

# THE FINAL FAT LOSS PROGRAM

*Achieve your leanest body ever while staying happy and healthy.*



lozlife.com



# LOZ ANTONENKO

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## ABOUT ME

*"As a Healthy Habit Coach, I help you identify your poor lifestyle habits and teach you to replace them with healthier ones"*

Do you lack energy? Are the challenges of life getting you down? Have you smashed your own weight-loss journey, only to find that you've put it all back on, and then some? Do you feel like you're stuck in a rut? Are your values, goals and actions misaligned with the direction of your current life trajectory?

If you're ready to make the best decision yet to level up your life, it is no coincidence that you're reading this right now! My name is Loz and I have once been where you currently are. Overweight, under-energised and generally feeling lost within the chaos of my life, I struggled to create abundance despite being surrounded by it. As a Healthy Habit Coach, I help you identify your poor lifestyle habits and teach you to replace them with healthier ones.





# ACTION PLAN



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## WELCOME

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### **PRIMARY GOAL: Achieve your lowest level of body fat.**

Welcome to the Final Fat Loss (FFL) Program. If you are looking to take your body fat level to its lowest point while staying healthy and happy, then this program is for you.

Within this complete program you will find the key information and resources that you will need for sustainable and realistic weekly fat loss. Apply this and stay consistent to it and you will achieve great results.

It's important to note that this program is not for beginners. It is for those who have already achieved a healthy level of body fat and are experienced weight trainers. You know how to push your body, its limits and what it really needs.

If you are just starting out on your fat loss journey, I highly recommend my Starting Fat Loss (SFL) program instead.

Below you will find some further details on what to consider during this first phase.

## NUTRITION

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Fat loss is not about boring and bland meal plans. It is about how much you are eating on a consistent basis. Therefore our primary goal for this first phase is to calculate how many calories you need to consume daily. We also know the importance of how your daily protein, carbohydrate and fat intake are too, so that must be calculated before starting. You will find more info on how to do this soon.

The meal planner below is to provide you a basic structure and an ideal template to follow. Use the suggested meals from it to create great tasting food every day. You don't need to eat every meal suggested on this plan, it's simply a template for you to use to guide your daily decisions and choices.

Make sure you create great tasting, varied and nutritious meals. Don't just eat a plain chicken breast with some boring veg, spice it up and get creative with it all. You know you have got this right when you actually look forward to your meals and enjoy eating.

## In summary:

1. Calculate your personalized calorie and macronutrient intake (see below)
2. Aim to be within 5% of your recommended macronutrient breakdown and calorie intake daily
3. Use a food tracker such as [www.MyFitnessPal.com](http://www.MyFitnessPal.com) to record and track accurately

## TRAINING

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Your FFL training program has been created to optimize fat burning from your exercise efforts. It's also important to focus on lean muscle retention at this point of your diet too.

Therefore you will find a detailed training program that consists of a number of advanced weight training plans and high intensity exercises.

Exercise is simply a tool to aid fat loss when following a reduced calorie diet. Weight training is a very effective tool for burning calories and thus body fat, so it is the cornerstone to this program.

You shouldn't be weight training daily, so you will also need to

do some further lower and high intensity exercise on your non-weight training days. The ideal is some walking, cycling or sprinting.

In this program you will find a training planner, which outlines an ideal template for the suggested workouts. Just like with the nutrition plan this doesn't need to set in stone for your success. It can and likely should be adjusted to suit your routine and schedule.

You can therefore complete this exercise at any time of the day and the only rule to exercising for fat loss is... just get it done!

## LIFESTYLE

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Lifestyle factors are hugely important at any stage of fat loss. However I truly believe they become even more important when seeking the lowest levels of body fat possible.

Achieving your lowest level of body fat isn't just about nailing your nutrition and training daily. It's also about being very consistent to a balanced and healthy lifestyle.

This means you will have to make some short-term sacrifices if you truly want to achieve your goals. This is the reason why not everyone is as lean as they'd like to be.



The first lifestyle priority is balancing the intense training routine and lower calorie diet with optimal recovery and rest. This means getting at least 8 hours of quality sleep per night and finding some down time each day to rest and de-stress.

Staying up late, skipping workouts and missing meals will not result in you achieving your lowest levels of body fat possible. If you have a lot of projects or stress in your life currently, again this program may not be the best option for you right now.

