

The Theory of Fat Loss: Case Study 3- Phase 1: Intro Strength Program								
Workout A	Rest	Sets/Reps	Sets/Reps	Sets/Reps	Sets/Reps	Sets/Reps	Sets/Reps	Comments
HIT: To technical failure		8-6-4-Max	5-4-3-Max	10-8-6-Max	8-6-4-Max	5-4-3-Max	10-8-6-Max	
		Moderate	Heavy	Light	Moderate	Heavy	Light	
A1 Front Squat	90							
A2 TRX Row	90							
Assistance Work		3x8	3x8	3x8	3x8	3x8	3x8	
B1: DB Shoulder Press	0							
B2: Walking Lunge	60							
Eccentrics		3x6	3x6	3x6	3x6	3x6	3x6	
C1: Chin-ups	60							
C2: Pushups	60							
C3: Wheel Rollouts	60							
Workout B	Rest	Sets/Reps	Sets/Reps	Sets/Reps	Sets/Reps	Sets/Reps	Sets/Reps	
HIT: To technical failure		8-6-4-Max	5-4-3-Max	10-8-6-Max	8-6-4-Max	5-4-3-Max	10-8-6-Max	
		Moderate	Heavy	Light	Moderate	Heavy	Light	
A1 Trap-Bar Deadlift	90							
A2 TRX Row	90							
Assistance Work 1		3x8	3x8	3x8	3x8	3x8	3x8	
B1: TRX Pushup	0							
B2: Goblet Squat	60							
Assistance Work 2		3x8	3x8	3x8	3x8	3x8	3x8	
C1: Step-ups	60							
C2: Face Pulls	60							
Core:								
D1: Slosh Pipe		2 x 1 lap	2 x 2 laps	2 x 3 laps	2 x 1 lap	2 x 2 laps	2 x 3 laps	
D2: Side Plank		2 x 20s	2 x 20s	2 x 20s	2 x 20s	2 x 20s	2 x 20s	