

**THE NEW SECRET TO FAST &
PERMANENT FAT LOSS & FITNESS**

FATBURNING FURNACE

BLOWTORCH TRAINING

**ADVANCED ROUTINES FOR EVERY MAJOR MUSCLE GROUP
TURN YOUR PROBLEM AREAS INTO SOARING STRENGTHS**

ROB POULOS

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BLOWTORCH BODY SCULPTING

TURN YOUR WEAKNESSES INTO STRENGTHS

As we discussed in Fat Burning Furnace, people come in all shapes and sizes. Genetics have predisposed us to certain characteristics with our bodies. Beyond these somatotypes as they're known, each person also has a few areas on their body they might consider weaknesses.

For many men, it could be their midsection or stomach area. For many women, it may be the hips, thighs, and buttocks. While we can't totally change the body's tendencies to store fat more in certain areas than others, we can get as lean as possible and enhance our musculature to maximize the leanness in that area.

And that's what the goal of Blowtorch Training is. It's about taking our already conditioned bodies to the next and perhaps ultimate level. It's about wiping out our weak points, burning even more fat, spot producing even more lean muscle, and becoming even more heart healthy. All of this happens as a result of the secrets and techniques I'll show you in this guide.

Since we will be cutting the time between a certain number of exercises in the blowtorch routines, the intense cardiovascular effect from these workouts is even more effective than with regular FBF workouts. This means greater fat burning and health building opportunity...and we'll also be building more lean muscle.

SPOT PRODUCTION OF LEAN MUSCLE

In the FBF eBook, you learned that spot reduction is not possible. No exercise of any kind can reduce fat from a certain area of the body over another. BUT, spot

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PRODUCTION of muscle is possible. And that is one of the goals with Blowtorch Training. Lean muscle has a hard surface and will smooth out the fat lying on top of it. So the more muscle we have in the area, the less “fatty” it will appear.

BODY ILLUSION – POOF!

Not only that, but we can use increased muscle size and definition to create an illusion. Listen up David Copperfield! For instance, a great way for women to de-emphasize their hip width would be to widen the shoulders by focusing on that area for more muscle. This would create an illusion of sorts, with the wider shoulders making the hips appear smaller.

Or, you may just want to increase the muscular size of your arms so they are more in proportion to your chest and back, which by accident of birth may respond better to your workouts. How do we accomplish this advanced phase of body mastery? By upping the ante with the three principles of proper exercise!

INTENSITY TECHNIQUES – ADVANCED SECRETS

As I explained in the Fat Burning Furnace book, in order for the body to get stronger and more muscular, we must give it a reason to, via an intense stressor like proper weight training. But what do we do once we’ve built most of the strength and muscle we can by using the previously discussed beginner, intermediate, and advanced routines?

We need to take those muscles to another level of intensity, while increasing the volume and frequency slightly. But why didn’t we do this in the first place, you may be thinking? You can work hard or you can work long, but not both. When we increase our intensity, volume, and frequency, we must be cautious not to

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overdo it. I've found it is best if we only perform these blowtorch workouts for just 1 or 2 muscle groups at a time, and for only 2-4 weeks per month.

If we don't adhere to the body's need for rest from increased intensity, frequency, and volume, we would run the risk of not being able to recover sufficiently from the new stress we're placing on the body, which would be the exact opposite of the desired result! There are two other factors involved in putting together a focus routine...priority and overall set total.

In most cases, you'll want to give priority to the muscle group being focused on, as you'll want to devote the most energy possible to these super intense focus routines. And because you're adding a set or two or three for the focused muscle group, you'll need to reduce the total number of sets you're using for the rest of your body, keeping your overall set total about the same as it would be during your normal workouts.

Since we'll be focusing in on a lagging area or perceived weakness on your body, we'll need to use some advanced techniques to ramp up the intensity. Here's a breakdown of the exercise techniques we'll be using when creating our blowtorch routines, for your ultimate and balanced body.

In the next section, I'll show you how to put these to use and combine them to create your own blowtorch routines.

Pre-Exhaustion: This technique involves performing an isolation exercise for a specific muscle, followed immediately (with no rest) by a compound exercise for that same muscle. In compound exercises like the Bench Press, the weaker shoulder and triceps muscles fail before the chest does.

