

Week 1 -

MONDAY - UPPER - MODERATE WEIGHT

4 SETS

10 BENCH PRESSES
(BARBELL)

3 SETS

15 SEATED OVERHEAD PRESS
(DUMBBELLS)

3 SETS

+ 12 CHEST SUPPORTED ROW (T-BAR)
15 LATERAL RAISES (DUMBBELLS)

3 SETS

10 INCLINE CHEST PRESS (MACHINE)

2 SETS

8 WEIGHTED PULL UPS

3 SETS

8 WEIGHT DIPS

TUESDAY - LOWER - MODERATE TO HEAVY WEIGHT

2 SETS

7 FRONT SQUATS (MODERATE)

2 SETS

10 BACK SQUATS

3 SETS

4 DEADLIFTS

4 SETS

12 ROMANIAN DEADLIFTS (DUMBBELLS)

2 SETS

10 STATIONARY LUNGES (BARBELL)

THURSDAY - UPPER - MODERATE TO HEAVY WEIGHT

4 SETS

10 BENCH PRESS (BARBELL)

3 SETS

15 SEATED OVERHEAD PRESS (DUMBBELLS)

3 SETS

15 BENT OVER DELT RAISES (DUMBBELLS)

2 SETS

12 LAT PULL DOWNS (SUPINATED)

3 SETS

8 OVERHEAD TRICEP EXTENSIONS (DUMBBELL)

FRIDAY - LOWER - MODERATE WEIGHT

3 SETS

12 BACK SQUATS

3 SETS

8 DEADLIFTS

4 SETS

+ 8 SINGLE-LEG LEG PRESS (PAUSE) (EACH LEG)
12 ROMANIAN DEADLIFTS (DUMBBELLS)

3 SETS

15 QUAD EXTENSIONS
(MACHINE) (PAUSE FOR 2 SECONDS)

3 SETS

15 LYING LEG CURLS

Week 2 -

MONDAY - UPPER - HEAVY WEIGHT

4 SETS

8 BENCH PRESSES
(BARBELL)

2 SETS

6 OVERHEAD PRESSES
(BARBELL)

3 SETS

10 CHIN UPS (WEIGHTED)
(CAN'T DO? USE BODYWEIGHT)

3 SETS

7 SUPINATED BENT OVER ROWS
(BARBELL)

3 SETS

+ **10 LATERAL RAISES (DUMBBELLS)**
10 POSTER DELT RAISES (DUMBBELLS)

2 SETS

12 EXTERNAL ROTATION FACE PULLS
(CABLE)

TUESDAY - LOWER - MODERATE WEIGHT

4 SETS

9 BACK SQUATS

3 SETS

7 DEADLIFTS

3 SETS

12 STEP UPS (DUMBBELLS)

3 SETS

6 ROMANIAN DEADLIFTS (DUMBBELLS)

3 SETS

5 QUAD EXTENSIONS (TIME UNDER TENSIONS)

3 SETS

12 ECCENTRIC LEG CURLS
(CHOOSE MACHINE)

THURSDAY - UPPER BODY - MODERATE WEIGHT

6 SETS

3 PAUSE BENCH PRESS (BARBELL)

2 SETS

4 STANDING OVERHEAD PRESS (BARBELL)

2 SETS

10 SUPINATED BENT OVER ROWS (BARBELL)

2 SETS

10 INCLINE BENCH PRESS
(DUMBBELLS) (LIGHT!)

3 SETS

+ 6 SEATED STRAIGHT ROWS (CABLE)
8 FRONT RAISES (EZ BAR)

3 SETS

10 WEIGHTED DIPS
(IF CAN'T DO, CHOOSE BODYWEIGHT)

FRIDAY - LOWER BODY - HEAVY WEIGHT

4 SETS

7 BACK SQUATS

3 SETS

3 DEADLIFTS (MODERATE WEIGHT)

3 SETS

12 ROMANIAN DEADLIFTS (BARBELL)

3 SETS

8 STEP UPS (DUMBBELLS)

3 SETS

12 LYING LEG CURLS

Week 3 -

MONDAY - UPPER BODY - HEAVY WEIGHT

5 SETS

5 BENCH PRESSES
(BARBELL)

3 SETS

5 PUSH PRESS
(BARBELL)

3 SETS

6 CHEST SUPPORTED ROWS (T-BAR)

3 SETS

+ 6 SUPINATED LAT PULL DOWNS
8 HAMMER CURLS (DUMBBELL)

