

# Using *The Theory of Fat Loss* Training Templates

My friend,

Thank you for your purchase of *The Theory of Fat Loss*! Since you are reading this, I guess it means that you have received all the free bonuses associated with your purchase. Here are the next steps that you should take so that you can be successful with your exercise program.

1. Complete reading *The Theory of Fat Loss*
2. Fill out the assessment and programming form\*
3. Start your exercise program!

\*If you need help filling out the form or writing your program, consult with a friend, a qualified fitness professional, or simply just use one of the training templates that was emailed to you. You should have received 6 different templates. If you haven't trained seriously in a while, I would recommend beginning with the 3x per week beginner hypertrophy template. A completely done-for-you training program designed from that template is also available to use or to help you frame your own program. If you are an advanced lifter or looking for a specialized training program, these templates are probably not for you.

If you are using a template, here is what you need to know about how the programs are written:

- If an exercise has an “O” written before it, it is optional. Depending on your abilities or how much time you have available, you may want to include it in your program.
- If the same letter is used for consecutive exercises, that means they should be completed as an alternating set (or a circuit if there are more than 2). For example, in the *3x hypertrophy filled-in sample* document, you will notice B1 and B2 are cable row and dumbbell bench press. You will also see that you are to complete 4 sets of 8 and take 60 seconds of rest between exercises. This means that you will complete a set of rows, rest for 60 seconds, complete a set of presses, rest for 60 seconds, and then repeat that process for a total of 4 sets.
- You can find a list of exercises to choose from for each of the categories listed (e.g. UB Vertical Push, LB Bilateral, etc.) in this document.
- Examples of acceptable set/rep/rest schemes for both hypertrophy and strength/power can also be found in this document. \*Note on rest times: Many fitness professionals suggest that you should never time your rest, rather, you start a new set based on “feel.” With beginners, I never use this approach. I suggest using strict rest time guidelines until you are experienced enough to know what several different types of programs with various set/rep/rest schemes do to your body.
- You will notice in the filled-in sample that there are multiple set/rep/rest schemes for both the A and B workouts. The first time you complete workout A, you will follow a 4x8x60s scheme. The next time, you will follow a 3x12x45s scheme... and so on and so forth. This is done so that you have a broader and more effective training stimulus. It is part of an

“undulating periodization” training model that was briefly mentioned in chapter 9 of the book. You do not need to write your program like this, but you certainly can if you are comfortable with it.

- If you are lifting heavy, you might want to complete a few lighter warm-up sets.
- If you can complete all sets for the complete number of reps while following the rest times that you have written, it is time to increase your loading. The key to training and getting results is progressive resistance exercise, not staying where you are. That being said, if you want to increase your loading between sets, feel free to. Challenge yourself. It is more than okay if you cannot complete all the reps of a given set. In fact, this is sometimes even desirable because then you will know what your limit actually is. The closer you train to your capacity limits, the more progress you will make and the more quickly you will make it. Furthermore, it might take a week or two to figure out how much weight to use for any given exercise. It's somewhat of an art. That's completely fine. \*Note on training to failure: Many professionals advocate that you should never train to failure. That means you should stop a set once your lifting tempo starts to decline. Again, I believe it depends on what you are training for and how experienced you are. I think this is great advice for advanced lifters, but I'd rather have beginners complete all the programmed sets and reps as best they can unless form starts to degrade.
- The templates I have provided you with are what I actually use for many of my new clients. I also use them to keep a training log and take notes on. Under “load,” be sure to record how much weight you used for each set and how many reps you completed. It doesn't look like a lot of space, but it is plenty. Use the following notation and you should be good to go: 135<sup>5</sup>, 135<sup>5</sup>, 145<sup>5</sup>, 145<sup>5</sup>, 155<sup>3</sup>. This means that the person completed five total sets. The first two sets were at 135 pounds and 5 reps were completed. The next two were at 145 pounds and 5 reps were completed. The last set was at 155 pounds and 3 reps were completed. All that should easily fit into the “load” space on your training log. That is an example from a 5x5 workout.
- Do not skip the warm-up! See the appendices of the book for more information.

### Examples of set/rep/rest schemes for non-assistance lifts:

Note: These are just examples that you can use as guidelines. You may also refer to the sample programs included in your downloads for help. There are many unique and effective methods, both simple and complex, outside of what is listed here. Some of these methods take entire books to describe, so that is beyond the scope of this short guide. For additional resources, check out the resources tab at <http://thetheoryoffatloss.blogspot.com>.

