll actually be able to exceed your previous workload. This is exceptional for fat loss in the general sense, but ALSO happens to increase the production of testosterone—which will help fight against stubborn lower body fat.

More importantly, density based training increases your overall work capacity as well as your neurological efficiency, which will have implications for increased strength and lean body mass down the line.

And the best part is—no equipment needed!

Enjoy it!

Roman

P.S. If you have yet to pick up the full version of [Final Phase Fat Loss](#), (including all 16 Density, Strength, Lactic Acid, and Dynamic workouts) you can still **save \$60** for a limited time as a “Friend of Joel Marion” [HERE](#).

Workout Set A

Set-up: Perform A1 for as many reps as possible during the prescribed work duration, then rest for the prescribed rest period, recording your reps. After this, perform A2 for as many reps as possible during the prescribed work duration, then rest for the prescribed rest period, recording your reps. Continue this pattern for all exercises. Rest 90s and repeat. For your SECOND circuit, REPEAT the exercises, trying to EXCEED your number of reps from the previous set. After your second circuit, rest 120s and proceed to circuit B.

Exercise	Duration	Rest
A1) Push-up or Knee Push-up	30 seconds	10 seconds
A2) Alternating Lateral Lunges	45 seconds	20 seconds
A3) Superman Contraction	30 seconds	30 seconds
A4) Hand Walkouts from Knees or Toes	60 seconds	Rest 90 seconds and repeat circuit

After your last circuit, rest 120 seconds and proceed to...

Click on the Exercise to View a Video Demo

Workout Set B

Set-up: Perform B1 for as many reps as possible during the prescribed work duration, then rest for the prescribed rest period, recording your reps. After this, perform B2 for as many reps as possible during the prescribed work duration, then rest for the prescribed rest period, recording your reps. Continue this pattern for all exercises. Rest 90s and repeat. For your SECOND circuit, REPEAT the exercises, trying to EXCEED your number of reps from the previous set.

Exercise	Duration	Rest
B1) Bulgarian Split Squat	45 seconds	30 seconds
B2) Lying Garhammer Raise	40 seconds	25 seconds
B3) Lying Hip Raise (1 leg at a time)	20 seconds per leg	5 seconds between leg, 15 seconds after set
B4) Mountain Climbers	40 seconds	45 seconds
B5) Dips (bend leg to decrease difficulty)	30 seconds	Rest 90 seconds and repeat circuit

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