

DR. DESTRUCTION

FAT LOSS PUSH PULL LEGS PLAN

DURATION	REST BETWEEN SETS	INTENSITY PACE	PROGRAM PHASE
40-55 Mins	30-60 Seconds	High / Fast Pace	4-8 Weeks

PUSH DAY (CHEST, SHOULDERS & TRICEPS)

EXERCISE	SETS × REPS	REST INTERVAL
Incline Bench Press	3 Sets × 12-15 Reps	30-60 Sec
Flat Dumbbell Press	3 Sets × 12-15 Reps	30-60 Sec
Cable Fly	3 Sets × 15 Reps	30-60 Sec
Cable Lateral Raises	3 Sets × 15 Reps	30-60 Sec
Rope Pushdown	3 Sets × 15 Reps	30-60 Sec

PULL DAY (BACK, BICEPS & FOREARMS)

EXERCISE	SETS × REPS	REST INTERVAL
Wide Grip Lat Pulldown	3 Sets × 12-15 Reps	30-60 Sec
Single Arm Lat Pulldown	3 Sets × 12-15 Reps	30-60 Sec
Straight Arm Pulldown	3 Sets × 15 Reps	30-60 Sec
Seated Cable Row	3 Sets × 12-15 Reps	30-60 Sec
Straight Bar Cable Curl	3 Sets × 15 Reps	30-60 Sec

LEGS DAY (THIGHS & CALVES)

EXERCISE	SETS × REPS	REST INTERVAL
Bench Squat	3 Sets × 12-15 Reps	30-60 Sec
Close Stance Leg Press	3 Sets × 15 Reps	30-60 Sec
Single Leg Extension	3 Sets × 15 Reps	30-60 Sec
Weighted Lunges	3 Sets × 15 Steps Each Leg	30-60 Sec
Calf Raises	3 Sets × 20 Reps	30-60 Sec

KEEP IN MIND

- **Calorie Deficit:** Nutrition must match a fat loss goal.
- **High Intensity:** Rest less, keep your heart rate up.
- **Limit Phone Usage:** Stay focused to maintain strict rest timers.
- **Daily Steps:** Walk daily to maximize energy expenditure.
- **Muscle Retention:** Push hard to preserve mass while dropping fat.

UNIVERSAL RULES

- 5-10 Minutes Warm-Up before training.
- 1-3 Warm-Up sets before heavy weights.
- Stay hydrated and prioritize 7-9 hours of sleep.
- Track metrics and stick to the plan for 4-8 weeks.