To create a deeper inroad into the chest muscles, we pre-exhaust them with an isolation exercise. An example would be Dumbbell Flies for the chest, immediately followed by a Barbell Bench Press. We are pre-fatiguing the chest

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muscles by taking them to failure with the Dumbbell Flys, the immediately going to the Bench Press, which uses the shoulders and triceps to carry the chest to a further point of exhaustion not possible with just 1 set of either exercise alone.

Pre-exhaustion will create new levels of growth in the desired area. For the compound exercise, you'll want to use a weight that is a bit lower than what you used in a regular set to failure, as your chest will be weakened by the previous isolation movement.

1 ¼ Reps: This technique involves performing 1 full rep combined with the top ¼ of the range of motion to create 1 rep. For example, on a leg extension, you would complete a full rep, then lower ¼ of the way down and then raise back up again in the contracted position. That would be 1 rep.

You would then finish the set making all of your reps like this. This technique will really make an inroad in those muscle fibers, causing them to stand up and take notice! You'll need to use a weight that is a bit less than you used during a regular set to failure.

Forced Reps: This technique requires a partner. At the end of a set to muscular failure, you would lower the weight again as if you were doing another repetition. You would then have your partner assist in the raising of the weight ever so slightly, just to keep the bar moving, allowing you to complete another rep.

You then would go on to do 1 or 2 more for a total of 2-3 forced reps, on top of the reps you performed to failure. This is one of the oldest techniques around but is still very effective.

Negative Only Reps: This technique focuses solely on the negative, or lowering, portion of an exercise. You have 3 levels of strength in every exercise. Positive (the lifting), Negative (the lowering), and Static (the holding). Your

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static strength is the strongest, negative strength the next strongest, and positive strength is last. To put it in simpler terms, you can hold a heavier weight than you can lower, and you can lower a heavier weight than you can lift.

With negative reps, we are focusing on building your negative strength. Because you are able to lower more weight than you can lift, take a weight that is heavier than your normal amount for a particular exercise. You would then have a partner assist you in bringing the weight through the lifting portion, and you would then lower it yourself under control.

The increased load will force the body to adapt and get you stronger and stimulate that lean muscle tissue!

Super Slow Reps: While you are already moving fairly slowly with your reps (5-7 seconds per rep), slow repetitions take it to a new level! We're talking anywhere from 30-60 seconds per rep! But you're only performing anywhere from 1-4 reps here, as you're going so slowly.

The benefits here are that you are working the muscles in such an unusual and different way, the body has no choice but to adapt to it. How slow and how many reps you do can be altered to suit your goals. If you'd like to try 60 second reps, perform just 1. If you'd like to perform 30 second reps, try 2-3.

Drop Sets: These are real deep muscle stimulators! They will create a deep burn in the muscle and great growth stimulation. Upon completion of a set to failure, you would drop the weight by 20% or so and immediately resume for as many reps to failure for a second mini-set. This usually results in the completion of about ½ the reps you did in your original set to failure.

Static Holds: This technique focuses on your static strength, your strongest level of strength as described earlier. Upon completion of a normal set to failure, at the end of the last rep, before you lower the weight, hold it in the contracted

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position for as long as possible. A good target to shoot for is around 20 seconds in that contracted position, but hold it as long as you can. This technique is best used in exercises that have resistance in the contracted position, like the leg extension or pulldown.

These intensity techniques will cause your muscles to adapt to a new stimulus they have yet to encounter...that's a good thing. Now let's take a look at some of the routines you'll be using to focus on those areas of your body that are lagging behind in your pursuit of maximum leanness and total body symmetry.

BLOWTORCH ROUTINES

Now that we've gotten the techniques to reshape our weaker areas, the only thing left to do is build our blowtorch routines and then fill them out to make sure we also give the rest of the body a decent workout too. I call them blowtorch routines because applying this type of intensity to your body is like taking a blowtorch to the toughest steel, molding and shaping it to how you want it to be!

I'm going to present some sample routines for a few major muscle groups that you can use right away to maximize your lagging body parts. Feel free to get creative and make up your own blowtorch routines. Just make sure to adhere to the blowtorch workout principles of intensity, volume, and frequency mentioned earlier in this chapter.

