



TRAINING PROTOCOL

8-WEEK FAT LOSS PROTOCOL

5 days / week · Resistance + Conditioning · Intermediate

— Overview

A five-day resistance and conditioning plan built to hold onto muscle while a calorie deficit does the fat loss. Training volume stays high, rest periods stay short, and structured conditioning is layered on top to raise weekly energy output without burning you out.

8

Weeks

5×

Sessions per week

8–15

Working rep range

2–3

Conditioning / wk

— How to run it

- Run this alongside a moderate calorie deficit. The training preserves muscle; the deficit drives the fat loss.
- Keep rest to 45–75 seconds on most lifts to hold the density and heart rate up.
- **Conditioning** is built into Days 3 and 5. Add one optional easy walk on a rest day if recovery allows.
- Push the weights hard. In a deficit the goal is to keep your strength, not chase new maxes.

— The Weekly Split

Five sessions across the week, two of them ending in conditioning. Keep the pace up and the rest short.

DAY 1**UPPER**

· Push / pull volume

EXERCISE	SETS × REPS	REST
Incline Dumbbell Press	4 × 8–10	75 sec
Lat Pulldown	4 × 10–12	75 sec
Seated Shoulder Press	3 × 10–12	60 sec
Chest-Supported Row	3 × 10–12	60 sec
Curl / Pushdown (superset)	3 × 12–15	45 sec
Cable Lateral Raise	3 × 15–20	45 sec



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DAY 2 LOWER · Legs + core

EXERCISE	SETS × REPS	REST
Back Squat	4 × 8–10	90 sec
Romanian Deadlift	3 × 10–12	75 sec
Walking Lunge	3 × 12 / leg	60 sec
Seated Leg Curl	3 × 12–15	45 sec
Standing Calf Raise	4 × 12–15	45 sec
Hanging Leg Raise	3 × 12–15	45 sec

DAY 3 PUSH + CONDITIONING · Metabolic

EXERCISE	SETS × REPS	REST
Flat Dumbbell Press	4 × 10–12	60 sec
Machine Shoulder Press	3 × 12–15	60 sec
Cable Fly	3 × 15	45 sec
Rope Triceps Pushdown	3 × 15–20	45 sec
Intervals (bike or row, 30s hard / 60s easy)	10 rounds	—
Easy Cool-Down	5–8 min	—



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DAY 4 PULL · Back + arms

EXERCISE	SETS × REPS	REST
Pull-Up (weighted or assisted)	4 × 8–10	75 sec
Seated Cable Row	4 × 10–12	60 sec
Rear-Delt Fly	3 × 15–20	45 sec
Face Pull	3 × 15–20	45 sec
EZ-Bar Curl	3 × 12–15	45 sec
Hammer Curl	3 × 12–15	45 sec

DAY 5 FULL BODY + CONDITIONING · Circuit

EXERCISE	SETS × REPS	REST
Goblet Squat	3 × 12–15	45 sec
Push-Up	3 × AMRAP	45 sec
Dumbbell Row	3 × 12–15	45 sec
Kettlebell Swing	3 × 15–20	45 sec
Steady Cardio (incline walk or row)	20–25 min	—
Core Circuit	3 rounds	45 sec

Phase Progression

Eight weeks in three short phases. As the deficit deepens, density goes up while the loads hold.

Phase	Weeks	Focus	Adjustment
Ramp	1–3	Groove the split, set your baselines	Full rest as written
Build	4–6	Add a set or reps to the main lifts	Trim rest by 10–15 sec
Push	7–8	Highest density, add a conditioning finisher	Shortest rest, +1 interval round



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— Progression Rules

- As the deficit deepens, prioritise keeping the weight on your main lifts even if reps dip slightly. That is the muscle-preservation signal.
- If a session feels flat, cut it to the first three exercises and the conditioning rather than skipping it entirely.
- Steps matter. Aim for a daily step target on top of the sessions, it is the most sustainable fat-loss lever.
- If you continue past Week 8, deload first: halve the sets and drop conditioning to one easy session for a week.

Fuel the work. Even in a deficit, keep protein high and time most of your carbohydrates around training. Sleep is non-negotiable for holding muscle while losing fat.

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