2 SETS

8 OVERHEAD TRICEP EXTENSIONS
(DUMBBELL)

TUESDAY - LOWER BODY - MODERATE WEIGHT

4 SETS

5 BACK SQUATS

3 SETS

6 PAUSE DEADLIFTS

4 SETS

+ 4 SINGLE-LEG LEG PRESS
7 STEP UPS (DUMBBELLS)

3 SETS

6 GOBLET SQUATS

1 SET

15 WALKING LUNGES (DUMBBELLS)

THURSDAY - UPPER BODY - MODERATE WEIGHT

2 SETS

5 BENCH PRESS
(PAUSE) (LIGHTWEIGHT) (FAST!)

5 SETS

4 STANDING OVERHEAD PRESS
(BARBELL)

3 SETS

6 CLOSE GRIP BENCH PRESS
(BARBELL)

3 SETS

5 SINGLE ARM ROWS ON BENCH
(DUMBBELLS) (EACH SIDE)

3 SETS

6 CURLS (BARBELL)
+ 6 WEIGHTED DIPS
(CAN'T DO? JUST BODYWEIGHT)

FRIDAY - LOWER BODY - HEAVY WEIGHT

3 SETS

4 BACK SQUATS

4 SETS

3 DEADLIFTS

2 SETS

6 SINGLE-LEG LEG PRESS

3 SETS

8 ROMANIAN DEADLIFTS (DUMBBELLS)

3 SETS

15 CALF RAISES (SMITH MACHINE)

SATURDAY - UPPER BODY - LIGHT WEIGHT

3 SETS

4 BENCH PRESS (BARBELL)

3 SETS

6 PUSH PRESS (BARBELL)

2 SETS

8 CHEST FLY (CABLE)

3 SETS

10 SEATED STRAIGHT BAR CURLS (CABLE)

3 SETS

8 OVERHEAD TRICEP EXTENSIONS
(DUMBBELL)

1 SET

MAX PULL UPS

Week 4 -

MONDAY - UPPER - LIGHT TO MODERATE WEIGHT

3 SETS

7 BENCH PRESS
(BARBELL)

3 SETS

8 PUSH PRESS
(BARBELL)

2 SETS

3 CLOSE GRIP BENCH PRESS (BARBELL)

2 SETS

10 PENDLAY ROWS (BARBELL)

3 SETS

15 BENT OVER DELT RAISES (DUMBBELLS)

3 SETS

12 HAMMER CURLS (DUMBBELLS)
+ 12 V-BAR TRICEP PUSHDOWN
(CABLE)

TUESDAY - LOWER - LIGHT WEIGHT

3 SETS

12 BACK SQUATS
(PAUSE)

2 SETS

12 DEADLIFTS

4 SETS

10 GOOD MORNINGS

3 SETS

8 STEP UPS (DUMBBELLS) (EACH SIDE)

3 SETS

12 PAUSE LEG PRESS (WIDE STANCE)

2 SETS

12 LEG CURLS
(SEATED OR LYING)

FRIDAY - FULL BODY - MODERATE WEIGHT

4 SETS

3 BACK SQUATS

5 SETS

5 BENCH PRESSES

3 SETS

3 FRONT SQUATS

5 SETS

3 SUMO DEADLIFTS

Week 5-

MONDAY - LOWER BODY - MODERATE WEIGHT

3 SETS

4 BACK SQUATS

5 SETS

3 DEADLIFTS (HEAVY WEIGHT)

3 SETS

4 PAUSE DEADLIFTS

3 SETS

10 LEG PRESS (WIDE STANCE)

2 SETS

+ 4 ROMANIAN DEADLIFTS (DUMBBELLS)
7 WALKING LUNGES (DUMBBELLS)

TUESDAY - UPPER - MODERATE TO HEAVY WEIGHT

4 SETS

4 BENCH PRESS (BARBELL)

4 SETS

4 STANDING OVERHEAD PRESS
(BARBELL)

3 SETS

12 WIDE GRIP PULLS UPS

2 SETS

10 PAUSE INCLINE BENCH PRESS (DUMBBELLS)

2 SETS

10 LOW TO HIGH SINGLE ARM ROWS
+ (CABLE) (EACH SIDE)
8 LATERAL RAISES (DUMBBELLS)

THURSDAY - LOWER BODY - HEAVY WEIGHT

5 SETS

3 BACK SQUATS

3 SETS

3 DEADLIFTS (MODERATE WEIGHT)

3 SETS

8 ROMANIAN DEADLIFTS (BARBELL)

3 SETS

6 STEP UPS (DUMBBELLS)

2 SETS

12 LYING LEG CURLS
(TIME UNDER TENSION) (FEEL THE BURN!!)

FRIDAY - UPPER BODY - HEAVY WEIGHT

5 SETS

3 PAUSE BENCH PRESS (BARBELL)

2 SETS

4 STANDING OVERHEAD PRESS (BARBELL)

2 SETS

8 PRONATED ROWS (BARBELL)

2 SETS

8 INCLINE FLY
(DUMBBELLS) (SLOW AND CONTROLLED)

3 SETS

+ 6 V-BAR SEATED ROWS (CABLE)
8 FULL FRONT RAISE (EZ BAR)

