

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										