



THE OVERFLOW

DR. CHAD KUNTZ, PT, OCS, SCS, CSCS, CISSN, TPI-1

BENEFITS

EXERCISE DENSITY: **HIGH**

FAT BURNING: **MODERATE**

MUSCLE GAINER - **HIGH**

WEAKNESS

REST VARIABILITY: **LOW**

KEY POINTS

by Dr. Kuntz

The Overflow is named accordingly as it will pour on the volume relentlessly from week to week. It is specifically designed to help develop increase size of the muscle, yet does have a good fat burning capability to it because of the gradual increase in exercise density.

Of note, this program requires more time per workout as the weeks proceed so time must be considered prior to opting for this workout principle (on average starts around 45 min-1 hour per workout and ramps up to nearly 1:15-1:30 min per workout).