The Theory of Fat Loss	2x/wk Beginner Hypertrophy Template										
	Date:				Date:				Date:		
Workout A (1, 3, 5)	Sets/Reps	Load	Rest		Sets/Reps	Load	Rest		Sets/Reps	Load	Rest
A LB Bilateral											
B1 UB Horizontal Pull											
B2 UB Horizontal Push											
C1 LB Unilateral											
C2 Core Anti-flexion											
C3 Core Anti-rotation/lat flex											
D1 UB Vertical Pull											
D2 UB Vertical Push											
	Date:				Date:				Date:		
Workout B (2, 4, 6)	Sets/Reps	Load	Rest		Sets/Reps	Load	Rest		Sets/Reps	Load	Rest
A LB Bilateral											
B1 UB Vertical Pull											
B2 UB Vertical Push											
C1 LB Unilateral											
C2 Core Anti-flexion											
C3 Core Anti-rotation/lat flex											
D1 UB Horizontal Pull											
D2 UB Horizontal Push											
	Date:				Date:				Date:		
Workout A (7,9,11)	Sets/Reps	Load	Rest		Sets/Reps	Load	Rest		Sets/Reps	Load	Rest
A LB Bilateral											
B1 UB Horizontal Pull											
B2 UB Horizontal Push											
C1 LB Unilateral											
C2 Core Anti-flexion											
C3 Core Anti-rotation/lat flex											
D1 UB Vertical Pull											
D2 UB Vertical Push											
	Date:				Date:				Date:		
Workout B (8,10,12)	Sets/Reps	Load	Rest		Sets/Reps	Load	Rest		Sets/Reps	Load	Rest
A LB Bilateral											
B1 UB Vertical Pull											
B2 UB Vertical Push											
C1 LB Unilateral											
C2 Core Anti-flexion											
C3 Core Anti-rotation/lat flex											
D1 UB Horizontal Pull											
D2 UB Horizontal Push											