

FENRIR POWER NUTRITION'S

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FAT BURNING PLAN

(FREE)

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INTRODUCTION

This free fat loss plan is designed to give you an idea of whether or not this plan is right for you before you purchase our FULLY DETAILED version.

You shed excess body fat while maintaining muscle mass through structured training and strategic supplementation.

To accelerate results, incorporating Fenrir Power Nutrition Fat Burner can help boost metabolism, enhance energy levels, and improve fat oxidation.



TRAINING SCHEDULE

Each workout is designed to optimise fat burning while preserving lean muscle.

The plan includes a mix of resistance training, HIIT, and active recovery to maintain intensity and prevent plateaus.

Week 1-2:

- **Strength training with moderate weights (65-75% of 1RM)**
- **High reps (10-15 per set)**
- **HIIT sessions focused on metabolic conditioning**

Week 3-4:

- **Increase weight (75-85% of 1RM) to challenge muscles**
- **Shorter rest periods to maintain an elevated heart rate**
- **Additional cardio for enhanced fat loss**



FREE DAY

Day 1 - Full-Body Strength & HIIT:

- **Squats - 4x10-12**
- **Deadlifts - 3x8-10**
- **Push-Ups - 3x15-20**
- **Kettlebell Swings - 3x12-15**
- **Battle Ropes - 3 rounds of 30 seconds**
- **Burpees - 3x12**

