

SYSTEM

FAT LOSS

4-WEEK BODY RECOMPOSITION PROGRAM

Preserve muscle. Burn fat. Reveal what you've built.

DURATION	FREQUENCY	EQUIPMENT	LEVEL
4 WEEKS	5 DAYS / WEEK	Full Gym + Cardio	SEE PROGRAM

FREE DOWNLOAD

Register at AETHONPERFORMANCE.COM for early access when we launch.

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AETHON SYSTEM: FAT LOSS

AETHON SYSTEM: FAT LOSS is built on one principle — preserve every ounce of muscle while creating a calorie deficit through training intensity, not starvation.

The program combines heavy compound lifting with metabolic conditioning. You will superset opposing muscle groups to keep heart rate elevated and finish sessions with targeted cardio. 5 days per week, 55–65 minutes per session.

Nutrition: Create a 300–500 kcal deficit from food only. Prioritise 2–2.4g protein per kg bodyweight to retain every gram of muscle you have built.

PROGRAM OVERVIEW

WEEKS	DAYS/WEEK	SESSION	EQUIPMENT	LEVEL
4	5	55–65 min	Full Gym	Intermediate

THE AETHON PRINCIPLES

- 01 KEEP THE MUSCLE — Heavy compounds prevent muscle loss during a cut. Do not drop to light weight.
- 02 DEFICIT THROUGH FOOD — Your training burns calories but your diet creates the deficit.
- 03 PROTEIN IS NON-NEGOTIABLE — 2–2.4g per kg bodyweight every single day, no exceptions.
- 04 CARDIO AFTER WEIGHTS — Lifting first preserves muscle. Cardio after burns fat. Order matters.
- 05 THE SCALE LIES — Measure waist, hip and chest weekly. The tape tells the truth.

WEEK 1 · METABOLIC ACTIVATION

GOAL: Short rest, compound movements, superset structure. Keep heart rate elevated throughout. Intensity over volume.

DAY 1 · UPPER BODY — PUSH / PULL SUPERSET

EXERCISE	SETS	REPS	REST	COACHING NOTE
A1: Barbell Bench Press	4	10	—	Straight to A2
A2: Barbell Row	4	10	60s	Minimal rest between A1–A2
B1: DB Shoulder Press	3	12	—	Straight to B2
B2: Lat Pulldown	3	12	60s	Keep moving
C1: Cable Crossover	3	15	—	Tri-set with C2 + C3
C2: Face Pull	3	15	—	Rear delts
C3: Tricep Pushdown	3	15	30s	Burnout

DAY 2 · LOWER BODY — METABOLIC CIRCUIT

EXERCISE	SETS	REPS	REST	COACHING NOTE
A1: Barbell Squat	4	10	—	Straight to A2
A2: Romanian Deadlift	4	10	75s	Hip hinge
B1: Leg Press	3	15	—	Straight to B2
B2: Walking Lunges	3	12/leg	60s	Keep moving
C1: Leg Extension	3	20	—	Burnout quads
C2: Lying Leg Curl	3	20	—	Burnout hamstrings
Finisher: Sled/Sprint	6	20m	30s	All out effort each rep

DAY 3 · HIIT + CORE

EXERCISE	SETS	REPS	REST	COACHING NOTE
Assault Bike Intervals	8	40s on	20s off	Max effort every sprint
Treadmill Incline Walk	1	10 min	—	12% incline, 5.5 km/h
Cable Crunch	3	20	30s	Heavy, full spine flexion
Russian Twist	3	20/side	30s	Slow and controlled
Mountain Climbers	3	30s	30s	Fast feet, braced core
Plank Shoulder Tap	3	20/side	30s	Anti-rotation focus
V-Up	3	15	45s	Explosive upward

DAY 4 · FULL BODY STRENGTH — COMPOUND

EXERCISE	SETS	REPS	REST	COACHING NOTE
Barbell Deadlift	4	6	120s	Heavy — preserve muscle
Barbell Squat	4	6	120s	Heavy — preserve muscle
Weighted Pull-Up	4	6	90s	Add weight if possible
Weighted Dips	3	8	90s	Chest + tricep focus
DB Farmer's Carry	3	40m	60s	Heavy — shoulders packed
KB Swing	3	15	60s	Hip drive, explosive

DAY 5 · ACTIVE RECOVERY + LISS

EXERCISE	SETS	REPS	REST	COACHING NOTE
Incline Walk	1	35 min	—	12% incline, fat burn zone
Jump Rope	1	5 min	—	Easy pace, warm down
Full Body Stretch	1	15 min	—	Hold each 45–60 seconds

WEEK 2 · INTENSIFY

GOAL: Cut rest 10s on supersets. Add 1 set to all A-series. Finisher intensity increases.