You may also want to consider some advanced recovery techniques such as foam rolling, Epsom salt baths and low intensity walking. All of these tools can play an important role in managing a more aggressive fat loss template that you will find here.

Essentially, anything that is likely to hold you back from your goals at this stage, likely will. Assess what these might be, how you can reduce them and then get to work.

## CALCULATE YOUR CALORIE & MACRONUTRIENT INTAKE

The key factor to ensuring you achieve fat loss on this program is creating a daily calorie deficit i.e. you start eating less than your body needs.

Ideally this deficit should be as small as possible, to ensure your performance and health remains high over the course of this program. It will also reduce cravings and hunger levels.

If you've completed the Starting Fat Loss program you will be familiar with what you need to do here, and likely know your current starting point. If not, by taking some time now to use the information and calculator below to determine your ideal starting point, you're creating an effective yet sustainable process over the coming months to your goals.

***Do not skip this step!!***

*It is the critical component to personalizing this program for your exact needs and goals. Please read all of the information on the below website and use the in-built calculator to determine the ideal starting point for you.*

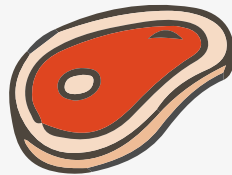


[CALORIE AND MACRONUTRIENT CALCULATOR >>](#)

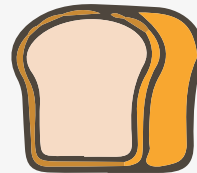
## MY CALCULATED MACRONUTRIENT BREAKDOWN



**KCAL PER DAY**



**PROTEIN**



**CARBOHYDRATES**



**FATS**

Using this template you ideally want to see a loss of around 0.5kg in weight each week on the scales. You may also see changes to your other measurements.

At this stage of your fat loss goals it's also important to keep track of your progress pictures, as scale weight can become misleading, as it's already low. So be sure to take some good quality full body pictures every 4 weeks too.

It's important to track your food intake for 3-5 days prior to changing anything. That's so you can compare your existing calorie and macronutrient intake to your suggested one here. If you are only a few hundred calories away from your recommended intake, then feel free to transition onto this when are ready to start.

If you find you are already under eating well below (600+ kcals) the calorie recommendations from this calculation yet are seeing no weekly progress, then you should slowly increase your food intake (by approx. 200 kcals per week) until you reach the desired starting point.

## RE-FEEDS

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With time, a low carb or calorie diet can lead to a reduction in metabolic rate, thyroid hormone output, sympathetic nervous system activity, reproductive hormones (testosterone and estrogen) and much more. This is when the inclusion of a planned and structured 're-feed' (classically known as a cheat meal) can be of benefit.

A re-feed meal or day should be put in place when following this program. It will provide the body a break from reduced calorie intake and reduce any fat loss plateaus. It can also provide you with a short mental break and offer increased variety to the diet.

### **Here are some pointers when setting up a re-feed during fat loss:**

A re-feed meal should be a day on which you eat above maintenance level in calories. I recommend keeping your calorie intake on these days to roughly 1.5-2 times what you're eating on your fat loss plan. For example, if you're eating 2000kcals per day for fat loss, don't go above 4000kcals for a re-feed.



The re-feed should be kept to one 24-hour period and then normal dieting continues. A re-feed can occur as often as every three days or only every 14 days. My guidelines for this are:

- 20%+ body fat levels – no re-feeds required
- 10-20% body fat levels – Once every 7-14 days
- Sub 10% body fat levels – Every 3-7 days
- This isn't an excuse to eat extra calories from all junk food – it should be a continuation of your normal diet, but just more of that type of food.
- It can be a good idea to weight train on this day too, as all that extra energy can help go towards muscle building and recovery.

## MEASURING PROGRESS

Once you are consistent your ideal starting daily caloric intake and macronutrient breakdown, you'll likely need to adjust it for ongoing progress. It typically takes between 2 and 4 weeks to determine whether a nutrition or exercise routine is working. Consistency during this time is critical

If changes need to be made, the first point of call is to adjust your daily calories. I'm a fan of only adjusting these by small amounts at a time – reaping the most from the least. If you require further or faster fat loss, I'd typically recommend reducing overall calories by no more than 200kcal at a time, and assessing this every 7-14 days. For fat loss, you want see no more than 0.5-1kg weight loss every week.