#### **Hypertrophy (putting on mass):**

Notation: [Set Range] x [Rep Range], Rest Time

3-4x8-15, 45-75s  
5x5-7, 60-90s  
6x4-6, 45-75s  
8x3, 30s

#### *Personal Favorites:*

5x5, 90  
4x8, 60  
3x12, 45

**Strength/Power:** Allow FULL recovery b/w sets (2-5 minutes); if you get bored, do some mobility drills. Do not start a new set early. You shouldn't get a burn or a pump from strength or power sets. Strength/Power training targets the nervous system, not your metabolism.

5x5  
6-8x2-4  
6 x [6, 4, 2, 6, 4, 2]  
4 x [3, 3, 3, 8-12]

#### **Why aren't there guidelines for fat loss programs?**

Once you finish reading *The Theory of Fat Loss*, this question should already be answered.

## Exercise List

Not even close to an exhaustive list, but useful to plug into your templates

<b>Power Execution</b> -Vertical Leap -Broad Jump -Power Clean -Hang Clean -BB, DB, or KB* Snatch -BB, DB, or KB Hang Snatch -Jump Squat -Trap-bar Dead Jump -Sprinting -Skipping -Split Squat Jump -Plyometric Drills -Front Squats from Pins -Speed Squats/Deadlifts	<b>Lower Body Bilateral</b> <i>Hip Dominant</i> -Deadlift** -Trap-bar Deadlift -KB Deadlift -Rack Pull -Romanian Deadlift  <i>Quad Dominant</i> -Bodyweight -Goblet Squat -DB Squat -Back Squat -Front Squat -Overhead Squat -Box Squats	<b>Lower Body Unilateral</b> -Step-up -Lunge -Walking Lunge -Reverse Lunge -Slideboard Lunge -Split Squat -Split Squats from Box -Rear Foot Elevated Split Squats (RFESS, bulgarian split squat) -TRX RFESS -RFESS from Box -Single-leg RDL -Pistol Squat	<b>Core</b> <i>Anti-extension</i> -Front Plank from Knees -Front Plank -3 Point Plank -Ab Wheel or BB Rollouts -TRX Rollouts  <i>Anti-rot/lateral flexion</i> -Side Plank from Knees -Side Plank -Side Plank w/Hip Abd. -Pallof Press -BB Corner Antirotation (Land Mine) -Cable Wood Chops
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\*DB=Dumbbell, KB=Kettlebell, BB=Barbell

\*\*Includes mixed, overhand, and snatch grips, sumo deadlifts, deadlifts from deficits, etc.

<b>Upper Body Vertical Push</b> -BB, DB, KB*, Military (Shoulder) Press -RB* Shoulder Press -BB, DB, or KB Push Press -Single arm variations of above	<b>Upper Body Vertical Pull</b> -Lat Pulldown -RB Lat Pulldown -Assisted Pullup Machine -TRX or RB Assisted Pullups** -Weighted Pullups	<b>Upper Body Horizontal Push</b> -DB or BB Bench Press -DB or BB Incline Press -DB or BB Decline Press -Pushups from knees -Inclined Pushups -Pushups***	<b>Upper Body Horizontal Pull</b> -Cable Row**** -BB Bent-over Row -DB Row -Chest-Supported Row -TRX or Inverted Row -Facepull variations
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\*DB=Dumbbell, KB=Kettlebell, BB=Barbell, RB=Resistance Band

\*\*Pullups: Includes wide, close, mixed, neutral, overhand, and underhand grip pullups

\*\*\*Pushups: Includes normal, RB, weighted, 3-point, TRX, feet elevated, and any other pushup progressions

\*\*\*\*Cable Row: Includes wide, close, neutral, overhand, and underhand grip rows

<b>Lower Body Assistance</b> -Glute Ham Raise Machine -Natural Glute Ham Raise -X-band Walks -BW or BB* Glute Bridges -BW or BB Hip Thrusts -Good Mornings -Single-leg Good Mornings -Side-lying Hip Abduction -Clamshells -Other**	<b>Upper Body Assistance</b> -Dips -TRX External Rotations -Side-lying External Rotations -Standing 90/90 External Rotations -Lower Trap Drills -Medicine Ball Throws -Isolation Moves -Other
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\*BW=Bodyweight, BB=Barbell

\*\*You may even want to choose exercises from the other lower body and upper body categories. For example, if you wanted to add in lunges or goblet squats, you may consider those to be lower body assistance exercises.

Likewise, if you wanted to perform facepulls or TRX rows or pushups, you may do that as well.