

The Theory of Fat Loss	Case Study 3- Phase 2: Strength			3x/wk					
	Date:			Date:			Date:		
Workout A	Sets/Reps	Load	Rest	Sets/Reps	Load	Rest	Sets/Reps	Load	Rest
A Single-Arm DB Push Press	4x4-6		120	4x4-6		120	4x4-6		120
B1 Trap-bar Deadlift	6,3,6,3		60	4x4		60	6,3,6,3		60
B2 TRX Assisted Pull-up	4x4		60	4x4		60	4x4		60
C1 Reverse Lunge	2x8		0	2x10		0	2x12		0
C2 TRX Rollout	2x8		60	2x10		60	2x12		60
	Date:			Date:			Date:		
Workout A	Sets/Reps	Load	Rest	Sets/Reps	Load	Rest	Sets/Reps	Load	Rest
A Single-Arm DB Push Press	4x4-6		120	4x4-6		120	4x4-6		120
B1 Trap-bar Deadlift	4x4		60	6,3,6,3		60	4x4		60
B2 TRX Assisted Pull-up	4x4		60	4x4		60	4x4		60
C1 Reverse Lunge	3x8		0	3x10		0	3x12		0
C2 TRX Rollout	3x8		60	3x10		60	3x12		60
	Date:			Date:			Date:		
Workout B	Sets/Reps	Load	Rest	Sets/Reps	Load	Rest	Sets/Reps	Load	Rest
A DB Swings	4x8		120	4x10		120	4x12		120
B1 Front Squat	3x8		60	4x6		60	3x8		60
B2 TRX Row	3x8		60	4x6		60	3x8		60
C1 Pushup	2x5		0	2x6		0	2x7		0
C2 Landmine	2x8		60	2x10		60	2x12		60
	Date:			Date:			Date:		
Workout B	Sets/Reps	Load	Rest	Sets/Reps	Load	Rest	Sets/Reps	Load	Rest
A DB Swings	5x8		120	5x10		120	5x12		120
B1 Front Squat	4x6		60	3x8		60	4x6		60
B2 TRX Row	4x6		60	3x8		60	4x6		60
C1 Pushup	3x5		0	3x6		0	3x7		0
C2 Landmine	3x8		60	3x10		60	3x12		60