

The Theory of Fat Loss	3x/wk Beginner Hypertrophy Complete Sample Program									
	Date:			Date:			Date:			
Workout A (1, 3, 5)	Sets/Reps	Load	Rest	Sets/Reps	Load	Rest	Sets/Reps	Load	Rest	
A1: Trap-bar Deadlift	4x8		60	3x12		45	5x5		75	
B1: Cable Row	4x8		60	3x12		45	5x5		75	
B2: DB Bench Press	4x8		60	3x12		45	5x5		75	
C1: Reverse Lunge	2x8		0	2x8		0	2x8		0	
C2: Front Plank	2x30s		30	2x30s		30	2x30s		30	
	Date:			Date:			Date:			
Workout B (2, 4, 6)	Sets/Reps	Load	Rest	Sets/Reps	Load	Rest	Sets/Reps	Load	Rest	
A1: Front Squat	5x5		75	4x8		60	3x12		45	
B1: Lat Pulldown	5x5		75	4x8		60	3x12		45	
B2: DB Shoulder Press	5x5		75	4x8		60	3x12		45	
C1: Step-up	2x8		0	2x8		0	2x8		0	
C2: Side Plank	2x20s		30	2x20s		30	2x20s		30	
	Date:			Date:			Date:			
Workout A (7, 9, 11)	Sets/Reps	Load	Rest	Sets/Reps	Load	Rest	Sets/Reps	Load	Rest	
A1: Trap-bar Deadlift	4x8		60	3x12		45	5x5		75	
B1: Cable Row	4x8		60	3x12		45	5x5		75	
B2: DB Bench Press	4x8		60	3x12		45	5x5		75	
C1: Reverse Lunge	2x8		0	2x8		0	2x8		0	
C2: Front Plank	2x30s		30	2x30s		30	2x30s		30	
	Date:			Date:			Date:			
Workout B (8,10,12)	Sets/Reps	Load	Rest	Sets/Reps	Load	Rest	Sets/Reps	Load	Rest	
A1: Front Squat	5x5		75	4x8		60	3x12		45	
B1: Lat Pulldown	5x5		75	4x8		60	3x12		45	
B2: DB Shoulder Press	5x5		75	4x8		60	3x12		45	
C1: Step-up	2x8		0	2x8		0	2x8		0	
C2: Side Plank	2x20s		30	2x20s		30	2x20s		30	