Your protein intake will likely stay the same throughout these adjustments; so make adjustments to your daily fat or carbohydrate intake.

When I talk about making adjustments to your macronutrient numbers, I'm talking about your daily totals. It's these that will deliver the results. Of course you can look into the exact breakdown of these for each meal too.

You might find you do better with more carbohydrates in the morning, or perhaps less fat in certain meals. This is all about listening to your body and developing a nutrition set up that suits you.

# MEAL PLAN

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b> (Ideally 30-60 min after waking)	Bacon & Broccoli Pancakes	Asian-Style Scrambled Eggs	Stuffer Breakfast Peppers	Leftover Stuffer Breakfast Peppers	Asian-Style Scrambled Eggs	Carotene Boost Smoothie	Bacon & Broccoli Pancakes
<b>LUNCH</b> (Ideally 3-4 hours after breakfast)	Chicken Salad with Avocado Dressing	Leftover Chicken Salad with Avocado Dressing	Tuna & Broccoli Salad with Honey Vinaigrette	Leftover Tuna & Broccoli Salad with Honey Vinaigrette	Balsamic Glazed Beetroot & Goats Cheese Salad	Leftover Balsamic Glazed Beetroot & Goats Cheese Salad	Zucchini Pizza Bites
<b>SNACK</b> (Ideally between lunch and dinner)	E.g. Carotene Boost Smoothie, Tahini Stuffed Dates, Zucchini Pizza Bites	E.g. Carotene Boost Smoothie, Tahini Stuffed Dates, Zucchini Pizza Bites	E.g. Carotene Boost Smoothie, Tahini Stuffed Dates, Zucchini Pizza Bites	E.g. Carotene Boost Smoothie, Tahini Stuffed Dates, Zucchini Pizza Bites	E.g. Carotene Boost Smoothie, Tahini Stuffed Dates, Zucchini Pizza Bites	E.g. Carotene Boost Smoothie, Tahini Stuffed Dates, Zucchini Pizza Bites	E.g. Carotene Boost Smoothie, Tahini Stuffed Dates, Zucchini Pizza Bites
<b>WORKOUT NUTRITION</b> (If applicable)	<b>During:</b> Workout drink with 500ml of water <b>Post:</b> Banana with serving of protein powder	<b>During:</b> Workout drink with 500ml of water <b>Post:</b> Banana with serving of protein powder	<b>During:</b> Workout drink with 500ml of water <b>Post:</b> Banana with serving of protein powder	<b>During:</b> Workout drink with 500ml of water <b>Post:</b> Banana with serving of protein powder	<b>During:</b> Workout drink with 500ml of water <b>Post:</b> Banana with serving of protein powder	<b>During:</b> Workout drink with 500ml of water <b>Post:</b> Banana with serving of protein powder	<b>During:</b> Workout drink with 500ml of water <b>Post:</b> Banana with serving of protein powder
<b>DINNER</b> (Ideally 3-4 hours after snack or 60-120 minutes post workout)	Low Carb Avocado Carbonara + <i>remaining across as you see fit</i>	Leftover Low Carb Avocado Carbonara + <i>remaining across as you see fit</i>	Spicy Fried Rice with Prawns + <i>remaining across as you see fit</i>	Leftover Spicy Fried Rice with Prawns + <i>remaining across as you see fit</i>	One Pot Turkey Chili with Rice + <i>remaining across as you see fit</i>	Meal Out - Enjoy!	Leftover One Pot Turkey Chili with Rice + <i>remaining across as you see fit</i>

## BASE SUPPLEMENTS

### ▪ **Whey Protein Powder – Health, Strength, Mass Builder, Fat loss**

Whey protein makes up to 20% of the protein in milk. Whey is the most effective protein for increasing muscle protein synthesis, the process in muscle cells that results in muscle growth. There are numerous reasons why whey is so effective, such as its high content of branched-chain amino acids (BCAAs) and its ability to boost blood flows to muscles.

