

The Theory of Fat Loss: Case Study 3- Phase 1: Intro Strength Program								
Workout A	Rest	Sets/Reps	Sets/Reps	Sets/Reps	Sets/Reps	Sets/Reps	Sets/Reps	Comments
HIT: To technical failure		8-6-4-Max	5-4-3-Max	10-8-6-Max	8-6-4-Max	5-4-3-Max	10-8-6-Max	
		Moderate	Heavy	Light	Moderate	Heavy	Light	
A1 Front Squat	90							
A2 TRX Row	90							
Assistance Work		3x8	3x8	3x8	3x8	3x8	3x8	
B1: DB Shoulder Press	0							
B2: Walking Lunge	60							
Eccentrics		3x6	3x6	3x6	3x6	3x6	3x6	
C1: Chin-ups	60							
C2: Pushups	60							
C3: Wheel Rollouts	60							
Workout B	Rest	Sets/Reps	Sets/Reps	Sets/Reps	Sets/Reps	Sets/Reps	Sets/Reps	
HIT: To technical failure		8-6-4-Max	5-4-3-Max	10-8-6-Max	8-6-4-Max	5-4-3-Max	10-8-6-Max	
		Moderate	Heavy	Light	Moderate	Heavy	Light	
A1 Trap-Bar Deadlift	90							
A2 TRX Row	90							
Assistance Work 1		3x8	3x8	3x8	3x8	3x8	3x8	
B1: TRX Pushup	0							
B2: Goblet Squat	60							
Assistance Work 2		3x8	3x8	3x8	3x8	3x8	3x8	
C1: Step-ups	60							
C2: Face Pulls	60							
Core:								
D1: Slosh Pipe		2 x 1 lap	2 x 2 laps	2 x 3 laps	2 x 1 lap	2 x 2 laps	2 x 3 laps	
D2: Side Plank		2 x 20s	2 x 20s	2 x 20s	2 x 20s	2 x 20s	2 x 20s	

The Theory of Fat Loss	Case Study 3- Phase 2: Strength			3x/wk					
	Date:			Date:			Date:		
<b>Workout A</b>	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:		
<b>Workout A</b>	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:		
<b>Workout B</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:		
<b>Workout B</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

The Theory of Fat Loss	Case Study 3- Phase 3: Strength			4x/wk					
	Date:			Date:			Date:		
<b>A Lower Body</b>	Sets/Reps	Load	Rest	Sets/Reps	Load	Rest	Sets/Reps	Load	Rest
Trap Bar Deadlift	4,4,4,12		60	4,4,4,12		60	4,4,4,12		60
TRX Unilateral Side Plank	2x20s/side		60	2x25s/side		60	2x30s/side		60
Step-Ups	3x6		60	3x8		60	3x10		60
TRX or Ball Leg Curl	3x4-8		60	3x4-8		60	3x4-8		60
BB Core Anti-rotation	2x6	5	0-60	2x8	5	0-60	2x10	5	0-60
Manual Anti-rotation	30s		60	30s		60	30s		60
	Date:			Date:			Date:		
<b>B Upper Body</b>	Sets/Reps	Load	Rest	Sets/Reps	Load	Rest	Sets/Reps	Load	Rest
TRX Assisted Pull Up	4x4-8		60	4x4-8		60	4x4-8		60
BB Shoulder Press	4x4-8		60	4x4-8		60	4x4-8		60
UG BB Bent-Over Row	3x6-8		60	3x6-8		60	3x6-8		60
Push Up	3x6-8		60	3x6-8		60	3x6-8		60
Rollout	2x4-8	Level:	60	2x4-8	Level:	60	2x4-8	Level:	60
3 point plank	2x35s		60	2x45s		60	2x55s		60
	Date:			Date:			Date:		
<b>C Lower Body</b>	Sets/Reps	Load	Rest	Sets/Reps	Load	Rest	Sets/Reps	Load	Rest
TRX RFESS	4x4-8		60	4x4-8		60	4x4-8		60
TRX Unilateral Side Plank	2x20s/side		60	2x20s/side		60	2x20s/side		60
Rack Pull	3x4-8		60	3x4-8		60	3x4-8		60
Walking Lunge	3x8		60	3x10		60	3x12		60
BB Core Anti-rotation	2x6	5	0-60	2x8	5	0-60	2x10	5	0-60
Manual Anti-rotation	30s		60	30s		60	30s		60
	Date:			Date:			Date:		
<b>D Upper Body</b>	Sets/Reps	Load	Rest	Sets/Reps	Load	Rest	Sets/Reps	Load	Rest
TRX Row	4x4-6		60	4x4-6		60	4x4-6		60
DB Press	4x6-8		60	4x6-8		60	4x6-8		60
TRX Assisted Pull-Up	3x5		60	3x6		60	3x7		60
DB Shoulder Press	3x6-8		60	3x6-8		60	3x6-8		60
Rollout	2x4-8	Level:	60	2x4-8	Level:	60	2x4-8	Level:	60
3 point plank	2x40s		60	2x50s		60	2x60s		60