For smaller muscle groups like the biceps, triceps, or calves, 2-3 exercises done in succession with no rest and with an intensity technique will serve you well. For larger muscle groups like the chest, 3-5 exercises will be very effective. Utilize these routines for 2-4 weeks in a row, at the beginning of your workout.

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Then, complete the workout with a few other exercises to stimulate the rest of your body not worked in the blowtorch routine, to maintain overall balance. Use an A/B style for these remaining exercises, much as you did in your normal routines. Return to your normal routines for 2-4 weeks before embarking on another blowtorch routine.

Also it would be a good idea to wait 4-6 weeks or so before blasting a particular muscle group again with one of your blowtorch routines. A simple and effective way of incorporating the above variables is to base it on a month or four weeks worth of time.

Basically, you would perform your normal routine for two weeks, then a blowtorch routine for the next two. The following month you could again perform a regular routine the first two weeks and then pick a different blowtorch routine the next two weeks. This would look something like this:

Month 1

🔥 Week 1-2: Chest Blowtorch Routine

🔥 Week 3-4: Normal Routine

Month 2

🔥 Week 1-2: Thighs and Buttocks Blowtorch Routine

🔥 Week 3-4: Normal Routine

After two months, you could then repeat the Chest blowtorch routine if so desired. I have provided bonus workout charts with the Fat Burning Furnace system to make tracking your blowtorch routines and their progress easy. Make sure to record which intensity techniques are used on which exercises.

This record keeping will ensure that you can accurately measure your progress from workout to workout. Also, adhere to the frequency guidelines given in the

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advanced workouts listed in the last chapter, so that you'll be working out about twice per week with these blowtorch routines.

What follows on the next page are some sample routines that I've put together for ease of use, and so you get the idea of where to start. Keep in mind, you could essentially use only these routines and experience fantastic progress.

But, since we want to have a little fun and keep some variety in our routines, go ahead and get creative and construct your own routines. Challenge yourself to use the intensity techniques in different combinations, creating even more ways to force your body to adapt and get better...just make sure to adhere to the principles discussed earlier for high intensity weight training exercise and blowtorch routines.

Fat Burning Furnace Blowtorch Training

Thighs and Buttocks Blowtorch Routine: This blowtorch routine will stimulate new growth and strength in your quadriceps, hamstrings, and glutes by utilizing a combination of pre-exhaustion, drop sets, 1 ¼ reps, and forced reps. It will also help to keep this area lean as more muscle means a more efficient metabolism.

You'll start with the leg extension for your quadriceps and perform a regular set to failure for 8-10 reps, then immediately drop the weight by 20% and continue until failure again. Proceed immediately to the leg curl with a weight a bit lighter than you'd normally use, and perform 1 ¼ reps to failure for 8-10 reps. Proceed immediately to the barbell squat, again with a lighter than normal weight for you, and perform a set to failure. Then have a partner give you 2-3 forced reps at the end of the set. Your thighs and buttocks will be on fire now, and you'll have stimulated them like never before! Get ready to hear the oohs and aahs from people admiring your lean and balanced lower body! Complete the routine by adding a few exercises to keep the rest of your body in shape, as shown below.

Fat Burning Furnace Thighs and Buttocks Blowtorch Routine			
Exercise	Technique	Sets	Reps
<i>Leg Extension</i>	<i>Drop Set</i>	<i>1</i>	<i>8-10</i>
<i>Leg Curl</i>	<i>1 ¼ Reps</i>	<i>1</i>	<i>8-10</i>
<i>Barbell Squat</i>	<i>Forced Reps</i>	<i>1</i>	<i>8-10</i>
Dumbbell Bench Press (A) /Dumbbell Flies (B)	N/A	1	8-10
Barbell Row (A) / Cable Pullover (B)	N/A	1	8-10
Dumbbell Lateral Raise (A) / Overhead Barbell Press (B)	N/A	1	8-10
Triceps Pushdown (A) / Dumbbell Bicep Curl (B)	N/A	1	8-10
Crunch (A) / Reverse Crunch (B)	N/A	1	8-10

Fat Burning Furnace Blowtorch Training

Chest Blowtorch Routine: This blowtorch routine will stimulate new growth and strength in your pectorals...an area that exudes power in a man's physique and will enhance a woman's bust line.

