

[illegible]

The Theory of Fat Loss	2x/wk or 3x/wk Beginner Strength/Power: Full Body									
O = Optional										
	Date:				Date:			Date:		
Workout A	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										
<i>Assistance Exercises</i>										
O1: LB Unilateral	1-3 x 6-12		0-60		1-3 x 6-12		0-60	1-3 x 6-12		0-60
O2: UB Vertical Pull	1-3 x 6-12		0-60		1-3 x 6-12		0-60	1-3 x 6-12		0-60
O3: UB Vertical Push	1-3 x 6-12		0-60		1-3 x 6-12		0-60	1-3 x 6-12		0-60
O4: Core Anti-rot/lat flex	1-3 x 6-12		0-60		1-3 x 6-12		0-60	1-3 x 6-12		0-60
	Date:				Date:			Date:		
Workout B	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-rot/lat flex										
<i>Assistance Exercises</i>										
O1: LB Unilateral	1-3 x 6-12				1-3 x 6-12		0-60	1-3 x 6-12		0-60
O2: UB Horizontal Pull	1-3 x 6-12				1-3 x 6-12		0-60	1-3 x 6-12		0-60
O3: UB Horizontal Push	1-3 x 6-12				1-3 x 6-12		0-60	1-3 x 6-12		0-60
O4: Core Anti-flexion	1-3 x 6-12				1-3 x 6-12		0-60	1-3 x 6-12		0-60

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	

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The Theory of Fat Loss	4x/wk Beginner Strength/Power: Full Body									
	Date:				Date:			Date:		
Workout A (1, 3, 5)	Sets/Reps	Load	Rest		Sets/Reps	Load	Rest	Sets/Reps	Load	Rest
A1: LB Bilateral										
B1: Horizontal Pull										
B2: Horizontal Push										
C1: Core Anti-rot/lat flex										
	Date:				Date:			Date:		
Workout B (2, 4, 6)	Sets/Reps	Load	Rest		Sets/Reps	Load	Rest	Sets/Reps	Load	Rest
A1: Power Execution										
B1: LB Unilateral										
C1: UB Vertical Pull										
C2: UB Vertical Push*										
D1: Core Anti-flexion										
*If not addressed by power execution exercise										
	Date:				Date:			Date:		
Workout A (7, 9, 11)	Sets/Reps	Load	Rest		Sets/Reps	Load	Rest	Sets/Reps	Load	Rest
A1: LB Bilateral										
B1: Horizontal Pull										
B2: Horizontal Push										
C1: Core Anti-rot/lat flex										
	Date:				Date:			Date:		
Workout B (8, 10, 12)	Sets/Reps	Load	Rest		Sets/Reps	Load	Rest	Sets/Reps	Load	Rest
A1: Power Execution										
B1: LB Unilateral										
C1: UB Vertical Pull										
C2: UB Vertical Push*										
D1: Core Anti-flexion										
*If not addressed by power execution exercise										

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