

The Theory of Fat Loss	Case Study 3- Phase 4: Dedicated Fat Loss				4x/wk					
	Date:			Date:			Date:			
Workout A	Sets/Reps	Load	Rest	Sets/Reps	Load	Rest	Sets/Reps	Load	Rest	
A1 Trap Bar Deadlift	5+, 30 tot		0	5+, 30 tot		0	5+, 30 tot		0	
A2 Pushup	5+, 30 tot		0	5+, 30 tot		0	5+, 30 tot		0	
A3 TRX Row	5+, 30 tot		30	5+, 30 tot		30	5+, 30 tot		30	
B1 TRX Side Plank	2x20s		0	2x20s		0	2x20s		0	
B2 BB Core Anti-rotation	2x8-12	5	30	2x8-12	5	30	2x8-12	5	30	
	Date:			Date:			Date:			
Workout B	Sets/Reps	Load	Rest	Sets/Reps	Load	Rest	Sets/Reps	Load	Rest	
A1 DB Squat to Push Press	2x20		0	2x20		0	2x20		0	
A2 DB Stepup + Biceps Curl	2x20		60	2x20		60	2x20		60	
B1 TRX Assisted Pullup	2x8-12		0	2x8-12		0	2x8-12		0	
B2 Ball Leg Curl (Unilateral?)	2x8-12		60	2x8-12		60	2x8-12		60	
C1 TRX Plank	2x30s		30	2x30s		30	2x30s		30	
	Date:			Date:			Date:			
Workout C	Sets/Reps	Load	Rest	Sets/Reps	Load	Rest	Sets/Reps	Load	Rest	
A1 TRX RFESS	5+, 30 tot		0	5+, 30 tot		0	5+, 30 tot		0	
A2 UG BB Bent-over Row	5+, 30 tot		0	5+, 30 tot		0	5+, 30 tot		0	
A3 DB Bench Press	5+, 30 tot		30	5+, 30 tot		30	5+, 30 tot		30	
B1 TRX Side Plank	2x20s		0	2x20s		0	2x20s		0	
B2 BB Core Anti-rotation	2x8-12	5	30	2x8-12	5	30	2x8-12	5	30	
	Date:			Date:			Date:			
Workout D	Sets/Reps	Load	Rest	Sets/Reps	Load	Rest	Sets/Reps	Load	Rest	
A1 Trap Bar Deadlift + Shrug	3x12		0	3x12		0	3x12		0	
A2 Rev Lunge + DB Shd Press	3x12		60	3x12		60	3x12		60	
B1 TRX Assisted Pullup	3x6-10		0	3x6-10		0	3x6-10		0	
B2 Ball Leg Curl (Unilateral?)	3x6-10		60	3x6-10		60	3x6-10		60	
C1 TRX Plank	2x30s		30	2x30s		30	2x30s		30	