The Theory of Fat Loss	3x/wk or 4x/wk Beginner Strength/Power: Upper/Lower Split										
O = Optional											
	Date:				Date:				Date:		
Lower Body A (1, 5, 9)	Sets/Reps	Load	Rest		Sets/Reps	Load	Rest		Sets/Reps	Load	Rest
O: Power Execution											
A1: LB Bilateral											
B1: LB Unilateral											
B2: LB Assistance											
C1: Core Anti-rotation											
C2: Core Anti-lat flex											
	Date:				Date:				Date:		
Upper Body A (2, 6, 10)	Sets/Reps	Load	Rest		Sets/Reps	Load	Rest		Sets/Reps	Load	Rest
A1: Vertical Pull											
A2: Vertical Push											
B1: Horizontal Pull											
B2: Horizontal Push											
C1: Core Anti-flexion											
	Date:				Date:				Date:		
Lower Body B (3, 7, 11)	Sets/Reps	Load	Rest		Sets/Reps	Load	Rest		Sets/Reps	Load	Rest
O: Power Execution											
A1: LB Bilateral											
B1: LB Unilateral											
B2: LB Assistance											
C1: Core Anti-rotation											
C2: Core Anti-lat flex											
	Date:				Date:				Date:		
Upper Body B (4, 8, 12)	Sets/Reps	Load	Rest		Sets/Reps	Load	Rest		Sets/Reps	Load	Rest
A1: Horizontal Pull											
A2: Horizontal Push											
B1: Vertical Pull											
B2: Vertical Push											
C1: Core Anti-flexion											