3 SETS

10 WEIGHTED DIPS
(IF CAN'T DO, CHOOSE BODYWEIGHT)

SATURDAY - LOWER - LIGHT WEIGHT

3 SETS

9 BACK SQUATS

3 SETS

5 DEFICIT DEADLIFTS

3 SETS

8 SINGLE-LEG LEG PRESS (EACH SIDE)

2 SETS

15 QUAD EXTENSIONS (EACH SIDE)

3 SETS

12 ROMANIAN DEADLIFTS (BARBELL)

1 SET

20 HIP THRUSTS (BARBELL)

Week 6 -

MONDAY - UPPER BODY - MODERATE WEIGHT

4 SETS

4 BENCH PRESS
(BARBELL)

3 SETS

5 STANDING OVERHEAD PRESS
(BARBELL)

4 SETS

6 SUPINATED BENT OVER ROWS (BARBELL)

2 SETS

8 BENT OVER DELT RAISES (DUMBBELLS)

3 SETS

8 PRONATED INVERTED ROWS

3 SETS

8 PEC DECK FLY (MACHINE)

TUESDAY - LOWER BODY - HEAVY WEIGHT

6 SETS

2 BACK SQUATS

3 SETS

3 DEADLIFTS

2 SETS

8 GLUTE BRIDGES
(BARBELL)

1 SET

+ 6 ROMANIAN DEADLIFTS (DUMBBELL)
4 STEP UPS (DUMBBELL)

THURSDAY - UPPER BODY - HEAVY WEIGHT

7 SETS

2 BENCH PRESS
(BARBELL)

3 SETS

4 STANDING OVERHEAD PRESS
(BARBELL)

3 SETS

6 WEIGHTED PULL UPS
(IF CAN'T DO, USE BODYWEIGHT)

2 SETS

12 BENT OVER DELT RAISES
(DUMBBELL)

4 SETS

+ 6 STANDING ROW (T-BAR)
10 TRICEP KICKBACKS (DUMBBELL)

FRIDAY - LOWER BODY - MODERATE WEIGHT

4 SETS

3 BACK SQUATS

2 SETS

3 BOX SQUATS
(LIGHT WEIGHT) (CAN'T DO? PAUSE SQUATS)

3 SETS

3 SUMO DEADLIFTS

2 SETS

+ 6 SINGLE-LEG LEG PRESS (EACH LEG)
10 GLUTE BRIDGES (HOLD FOR 2 SECONDS)