You'll begin with dumbbell flys performed in 1 ¼ rep fashion to failure. Immediately, you'll proceed to dumbbell flys with a weight lighter than usually used. Upon failure, you'll drop the weight 20% and continue to failure a second time. Immediately proceed to the Dips, performed in negative fashion. Jump into the top position and lower yourself slowly, completing as many reps as possible until you can no longer lower yourself under control. Your pecs will be shocked down to the deepest muscle fibers after this workout, and they'll reward you with a new level of development! Complete your routine with exercises for the rest of your body as noted below.

Fat Burning Furnace Chest Blowtorch Routine			
Exercise	Technique	Sets	Reps
<i>Dumbbell Flys</i>	<i>1 ¼ Reps</i>	<i>1</i>	<i>8-10</i>
<i>Dumbbell Bench Press</i>	<i>Drop Set</i>	<i>1</i>	<i>8-10</i>
<i>Dips</i>	<i>Negative Reps</i>	<i>1</i>	<i>8-10</i>
Barbell Squat (A) / Deadlift (B)	N/A	1	8-10
Leg Curl (A) / Leg Extension (B)	N/A	1	8-10
Cable Pulldown (A) / Cable Pullover (B)	N/A	1	8-10
Standing Calf Raise (A) / Seated Calf Raise (B)	N/A	1	8-10
Crunch (A) / Dumbbell Side Bend (B)	N/A	1	8-10

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Back Blowtorch Routine: This blowtorch routine will develop your lats and other muscles of the back, giving you a nice v-taper and creating the illusion of a smaller waist.

You'll start with the cable pullover on a lat machine, and perform the set to failure with 1 ¼ reps. Proceed immediately to the cable pulldown and perform the set to failure using a lighter than normal weight. At the bottom (contracted) position of your last rep, hold the weight for as long as possible for the static hold, and then lower under control. Then, move over to the deadlift and perform this to failure with a weight slightly lighter than normally used. That's it! You're lats will be fried and your back will receive the message to no longer be a lagging area on your body! Complete the routine with exercises for the rest of your body as noted below.

Fat Burning Furnace Back Blowtorch Routine			
Exercise	Technique	Sets	Reps
<i>Cable Pullover</i>	<i>1 ¼ Reps</i>	<i>1</i>	<i>8-10</i>
<i>Cable Pulldown</i>	<i>Static Hold</i>	<i>1</i>	<i>8-10</i>
<i>Deadlift</i>	<i>N/A</i>	<i>1</i>	<i>8-10</i>
Leg Extension (A) / Leg Curl (B)	N/A	1	8-10
Barbell Bench Press (A) / Pec Deck (B)	N/A	1	8-10
Dumbbell Lateral Raise (A) / Barbell Overhead Press (B)	N/A	1	8-10
Triceps Pushdown (A) / Standing Calf Raise (B)	N/A	1	8-10
Side Bends (A) / Crunch (B)	N/A	1	8-10

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Shoulders Blowtorch Routine: This blowtorch routine will develop your deltoids and the muscles of your neck, the trapezius. Broad shoulders will appear powerful on a man and help create the top of the hourglass figure many women are after.

You'll start with dumbbell lateral raises, going to failure and then dropping the weight by 20% and going to failure once more. Immediately get into the barbell shoulder press and have a partner assist you in completing 2-3 additional reps after hitting failure on your own. Move immediately to the dumbbell shrugs and upon hitting failure, drop the weight by 20% and go at it again to failure. Whew...you'll have considerable trouble lifting your arms after this one...but your shoulders will have newfound respect for this type of hard work, and it will pay off! Complete the routine with exercises to stimulate the rest of your body as shown below.

