

The Theory of Fat Loss	Case Study 3- Phase 5: Dedicated Fat Loss				4x/wk					
		*Complex: Hang Clean to Front Squat to Push Press x 10, Bent Over Row x 10, Single Leg RDL x 5 each								
	Date:				Date:			Date:		
Workout A	Sets/Reps	Load	Rest		Sets/Reps	Load	Rest	Sets/Reps	Load	Rest
Barbell Complex*	2 sets	Barbell	60		2 sets	Barbell	60	2 sets	Barbell	60
A1 Trap Bar Deadlift	5+, 30 tot		0		5+, 30 tot		0	5+, 30 tot		0
A2 Pushup	5+, 40 tot		0		5+, 40 tot		0	5+, 40 tot		0
A3 Body Weight Split Squat	5+, 50 tot		30		5+, 50 tot		30	5+, 50 tot		30
B1 Side Plank	2x30s		0		2x30s		0	2x30s		0
B2 Jump Rope	2x60s		0		2x60s		0	2x60s		0
Airdyne Intervals	6x20s		40		6x20s		40	6x20s		40
	Date:				Date:			Date:		
Workout A	Sets/Reps	Load	Rest		Sets/Reps	Load	Rest	Sets/Reps	Load	Rest
Barbell Complex*	2 sets	Barbell	60		2 sets	Barbell	60	2 sets	Barbell	60
A1 Trap Bar Deadlift	5+, 30 tot		0		5+, 30 tot		0	5+, 30 tot		0
A2 Pushup	5+, 40 tot		0		5+, 40 tot		0	5+, 40 tot		0
A3 Body Weight Split Squat	5+, 50 tot		30		5+, 50 tot		30	5+, 50 tot		30
B1 Side Plank	2x30s		0		2x30s		0	2x30s		0
B2 Jump Rope	2x60s		0		2x60s		0	2x60s		0
Airdyne Intervals	6x20s		40		6x20s		40	6x20s		40
	Date:				Date:			Date:		
Workout B	Sets/Reps	Load	Rest		Sets/Reps	Load	Rest	Sets/Reps	Load	Rest
A1 Rack Pull	4x6-10		0		4x6-10		0	4x6-10		0
A2 TRX Assisted Pullup	4x6-8		0		4x6-8		0	4x6-8		0
A3 Step Up + Curl + Shd Pr	4x8-12		60		4x8-12		60	4x8-12		60
B1 Goblet Squat	2x25		0		2x25		0	2x25		0
B2 Ab Wheel Rollouts	2x8		0		2x8		0	2x8		0
B3 DB Swing or Vertical Leap	2x60s		60		2x60s		60	2x60s		60
	Date:				Date:			Date:		
Workout B	Sets/Reps	Load	Rest		Sets/Reps	Load	Rest	Sets/Reps	Load	Rest
A1 Rack Pull	4x6-10		0		4x6-10		0	4x6-10		0
A2 TRX Assisted Pullup	4x6-8		0		4x6-8		0	4x6-8		0
A3 Step Up + Curl + Shd Pr	4x8-12		60		4x8-12		60	4x8-12		60
B1 Goblet Squat	2x25		0		2x25		0	2x25		0
B2 Ab Wheel Rollouts	2x8		0		2x8		0	2x8		0
B3 DB Swing or Vertical Leap	2x60s		60		2x60s		60	2x60s		60