3 SETS

8 ROMANIAN DEADLIFTS
(BARBELL)

Week 7 -

MONDAY - UPPER BODY - LIGHT WEIGHT

3 SETS

3 PAUSE BENCH PRESS
(DUMBBELLS, SPEED!)

2 SETS

5 INCLINE BENCH PRESS
(DUMBBELLS)

4 SETS

12 LAT PULL DOWNS
+ 15 DIPS (IF CAN'T DO, LOWER REPS)

3 SETS

6 STANDING ALTERNATING OVERHEAD PRESS
(DUMBBELLS)

2 SETS

8 SINGLE ARM CURLS
(CABLE - EXT. ROTATION) (EACH SIDE)

TUESDAY - LOWER BODY - LIGHT WEIGHT

4 SETS

3 BACK SQUATS

3 SETS

3 PAUSE DEADLIFTS

1 SETS

5 SUMO DEADLIFTS

3 SETS

6 WALKING LUNGES (DUMBBELLS)

3 SETS

8 ROMANIAN DEADLIFTS (BARBELL)

THURSDAY - UPPER BODY - LIGHT WEIGHT

4 SETS

8 ALTERNATING INCLINE BENCH PRESS
(DUMBBELLS) (EACH SIDE)

3 SETS

5 SEATED ALTERNATE OVERHEAD PRESS
(DUMBBELLS)

2 SETS

8 WIDE GRIP PULL UPS
(WEIGHTED IF POSSIBLE)

2 SETS

+ 8 LAT PULL DOWNS
15 DIPS

1 SET

20 STRAIGHT BAR TRICEP EXTENSIONS
(CABLE)

FRIDAY - FULL BODY - LIGHT WEIGHT

3 SETS

3 FRONT SQUATS

2 SETS

3 BENCH PRESS
(BARBELL)

4 SETS

3 DEFICIT DEADLIFTS

3 SETS

15 SEATED STRAIGHT BAR ROWS
(CABLE) (CHOOSE HAND PLACEMENT)

Week 8 -

MONDAY - UPPER - LIGHT TO MODERATE WEIGHT

4 SETS

5 PAUSE BENCH PRESS
(BARBELL)

3 SETS

5 STANDING OVERHEAD PRESS
(BARBELL)

3 SETS

12 CHIN UPS
(ADD WEIGHT IF YOU CAN)

2 SETS

12 PAUSE INCLINE BENCH PRESS
(LIGHT, ADD SPEED) (BARBELL)

2 SETS

12 SEATED V-BAR ROWS (CABLE)
+ 12 FACE PULLS
(CABLE)

TUESDAY - LOWER BODY - HEAVY WEIGHT

5 SETS

4 BACK SQUATS

3 SETS

5 DEADLIFTS
(LIGHT WEIGHT + FAST!)

3 SETS

8 STATIONARY LUNGES (EACH SIDE)

2 SETS

12 QUAD EXTENSIONS

2 SETS

8 ROMANIAN DEADLIFTS (DUMBBELLS)

THURSDAY - FULL BODY - LIGHT WEIGHT

3 SETS

3 BACK SQUATS

3 SETS

3 DEADLIFTS

3 SETS

2 PAUSE BENCH PRESS
(BARBELL)

4 SETS

8 WALKING LUNGES
(BARBELL)

1 SET

20 CALF RAISES
(CHOOSE MACHINE)

FRIDAY - UPPER BODY - HEAVY WEIGHT

7 SETS

2 BENCH PRESS
(BARBELL)

3 SETS

4 STANDING OVERHEAD PRESS
(BARBELL)

2 SETS

12 SUPINATED BENT OVER ROWS
(BARBELL)

3 SETS

12 LATERAL RAISE (CABLE) (EACH SIDE)

2 SETS

8 SINGLE ARM LOW TO HIGH CABLE ROW
(EACH SIDE)

1 SET

12 PREACHER CURLS (EZ BAR)
(TIME UNDER TENSION) (SLOW!)

SATURDAY - LOWER - LIGHT TO MODERATE WEIGHT

5 SETS

1 BACK SQUAT (SPEED!)

3 SETS

3 DEADLIFTS

2 SETS

12 SINGLE-LEG LEG PRESS
(EACH SIDE)

2 SETS

8 ROMANIAN DEADLIFTS
(DUMBBELLS)

2 SETS

8 QUAD EXTENSIONS

Week 9 -

MONDAY - UPPER - LIGHT WEIGHT

3 SETS

4 BENCH PRESS
(BARBELL)

3 SETS

5 STANDING OVERHEAD PRESS
(BARBELL)

3 SETS

6 WEIGHTED PULL UPS
(CAN'T DO? DO 12 CHIN UPS)

2 SETS

8 PAUSE CLOSE GRIP BENCH PRESS
(BARBELL)

2 SETS

12 SUPINATED INVERTED ROWS

TUESDAY - LOWER BODY - HEAVY WEIGHT

3 SETS

3 BACK SQUATS

3 SETS

4 DEADLIFTS

2 SETS

5 PAUSE LEG PRESS (FAST!)

2 SETS

8 ROMANIAN DEADLIFTS
(BARBELL)

2 SETS

8 REAR-FOOT ELEVATED LUNGE
(DUMBBELLS EACH SIDE)

THURSDAY - FULL BODY - LIGHT WEIGHT

4 SETS

2 SPEED BACK SQUATS

4 SETS

2 SPEED DEADLIFTS

3 SETS

2 BENCH PRESS
(DUMBBELLS)

2 SETS

5 PULL UPS
(FAST!)

FRIDAY - UPPER BODY - HEAVY WEIGHT

7 SETS

3 BENCH PRESS
(BARBELL)

4 SETS

4 STANDING OVERHEAD PRESS
(BARBELL)

3 SETS

8 INVERTED ROWS

2 SETS

7 SEATED STRAIGHT BAR CURL (CABLE)

2 SETS

8 DIPS (PAUSE AT BOTTOM)

SATURDAY - LOWER - MODERATE TO HEAVY WEIGHT

2 SETS

4 BACK SQUATS

6 SETS

4 DEADLIFTS

3 SETS

**6 SINGLE LEG PRESS
(EACH SIDE)**

2 SETS

**8 HIP THRUSTS
(BARBELL)**

4 SETS

**15 CALF RAISES
(YOU CHOOSE MACHINE)**