Fat Burning Furnace Shoulders Blowtorch Routine			
Exercise	Technique	Sets	Reps
<i>Dumbbell Lateral Raise</i>	<i>Drop Set</i>	<i>1</i>	<i>8-10</i>
<i>Barbell Shoulder Press</i>	<i>Forced Reps</i>	<i>1</i>	<i>8-10</i>
<i>Dumbbell Shrugs</i>	<i>Drop Set</i>	<i>1</i>	<i>8-10</i>
Barbell Squat (A) / Stiff Leg Deadlift (B)	N/A	1	8-10
Leg Curl (A) / Leg Extension (B)	N/A	1	8-10
Cable Pulldown (A) / Dumbbell Pullover (B)	N/A	1	8-10
Standing Calf Raise (A) / Dumbbell Bicep Curl (B)	N/A	1	8-10
Reverse Crunch (A) / Dumbbell Side Bend (B)	N/A	1	8-10

Fat Burning Furnace Blowtorch Training

Arms Blowtorch Routine: This blowtorch routine will have everyone asking where they can buy tickets to your “gun show”. Of course, that’s only if you’re genetically programmed for amazing arm muscles...but even if you’re like the genetically average majority, you’ll benefit from stronger and more muscular biceps and triceps. They look great in a tank top, t-shirt, or any sleeveless shirt.

You’ll start by performing a slow chin-up, taking 30-60 seconds to complete the entire rep. If you are unable to perform a chin-up this slowly, use the pulldown instead, with a weight lighter than you’d normally use. Upon failure, immediately proceed to the dumbbell bicep curl to failure with a slightly lighter than normal weight, followed by a few forced reps from a partner. Move on to between bench dips performed with 1 ¼ reps to failure, followed immediately by the overhead dumbbell triceps extension. Finish it off with forced reps after you’ve hit failure on your own. You’ll feel a tremendous surge of blood flowing in your arms as you can almost feel the muscles actually changing. Complete the routine for the rest of your body as shown below.

Fat Burning Furnace Arms Blowtorch Routine			
Exercise	Technique	Sets	Reps
<i>Chin-up</i>	<i>Slow Reps</i>	<i>1</i>	<i>8-10</i>
<i>Dumbbell Bicep Curl</i>	<i>Forced Reps</i>	<i>1</i>	<i>8-10</i>
<i>Bench Dips</i>	<i>1 ¼ Reps</i>	<i>1</i>	<i>8-10</i>
<i>Overhead Dumbbell Triceps Extension</i>	<i>Forced Reps</i>	<i>1</i>	<i>8-10</i>
Leg Press (A) / Deadlift (B)	N/A	1	8-10
Dumbbell Shrugs (A) / Dumbbell Lateral Raise (B)	N/A	1	8-10
Standing Calf Raise (A) / Seated Calf Raise (B)	N/A	1	8-10
Dumbbell Side Bends (A) / Reverse Crunch (B)	N/A	1	8-10

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Abs Blowtorch Routine: This blowtorch routine targets the muscles of your midsection and obliques. Remember that you can't spot reduce fat from this area, just as with any area, but going through this focus routine will make sure you are stimulating your abs more than sufficiently. Once you get lean all over your body, your abs will show up as a tight and etched six pack!

Start this routine with the crunch performed on the floor or exercise mat. Perform this to muscular failure and then have a partner assist you in completing a couple more. Immediately switch to the reverse crunch position and complete a set to failure again with forced reps. Grab a pair of lighter than usual dumbbells and start the side bends immediately, hitting failure using 1 ¼ reps. Your abs and obliques will be ready to cry after this effort, and you'll be well on your way to a sexy midsection! Complete the routine with exercises for the remaining body parts as shown below.

Fat Burning Furnace Abs Blowtorch Routine			
Exercise	Technique	Sets	Reps
<i>Crunch</i>	<i>Forced Reps</i>	<i>1</i>	<i>8-10</i>
<i>Reverse Crunch</i>	<i>Forced Reps</i>	<i>1</i>	<i>8-10</i>
<i>Dumbbell Side Bends</i>	<i>1 ¼ Reps</i>	<i>1</i>	<i>8-10</i>
Barbell Squat (A) / Deadlift (B)	N/A	1	8-10
Dumbbell Flys (A) / Dumbbell Bench Press (B)	N/A	1	8-10
Cable Pulldown (A) / Dumbbell Pullover (B)	N/A	1	8-10
Barbell Shoulder Press (A) / Upright Row (B)	N/A	1	8-10
Dumbbell Shrugs (A) / Standing Calf Raise (B)	N/A	1	8-10

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Calves Blowtorch Routine: This blowtorch routine targets the muscles of your lower leg. The calves are a big component of achieving a great pair of legs, and neglecting them might make some people confuse you with the robin in the birch tree behind your house! Bird legs are not sexy!

