The Theory of Fat Loss	4x/wk Beginner Hypertrophy										
O = Optional											
	Date:				Date:				Date:		
Workout A (1, 3, 5)	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											
	Date:				Date:				Date:		
Workout B (2, 4, 6)	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-lat flex											
C2: Core Anti-rotation											
	Date:				Date:				Date:		
Workout A (7, 9, 11)	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											
	Date:				Date:				Date:		
Workout B (8, 10, 12)	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-lat flex											
C2: Core Anti-rotation											