DAY 1 · UPPER BODY — PUSH / PULL SUPERSET

EXERCISE	SETS	REPS	REST	COACHING NOTE
A1: Barbell Bench Press	5	10	—	5 sets this week
A2: Barbell Row	5	10	50s	Cut 10s rest
B1: DB Shoulder Press	4	12	—	4 sets
B2: Lat Pulldown	4	12	50s	More volume
C1: Cable Crossover	3	15	—	Same
C2: Face Pull	3	15	—	Same
C3: Tricep Pushdown	3	15	20s	Less rest

DAY 2 · LOWER BODY — METABOLIC CIRCUIT

EXERCISE	SETS	REPS	REST	COACHING NOTE
A1: Barbell Squat	5	10	—	5 sets
A2: Romanian Deadlift	5	10	65s	Cut rest
B1: Leg Press	4	15	—	4 sets
B2: Walking Lunges	4	12/leg	50s	More volume
C1: Leg Extension	3	20	—	Same
C2: Lying Leg Curl	3	20	—	Same
Finisher: Sled/Sprint	8	20m	25s	More rounds

DAY 3 · HIIT + CORE

EXERCISE	SETS	REPS	REST	COACHING NOTE
Assault Bike Intervals	10	40s on	20s off	2 more rounds
Treadmill Incline Walk	1	10 min	—	Same incline
Cable Crunch	4	20	25s	Add set
Russian Twist	4	20/side	25s	Add set
Mountain Climbers	4	30s	25s	Add round
Plank Shoulder Tap	3	20/side	25s	Same
Hanging Leg Raise	3	15	45s	Progress from V-up

DAY 4 · FULL BODY STRENGTH — COMPOUND

EXERCISE	SETS	REPS	REST	COACHING NOTE
Barbell Deadlift	4	6	120s	+5kg
Barbell Squat	4	6	120s	+5kg
Weighted Pull-Up	4	7	90s	1 more rep
Weighted Dips	3	9	90s	1 more rep
DB Farmer's Carry	3	40m	50s	Heavier or faster
KB Swing	4	15	55s	Add set

DAY 5 · ACTIVE RECOVERY + LISS

EXERCISE	SETS	REPS	REST	COACHING NOTE
Incline Walk	1	40 min	—	5 more minutes
Jump Rope	1	8 min	—	Intervals 1 min on/off
Full Body Stretch	1	15 min	—	Focus tight areas

WEEK 3 · MAXIMUM OUTPUT

GOAL: Peak metabolic stress. Every session challenging. Track all weights — do not regress.

DAY 1 · UPPER BODY — PUSH / PULL SUPERSET

EXERCISE	SETS	REPS	REST	COACHING NOTE
A1: Barbell Bench Press	5	10	—	Heavy as possible
A2: Barbell Row	5	10	45s	Shortest rest yet
B1: DB Shoulder Press	4	12	—	Heavier
B2: Lat Pulldown	4	12	45s	Heavier
C1: Cable Crossover + Drop	3	12+8	—	Drop set each set
C2: Face Pull	3	15	—	Rear delt priority
C3: Tricep Pushdown + Drop	3	12+8	20s	Tri-set + drops

DAY 2 · LOWER BODY — PEAK METABOLIC

EXERCISE	SETS	REPS	REST	COACHING NOTE
A1: Barbell Squat	5	10	—	Heaviest week
A2: Romanian Deadlift	5	10	60s	Heaviest
B1: Leg Press	4	15	—	Heavy
B2: Walking Lunges	4	12/leg	45s	Add dumbbells
C1: Leg Extension + Drop	3	12+8	—	Drop set
C2: Lying Leg Curl + Drop	3	12+8	—	Drop set
Finisher: Treadmill Sprint	10	30s	30s	All out — flat or incline

DAY 3 · HIIT + CORE PEAK

EXERCISE	SETS	REPS	REST	COACHING NOTE
Assault Bike Tabata	8	20s on	10s off	True Tabata protocol
Jump Rope Double Under	5	1 min	30s	Skill + cardio
Ab Giant Set x4	4	—	60s	Cable crunch 20 + leg raise 15 + plank 30s
Weighted Russian Twist	4	20/side	30s	Add 5kg plate
Treadmill Incline Finisher	1	15 min	—	15% incline, 6 km/h