Start this routine with the standing calf raise performed with 1 ¼ reps to failure. Proceed immediately to the seated calf raise and perform these to failure using the same 1 ¼ reps method. Finally move quickly to the donkey calf raise and perform a set to failure. Upon reach failure, on you last rep, hold the resistance for as long as possible in the top or contracted position for a static hold, and finally lowering slowly under control. That's it...you're on your way to a pair of calves that will complete your lean and fit body, from head to toe! Finish off your routine with a few exercises to hit the rest of the body as noted in the routine below.

Fat Burning Furnace Calves Blowtorch Routine			
Exercise	Technique	Sets	Reps
<i>Standing Calf Raise</i>	<i>1 ¼ Reps</i>	<i>1</i>	<i>8-10</i>
<i>Seated Calf Raise</i>	<i>1 ¼ Reps</i>	<i>1</i>	<i>8-10</i>
<i>Donkey Calf Raise</i>	<i>Static Hold</i>	<i>1</i>	<i>8-10</i>
Barbell Deadlift (A) / Leg Press (B)	N/A	1	8-10
Pec Deck (A) / Incline Bench Press (B)	N/A	1	8-10
Cable Pulldown (A) / Pullover Machine (B)	N/A	1	8-10
Dumbbell Shoulder Press (A) / Cable Upright Row (B)	N/A	1	8-10
Reverse Crunch (A) / Crunch (B)	N/A	1	8-10

10 SECRETS OF ADVANCED EXERCISE

For ease of use, I've summarized the principles and guidelines of blowtorch exercise routines below. Please refer to these 10 secrets of advanced exercise, should you ever lose your way...

1. To get the most out of a muscle group with spot production, or to create illusions on your body, up the ante on intensity and increase frequency and volume for that particular muscle group.
2. Utilize intensity techniques to take the intensity level beyond what your muscles are used to and force them to adapt to the new stimulus.
3. Perform 2-4 exercises for the muscle group being focused on, 2-3 for smaller muscle groups and 3-4 for larger ones. Perform 4-6 additional exercises that stimulate the rest of your body to complete your workout.
4. You may alternate the additional exercises in your blowtorch routines in A/B fashion each week. But make sure to repeat the focused on muscle group exercises each workout.
5. Perform a blowtorch routine for 2-4 weeks maximum. Then spend 2-4 weeks performing a normal advanced level A/B workout. You may then resume with another blowtorch routine, targeting a different muscle group.
6. Wait at least 4-6 weeks after completing a specific blowtorch routine before embarking on it again.

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7. Do your best to eliminate rest between the exercises that are working your focused on muscle group. Moving quickly from one exercise to the next is key in providing an ultimate challenge for that muscle, forcing it to improve.
8. Make a note in your workout journal to record the intensity techniques used on particular exercises.
9. These workouts are best utilized after you've been through the basic FBF routines detailed in the FBF eBook for a few weeks at least.
10. Adhere to the 10 secrets of proper exercise listed in the FBF eBook, other than the decreased rest periods, increased intensity, frequency, and volume for the muscle group or groups being focused on.

With the increased intensity used in these blowtorch routines, the element of rest and recuperation becomes even more important. Make sure to take extra care and keep your sleep schedule and proper nutrition in order. This will ensure maximum return for this intense investment.

YOUR ULTIMATE BODY AWAITS

Well, that wraps up the advanced Fat Burning Furnace Blowtorch Training techniques and routines. I hope you're excited about taking your body to the ultimate level of development, maximizing weaknesses and turning them into strengths to be proud of.

Don't forget to spend some time creating your own blowtorch routines after you've had some experience with the sample routines in this manual. Have fun! Just make sure to stick to the 10 guidelines summarized on the previous two pages. I look forward to hearing about your success in the near future.

Here's to getting lean, strong, and healthy for life,

A handwritten signature in black ink, appearing to read 'Rob Poulos', with a stylized, cursive script.

Rob Poulos

CEO& Founder

Zero to Hero Fitness

P.S. Don't forget to watch the Blowtorch Training video series so you can see me take myself through every one of these body part workouts. You can watch 'em here: <http://www.fatburningfurnace.com/blowtorch-vids-viewer.php>