

## THE WARRIOR BURNER

This is the fat-burning formula for men who work hard, move fast, and want to feel lean, sharp, and strong - without gimmicks.

Built for over-40 blokes who've lost their edge and want it back - this isn't a 6-week shred. It's a sustainable reset.

Let's cut the fat and fire up the furnace.

## PRINCIPLES FIRST

You can't out-train a broken routine - so we lead with foundations.

- **Eat in a slight deficit**: 300-500 calories below maintenance
- **Move daily**: aim for 8,000-12,000 steps
- **Train smart**: resistance 3x/week + metabolic finishers
- **Prioritise protein**: 30-40g per meal to protect muscle
- **Fix your sleep**: recovery drives fat loss

Burn fat with consistency, not chaos.

## THE TRAINING STRUCTURE

**\*\*3 Days Strength (Push-Pull-Legs or Full Body)\*\***

- Focus on compound lifts: squats, deadlifts, rows, presses
- Keep rest short (45-60s) for conditioning effect

**\*\*2 Days Conditioning (Optional)\*\***

- Bodyweight circuits, weighted carries, assault bike intervals
- Keep it under 30 minutes - short and savage

**\*\*Daily Movement\*\***

- Walk every day: early morning, lunch, or post-dinner
- Movement = metabolism

**\*\*Weekly Goal:\*\***

- 3 x Lift
- 2 x Burn
- Walk every day

## **SAMPLE WEEK**

**\*\*Monday\*\*** - Full Body Lift

**\*\*Tuesday\*\*** - Walk + Stretch

**\*\*Wednesday\*\*** - Burner Circuit (20 mins)

**\*\*Thursday\*\*** - Upper Body Lift

**\*\*Friday\*\*** - Active Recovery

**\*\*Saturday\*\*** - Conditioning (Bodyweight + Core)

**\*\*Sunday\*\*** - Lower Body Lift

## **NUTRITION BASICS**

**\*\*Meal Timing\*\***:

- Fast until 10am (if it suits you)
- 2-3 high-protein meals, minimal snacking

**\*\*What to Eat\*\***:

- Protein: Eggs, chicken, turkey, Greek yogurt, protein powder
- Carbs: Sweet potato, rice, oats, fruit (timed post-workout)
- Fats: Avocado, olive oil, nuts
- Fibre: Green veg every day

**\*\*What to Avoid\*\***:

- Booze
- Sugary snacks
- Anything that makes you feel like sh\*t

**\*\*Hydration\*\***:

- 2-3L water daily, electrolytes mid-morning

## **BONUS STACK (OPTIONAL)**

- **Black coffee before training** - natural thermogenic
- **Green tea extract or L-carnitine** - mild metabolic boost
- **Apple cider vinegar before meals** - supports blood sugar balance
- **Creatine** - not for fat burn, but keeps strength up while cutting
- **Magnesium + Zinc** - aids sleep, hormone support

## **MINDSET & MOMENTUM**

Fat loss is built in the trenches.

You'll have off days. You'll feel stuck. Do it anyway.

Track your effort - not just the scales.

Celebrate strength. Honour discipline. And keep showing up.

The weight will drop. The fire will return.

You're not just burning fat. You're becoming the man you were built to be.