

The Theory of Fat Loss	Case Study 3- Phase 3: Strength			4x/wk					
	Date:			Date:			Date:		
A Lower Body	Sets/Reps	Load	Rest	Sets/Reps	Load	Rest	Sets/Reps	Load	Rest
Trap Bar Deadlift	4,4,4,12		60	4,4,4,12		60	4,4,4,12		60
TRX Unilateral Side Plank	2x20s/side		60	2x25s/side		60	2x30s/side		60
Step-Ups	3x6		60	3x8		60	3x10		60
TRX or Ball Leg Curl	3x4-8		60	3x4-8		60	3x4-8		60
BB Core Anti-rotation	2x6	5	0-60	2x8	5	0-60	2x10	5	0-60
Manual Anti-rotation	30s		60	30s		60	30s		60
	Date:			Date:			Date:		
B Upper Body	Sets/Reps	Load	Rest	Sets/Reps	Load	Rest	Sets/Reps	Load	Rest
TRX Assisted Pull Up	4x4-8		60	4x4-8		60	4x4-8		60
BB Shoulder Press	4x4-8		60	4x4-8		60	4x4-8		60
UG BB Bent-Over Row	3x6-8		60	3x6-8		60	3x6-8		60
Push Up	3x6-8		60	3x6-8		60	3x6-8		60
Rollout	2x4-8	Level:	60	2x4-8	Level:	60	2x4-8	Level:	60
3 point plank	2x35s		60	2x45s		60	2x55s		60
	Date:			Date:			Date:		
C Lower Body	Sets/Reps	Load	Rest	Sets/Reps	Load	Rest	Sets/Reps	Load	Rest
TRX RFESS	4x4-8		60	4x4-8		60	4x4-8		60
TRX Unilateral Side Plank	2x20s/side		60	2x20s/side		60	2x20s/side		60
Rack Pull	3x4-8		60	3x4-8		60	3x4-8		60
Walking Lunge	3x8		60	3x10		60	3x12		60
BB Core Anti-rotation	2x6	5	0-60	2x8	5	0-60	2x10	5	0-60
Manual Anti-rotation	30s		60	30s		60	30s		60
	Date:			Date:			Date:		
D Upper Body	Sets/Reps	Load	Rest	Sets/Reps	Load	Rest	Sets/Reps	Load	Rest
TRX Row	4x4-6		60	4x4-6		60	4x4-6		60
DB Press	4x6-8		60	4x6-8		60	4x6-8		60
TRX Assisted Pull-Up	3x5		60	3x6		60	3x7		60
DB Shoulder Press	3x6-8		60	3x6-8		60	3x6-8		60
Rollout	2x4-8	Level:	60	2x4-8	Level:	60	2x4-8	Level:	60
3 point plank	2x40s		60	2x50s		60	2x60s		60