DAY 4 · FULL BODY PEAK STRENGTH

EXERCISE	SETS	REPS	REST	COACHING NOTE
Barbell Deadlift	5	5	120s	Heaviest of program
Barbell Squat	5	5	120s	Heaviest of program
Weighted Pull-Up	4	6	90s	Heaviest weight
Weighted Dips	4	8	90s	4 sets
DB Farmer's Carry	4	40m	45s	Heaviest yet
KB Swing	5	15	45s	Explosive every rep

DAY 5 · RECOVERY CARDIO

EXERCISE	SETS	REPS	REST	COACHING NOTE
Incline Walk	1	45 min	—	Fat burn zone HR 120–135
Stretch & Mobilise	1	20 min	—	Full body, hold 60–90s

WEEK 4 · STRATEGIC DELOAD

GOAL: Drop HIIT. Keep strength at 75%. Repair, recover and let the fat loss from weeks 1–3 reveal itself.

DAY 1 · UPPER BODY — LIGHT

EXERCISE	SETS	REPS	REST	COACHING NOTE
Barbell Bench Press	3	8	90s	75% of Week 3 weight
Barbell Row	3	8	90s	75% of Week 3 weight
DB Shoulder Press	2	10	75s	Light
Lat Pulldown	2	12	75s	Light
Face Pull	3	15	60s	Shoulder health only

DAY 2 · LOWER BODY — LIGHT

EXERCISE	SETS	REPS	REST	COACHING NOTE
Barbell Squat	3	8	90s	75%
Romanian Deadlift	3	8	90s	75%
Leg Press	2	12	75s	Light
Leg Curl	2	12	75s	Light
Hip Thrust	2	12	75s	Light

DAY 3 · LISS ONLY

EXERCISE	SETS	REPS	REST	COACHING NOTE
Incline Walk	1	40 min	—	Recovery pace RPE 4
Jump Rope	1	5 min	—	Easy
Full Body Stretch	1	20 min	—	Every major muscle

DAY 4 · FULL BODY MAINTENANCE

EXERCISE	SETS	REPS	REST	COACHING NOTE
Deadlift	2	5	120s	75%
Pull-Up	2	6	90s	Bodyweight
Dips	2	8	90s	Bodyweight
Farmer's Carry	2	40m	60s	Light
Core — 3 rounds	3	—	60s	Plank 45s + leg raise 12 + rollout 8

DAY 5 · FINAL RECOVERY

EXERCISE	SETS	REPS	REST	COACHING NOTE
30 min Easy Walk	1	30 min	—	Celebrate the work
Progress Photos	—	—	—	Take front / side / back — compare to Week 1
Measurements	—	—	—	Waist, hips, chest — record in tracker
Plan Next Phase	—	—	—	Repeat with +10% load or move to Hypertrophy

PROGRESS TRACKER

Log your working weights, reps or times every session. Progress only happens when it is tracked. Fill this in after every workout.

BODY MEASUREMENTS

WEEK	DAY 1	DAY 7	CHANGE	WAIST (cm)	HIP (cm)	CHEST (cm)	NOTES
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							

STRENGTH / PERFORMANCE LOG

Record the weight used (kg) or reps completed for each key exercise each week.

EXERCISE / METRIC	WEEK 1	WEEK 2	WEEK 3	WEEK 4	NOTES
Barbell Bench Press (kg)					
Barbell Row (kg)					
Barbell Deadlift (kg)					
Barbell Squat (kg)					
Weighted Pull-Up (added kg)					
Weighted Dips (added kg)					
KB Swing (kg)					
Bodyweight (kg)					
Waist Measurement (cm)					
Hip Measurement (cm)					

SESSION LOG

Use this to track how each session felt. RPE = Rate of Perceived Exertion (1-10).

SESSION	DATE	ENERGY (1-10)	RPE	HIGHLIGHT / NOTE
W1 D1				
W1 D2				
W1 D3				

SESSION	DATE	ENERGY (1-10)	RPE	HIGHLIGHT / NOTE
W1 D4				
W1 D5				
W2 D1				
W2 D2				
W2 D3				
W2 D4				
W2 D5				
W3 D1				
W3 D2				
W3 D3				
W3 D4				
W3 D5				
W4 D1				
W4 D2				
W4 D3				
W4 D4				
W4 D5				

Fat Loss Tracker: Bodyweight will fluctuate. Focus on the trend over 4 weeks, not day-to-day. Waist and hip measurements are more reliable progress indicators.

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BUILT FOR THE BODY. ENGINEERED FOR THE MIND.