**Dosage:** As required but limit to 1-2 servings per day.

### ▪ **Green Tea Extract – Health, Fat loss, Energy Production**

Green tea contains compounds called catechins, including epigallocatechin gallate (EGCG), the primary active ingredient responsible for the tea's thermogenic action. Although green tea also contains caffeine, its major fat-burning effect comes from EGCG's ability to inhibit an enzyme that breaks down norepinephrine, the neurotransmitter involved in regulating metabolic rate and fat burning. Green tea helps reduce the likelihood of certain cancers, and provides numerous other health benefits including enhanced joint healing.

**Dosage:** Drinking green tea is a great idea, but you should still take about 500mg of green tea extract standardized for EGCG 1-2 times daily before meals. Not only is the extract effective in smaller doses, but research also shows the catechins from green tea extract are better absorbed by the body than from tea.

### ▪ **Caffeine (pre-workout) - Fat Loss, Energy Production, Mental Acuity, Strength, Health**

Caffeine not only act as a stimulant but is an effective fat-burner due to its ability to increase the release of fat from fat cells. Research shows that it immediately boosts muscle strength and power output when taken one hour before workouts. While the medical community used to warn about the health risks of caffeine, newer studies show it may help prevent several neurodegenerative diseases and cardiovascular disease.

**Dosage:** Take 200-400mg one hour before workouts.

### ▪ **ZMA - Mass Builder, health, Strength, Fat Loss**

ZMA is a patented combination of zinc and magnesium aspartate plus vitamin B's. Its benefits are supported by strong clinical research. ZMA increases anabolic hormone levels, including testosterone and IGF-1, which may otherwise be suppressed in

athletes and those who train intensely. ZMA also improves the quality of sleep. Better recovery due to enhanced sleep efficiency and increased anabolic hormone levels, as well as greater gains in muscle strength and power, are the ultimate benefits of ZMA supplementation.

**Dosage:** Take one dose of ZMA (30mg of zinc, 450mg of magnesium and 10.5mg of B6) on an empty stomach 30-60 minutes before bedtime.

#### ▪ **Multivitamin - Health**

Supplementing with a multivitamin will help eliminate the possibility of deficiencies that are often produced by reduced dietary variety or calorie intake and increased loss from exercise. Research shows that intense training can deplete essential vitamins and minerals. This can interfere with muscle growth and strength gains.

**Dosage:** Take a multivitamin once or twice daily with meals. Choose brands that provide 100% of the daily value of C, D, E and most of the B-complex vitamins, as well as 100% of zinc, copper and chromium.

## WORKOUT NUTRITION

Workout drink containing Essential Amino Acids (EAA's) and lactic acid buffers such as beta alanine. Carbohydrates are optional.

**Dosage:** 1 serving per 30-60 minute workout.



# TRAINING PLAN



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# TRAINING PLANNER



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>TYPE</b>	Weight Training Day 1	Conditioning Workout	Weight Training Day 2	Low intensity exercise e.g. walking/cycling	Weight Training Day 3	Weight Training Day 4	Low intensity exercise e.g. walking/cycling
<b>Time &amp; Duration</b>	Anytime - 60 minutes	Morning (AM) - 30 minutes	Anytime - 60 minutes	Morning (AM) - 30 minutes	Anytime - 60 minutes	Anytime - 60 minutes	Morning (AM) - 30 minutes
<b>WEEK 2</b>							
<b>TYPE</b>	Weight Training Day 1	Conditioning Workout	Weight Training Day 2	Low intensity exercise e.g. walking/cycling	Weight Training Day 3	Weight Training Day 4	Low intensity exercise e.g. walking/cycling
<b>Time &amp; Duration</b>	Anytime - 60 minutes	Morning (AM) - 30 minutes	Anytime - 60 minutes	Morning (AM) - 30 minutes	Anytime - 60 minutes	Anytime - 60 minutes	Morning (AM) - 30 minutes
<b>WEEK 3</b>							
<b>TYPE</b>	Weight Training Day 1	Conditioning Workout	Weight Training Day 2	Conditioning Workout	Weight Training Day 3	Weight Training Day 4	Low intensity exercise e.g. walking/cycling
<b>Time &amp; Duration</b>	Anytime - 60 minutes	Morning (AM) - 30 minutes	Anytime - 60 minutes	Morning (AM) - 30 minutes	Anytime - 60 minutes	Anytime - 60 minutes	Morning (AM) - 30 minutes
<b>WEEK 4</b>							
<b>TYPE</b>	Weight Training Day 1	Conditioning Workout	Weight Training Day 2	Conditioning Workout	Weight Training Day 3	Weight Training Day 4	Low intensity exercise e.g. walking/cycling
<b>Time &amp; Duration</b>	Anytime - 60 minutes	Morning (AM) - 30 minutes	Anytime - 60 minutes	Morning (AM) - 30 minutes	Anytime - 60 minutes	Anytime - 60 minutes	Morning (AM) - 30 minutes