The Theory of Fat Loss	Case Study 3- Phase 4: Dedicated Fat Loss				4x/wk					
	Date:			Date:			Date:			
<b>Workout A</b>	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:			
<b>Workout B</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:			
<b>Workout C</b>	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:			
<b>Workout D</b>	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	

The Theory of Fat Loss	Case Study 3- Phase 5: Dedicated Fat Loss				4x/wk					
		*Complex: Hang Clean to Front Squat to Push Press x 10, Bent Over Row x 10, Single Leg RDL x 5 each								
	Date:				Date:			Date:		
<b>Workout A</b>	Sets/Reps	Load	Rest		Sets/Reps	Load	Rest	Sets/Reps	Load	Rest
Barbell Complex*	2 sets	Barbell	60		2 sets	Barbell	60	2 sets	Barbell	60
A1 Trap Bar Deadlift	5+, 30 tot		0		5+, 30 tot		0	5+, 30 tot		0
A2 Pushup	5+, 40 tot		0		5+, 40 tot		0	5+, 40 tot		0
A3 Body Weight Split Squat	5+, 50 tot		30		5+, 50 tot		30	5+, 50 tot		30
B1 Side Plank	2x30s		0		2x30s		0	2x30s		0
B2 Jump Rope	2x60s		0		2x60s		0	2x60s		0
Airdyne Intervals	6x20s		40		6x20s		40	6x20s		40
	Date:				Date:			Date:		
<b>Workout A</b>	Sets/Reps	Load	Rest		Sets/Reps	Load	Rest	Sets/Reps	Load	Rest
Barbell Complex*	2 sets	Barbell	60		2 sets	Barbell	60	2 sets	Barbell	60
A1 Trap Bar Deadlift	5+, 30 tot		0		5+, 30 tot		0	5+, 30 tot		0
A2 Pushup	5+, 40 tot		0		5+, 40 tot		0	5+, 40 tot		0
A3 Body Weight Split Squat	5+, 50 tot		30		5+, 50 tot		30	5+, 50 tot		30
B1 Side Plank	2x30s		0		2x30s		0	2x30s		0
B2 Jump Rope	2x60s		0		2x60s		0	2x60s		0
Airdyne Intervals	6x20s		40		6x20s		40	6x20s		40
	Date:				Date:			Date:		
<b>Workout B</b>	Sets/Reps	Load	Rest		Sets/Reps	Load	Rest	Sets/Reps	Load	Rest
A1 Rack Pull	4x6-10		0		4x6-10		0	4x6-10		0
A2 TRX Assisted Pullup	4x6-8		0		4x6-8		0	4x6-8		0
A3 Step Up + Curl + Shd Pr	4x8-12		60		4x8-12		60	4x8-12		60
B1 Goblet Squat	2x25		0		2x25		0	2x25		0
B2 Ab Wheel Rollouts	2x8		0		2x8		0	2x8		0
B3 DB Swing or Vertical Leap	2x60s		60		2x60s		60	2x60s		60
	Date:				Date:			Date:		
<b>Workout B</b>	Sets/Reps	Load	Rest		Sets/Reps	Load	Rest	Sets/Reps	Load	Rest
A1 Rack Pull	4x6-10		0		4x6-10		0	4x6-10		0
A2 TRX Assisted Pullup	4x6-8		0		4x6-8		0	4x6-8		0
A3 Step Up + Curl + Shd Pr	4x8-12		60		4x8-12		60	4x8-12		60
B1 Goblet Squat	2x25		0		2x25		0	2x25		0
B2 Ab Wheel Rollouts	2x8		0		2x8		0	2x8		0
B3 DB Swing or Vertical Leap	2x60s		60		2x60s		60	2x60s		60