

The Theory of Fat Loss	2x/wk or 3x/wk Beginner Strength/Power: Full Body									
O = Optional										
	Date:				Date:			Date:		
<b>Workout A</b>	Sets/Reps	Load	Rest		Sets/Reps	Load	Rest	Sets/Reps	Load	Rest
O: Power Execution										
A1: LB Bilateral										
B1: UB Horizontal Pull										
B2: UB Horizontal Push										
C1: Core Anti-flexion										
<i>Assistance Exercises</i>										
O1: LB Unilateral	1-3 x 6-12		0-60		1-3 x 6-12		0-60	1-3 x 6-12		0-60
O2: UB Vertical Pull	1-3 x 6-12		0-60		1-3 x 6-12		0-60	1-3 x 6-12		0-60
O3: UB Vertical Push	1-3 x 6-12		0-60		1-3 x 6-12		0-60	1-3 x 6-12		0-60
O4: Core Anti-rot/lat flex	1-3 x 6-12		0-60		1-3 x 6-12		0-60	1-3 x 6-12		0-60
	Date:				Date:			Date:		
<b>Workout B</b>	Sets/Reps	Load	Rest		Sets/Reps	Load	Rest	Sets/Reps	Load	Rest
O: Power Execution										
A1: LB Bilateral										
B1: UB Vertical Pull										
B2: UB Vertical Push										
C1: Core Anti-rot/lat flex										
<i>Assistance Exercises</i>										
O1: LB Unilateral	1-3 x 6-12				1-3 x 6-12		0-60	1-3 x 6-12		0-60
O2: UB Horizontal Pull	1-3 x 6-12				1-3 x 6-12		0-60	1-3 x 6-12		0-60
O3: UB Horizontal Push	1-3 x 6-12				1-3 x 6-12		0-60	1-3 x 6-12		0-60
O4: Core Anti-flexion	1-3 x 6-12				1-3 x 6-12		0-60	1-3 x 6-12		0-60