## TRAINING PROGRAM

### Day 1

**A1** Explosive bodyweight jumps (to activate fast twitch fibers)  
Jump as high as you can for 3 reps

**A2** Hamstring extensions (aiming for maximum pump in hamstrings)  
Reps 8 (full and smooth constant tension, rhythmic pump with 25 bottom partials on final set)  
Repeat for 4 sets

**B1** Back squat (explosive reps, drive as hard as you can)  
Reps 6 (explosive, add weight each set to reach max)  
Repeat for 6 sets

#### PROGRESSION:

**Week 1:**

**Week 2:**

**Week 3:**

**Week 4:**

**C1** Leg extensions (aiming for maximum pump in quads, constant tension)  
Reps 10, 15, 20 (with 15 bottom partials on each set)  
Repeat for 3 sets

**D1** Leg press drop set (on leg press or hack squat machine)  
Repeat for 4 sets  
Pick weight that only lets you do 10-12 reps and complete that set. Re-rack and reduce weight on machine by 5-10kg and complete another failure set with minimal rest. Complete this for total work sets.

#### PROGRESSION:

**Week 1:**

**Week 2:**

**Week 3:**

**Week 4:**

**E1** Dumbbell stiff legged deadlift (to stretch hamstrings)  
Reps 15 (keep constant tensions on muscle)  
Repeat for 2 sets

**F1** Seated calf raises (hold squeeze at top for 1 second)  
Reps 15-20 (focus constant tensions on muscle)

**F2** Standing calf raises (hold stretch position for 1 second)  
Reps 10-12 (focus constant tensions on muscle) | Repeat for 3 sets

## Day 2

**A1** Dumbbell press on slight decline (aiming for maximum pump in pressing muscles)  
Reps 8-10 (full ROM with stretch at bottom and 1 second squeeze at top)  
2-3 warm up sets + 2-3 work sets (increasing weight each set until max)

**B1** Flat bench press (explosive reps, drive as hard as you can)  
Reps 5 (explosive, with 1 second pause at bottom on each rep)  
2-3 warm up sets + 5 work sets (increasing weight each set until max)

### PROGRESSION:

**Week 1:**

**Week 2:**

**Week 3:**

**Week 4:**

**C1** Slight incline barbell press (aiming for maximum pump in chest, constant tension)  
Reps 6 (constant tension, no lockout at top)  
1-2 warm up sets + 3 work sets (same weight for all - go to failure on all work sets)

**C2** Explosive push ups (explosive reps, drive up as hard as you can)  
Reps as many as possible  
Repeat for 3 sets

**D1** Dumbbell side lateral raises (aiming for maximum pump in shoulders)  
Reps 15 (smooth, full range to side of body while maintaining tension)  
1 warm up set + 3 work sets to failure

**E1** Smith machine shoulder press (explosive reps, drive up as hard as you can)

Reps 5  
3 warm up sets + 5 work sets (increasing weight each set to reach max)

### PROGRESSION:

**Week 1:**

**Week 2:**

**Week 3:**

**Week 4:**

**F1** Rear delt flies (aiming for maximum pump in rear delts)  
Reps 60, 30, 10 (drop set, using constant tension and minimal rest between sets)  
1 drop set only

## Day 3

**A1** One arm dumbbell row (aiming for maximum pump in the back)  
Reps 8 (smooth and full range, focusing on stretch at bottom position)  
2-3 warm up sets + 4 work sets (increasing weight each set until max)

**B1** Smith machine row (explosive reps, drive as hard as you can)  
Reps 6 (explosive, pulling into body and upwards for max contraction)  
Repeat for 4 sets (increasing weight but not to failure)

### PROGRESSION:

**Week 1:**

**Week 2:**

**Week 3:**

**Week 4:**

**C1** Cable face pulls with rope (aiming for maximum pump in back)  
Reps 10 (smooth, constant tension)

**C2** Lat pull down machine (explosive reps, drive down as hard as you can, 1 second squeeze at bottom)  
Reps 10  
Repeat for 3 sets

### PROGRESSION:

**Week 1:**

**Week 2:**

**Week 3:**

**Week 4:**

**D1** Cable high pull (aiming for maximum pump in upper back)  
Reps 10 (smooth, constant tension)

**D2** Cable bent over pullovers  
Reps 10 (explosive with 1 second squeeze at bottom)  
Repeat for 3 sets

**E1** Abs circuit (see core workout)

## Day 4

**A1** Overhead barbell press (ramping method)  
Reps 3 (maximum acceleration)  
2-3 warm up sets + then ramped to max weight

### PROGRESSION:

**Week 1:**

**Week 2:**

**Week 3:**

**Week 4:**

**B1** Dumbbell Pin wheel curls  
Reps 10-12 (focusing on constant tension)  
1-2 warm up sets + 3 work sets

**B2** Smith machine reverse grip bench press  
Reps 10-12 (focusing on constant tension)  
1-2 warm up sets + 3 work sets

**C1** Constant tension bicep cable curl  
Use 10,10,10 method - 10 bottom partials, 10 top partials, 10 full ROM reps without rest

**C2** Constant tension seated dips  
Use 10,10,10 method - 10 bottom partials, 10 top partials, 10 full ROM reps without rest  
Repeat for 3 sets

**D1** Alternating dumbbell curls  
Reps 6

**D2** Cable rope push downs  
Reps 6 (focusing on maximum acceleration)  
Repeat for 3 sets

**E1** Incline seated dumbbell curls  
Reps 10-12

**E2** Behind neck cable extensions  
Reps 10-12 (focusing on full ROM and getting maximum stretch from muscle)  
Repeat for 3 sets

## CORE WORKOUT

### A1 Mini Crunch

Lie down on your back, draw your navel in, then lift your head and shoulder blades off the ground. Keep your chin tucked down towards your chest. Slide your hands along the ground to your feet. This is a very small movement, you should be aiming to produce a large contraction in your abdominals.

*Hold for 5-10 seconds before lowering back down in a controlled manner, then repeat 10 times.*

### B1 Side Crunches

Lie face up, your knees together bent 90 degrees. Without moving your upper body, lower your knees to the right so that they're touching the floor. Place your fingers behind your ears. Raise your shoulders toward your hips. Pause for 1 second, then take 2 seconds to lower your upper body.

*Repeat 15 times for each side.*

### C1 Hanging Leg Raise

Hang from a chin-up bar with both arms extended at arms length in top of you using either a wide grip or a medium grip. The legs should be straight down with the pelvis rolled slightly backwards. This will be your starting position. Raise your legs until the torso makes a 90-degree angle with the legs. Exhale as you perform this movement and hold the contraction for a second or so. Go back slowly to the starting position as you breathe in.

*Repeat 10 times.*

### D1 Plank

The plank position should be performed face down supported only on the knees or toes and elbows. Elbows should be positioned directly underneath the shoulders, with a long line from your head down to your bottom or heels.

*Hold for 60seconds.*

**Repeat this whole circuit 3 or 4 times**

## CIRCUIT 1

EXERCISE	REPS	REST
Squat	20	0s
Push Up	20	0s
Jumps (knee to chest)	10	0s
Superman (hold 2s)	20	0s
Lunges (constant tension/10 per leg)	20	0s
Push up to Elbow	20	0s
Hip Bridges	20	180s
<b>3 SETS</b>		

## CIRCUIT 2

EXERCISE	REPS	REST
Star Jumps	25	0s
Burpees	25	0s
Jumps (on stairs/step)	25	0s
Deep Squats	25	As Required
<b>3 SETS</b>		

## CIRCUIT 3

EXERCISE	REPS	REST
120 seconds non stop Burpees	as many as possible	as required

## CIRCUIT 2

EXERCISE	REPS	REST
Mini Crunches	20	0s
Side Crunches	20	0s
Single Leg Hip Bridges	20	0s
Kicks	20	0s
Heel Drop	2x10s	0s
Plank	60s	120s
<b>3 SETS</b>		