		WEEK 1			WEEK 2			WEEK 3			WEEK 4			WEEK 5			WEEK 6			WEEK 7			WEEK 8	
		BENCH 1X1	90% OF 1RM		BENCH 1X1	92.5% OF 1RM		BENCH 3X7	77.5% OF 1RM		BENCH 4X6	77.5-80% OF 1RM		BENCH 4X5	80-82.5% OF 1RM		BENCH 5X3	85% OF 1RM		BENCH 3X2	90-95% OF 1RM		BENCH 1X1	MAX OUT
DAY 1		BENCH 3X8	75% OF 1RM		BENCH 3X8	75% OF 1RM	2 COUNT DOWN	WIDE GRIP BENCH	75% OF 1RM	2 COUNT DOWN	WIDE GRIP BENCH	75% OF 1RM		CLOSE GRIP BENCH 3X6	70% OF 1RM		CLOSE GRIP BENCH 3X6	70% OF 1RM		CLOSE GRIP BENCH 3X6	70% OF 1RM			
	(SUPER SET)	LANDMINE PRESS	4X12-15	55% OF 1RM	CLOSE GRIP BENCH	1XFAILURE, 2X8	(SUPER SET)	LANDMINE PRESS	4X12-15	55% OF 1RM	CLOSE GRIP BENCH	1XFAILURE, 2X8		INCLINE DB PRESS	1XFAILURE, 2X8	(PRE EXHASTION WORK)	CABLE FLY	1XFAILURE		INCLINE DB PRESS	1XFAILURE, 2X8	(PRE EXHASTION WORK)	CABLE FLY	1XFAILURE
		LANDMINE ROW	4X10	(EACH ARM)	HAMMER STRINGTH ROW	4X10		LANDMINE ROW	4X10	(EACH ARM)	HAMMER STRINGTH ROW	4X10		BABRELL ROW	1XFAILURE, 3X8		ARNOLD CHEST PRESS	1XFAILURE, 2X7		BABRELL ROW	1XFAILURE, 3X8		ARNOLD CHEST PRESS	1XFAILURE, 2X7
	(SUPER SET)	DB CHEST PRESS	1XFAILURE, 2X8		DB CHEST FLY	1XFAILURE, 2X8	(SUPER SET)	DB CHEST PRESS	1XFAILURE, 2X8		DB CHEST FLY	1XFAILURE, 2X8		MACHINE CHEST PRESS	4X10		LANDMINE ROW	4X8		MACHINE CHEST PRESS	4X10		LANDMINE ROW	4X8
		DB ROW	1XFAILURE, 2X8	KNEELING	CABLE PULLOVER	4X12		DB ROW	1XFAILURE, 2X8	KNEELING	CABLE PULLOVER	4X12		T-BAR ROW	4X12		HAMMER STRINGTH ROW	4X10		T-BAR ROW	4X12	(EACH LEG)	HAMMER STRINGTH ROW	4X10
		MACHINE FLY	4X15	BODY WEIGHT	BENCH DIPS	3X15		MACHINE FLY	4X15	BODY WEIGHT	BENCH DIPS	3X15		CABLE FLY	3X15		DB ROW	4X8	(EACH LEG)	CABLE FLY	3X15		DB ROW	4X8
		CABLE ROWS	4X10-12		CABLE ROWS	1XFAILURE, 2X8		CABLE ROWS	4X10-12		CABLE ROWS	1XFAILURE, 2X8		ROPE PULLDOWN	3X12					ROPE PULLDOWN	3X12			
DAY 2		SQUAT 3X6	77.5% OF YOUR 1RM		SQUAT 1X1	87.5% OF 1RM		SQUAT 1X1	90-95% OF 1RM		SQUAT 1X1	90-95% OF 1RM		SQUAT 4X5	80% OF 1RM		SQUAT 4X4	85-87.5% OF 1RM		SQUAT 3X2	85-87.5% OF 1RM		SQUAT 1X1	MAX OUT
		SINGLE LEG PRESS	1XFAILURE, 3X8		SQUAT 3X7	77.5% OF 1RM		SQUAT 3X7	77.5% OF 1RM		SQUAT 3X7	77.5% OF 1RM		GOBLET SQUAT	4X8	SUPER SET	LEG EXTENSIONS	4X12		GOBLET SQUAT	4X8	SUPER SET	LEG EXTENSIONS	4X12
		DB RDL	4X12		LEG EXTENSIONS	3X10		DB RDL	4X12		LEG EXTENSIONS	3X10		LUNGE SQUAT	3X12		HAMSTRING CURLS	4X12		LUNGE SQUAT	3X12		HAMSTRING CURLS	4X12
	(SUPER SET)	GOBLET SQUATS	3X8		HAMSTRING CURLS	4X12	(SUPER SET)	GOBLET SQUATS	3X8		HAMSTRING CURLS	4X12		DB RDL	3X12	DB IN EACH HAND	WEIGHTED STEP UPS	4X8		DB RDL	3X12	DB IN EACH HAND	WEIGHTED STEP UPS	4X8
		HAMSTRING CURLS	3X12		FRONT SQUATS	1XFAILURE, 2X6		HAMSTRING CURLS	3X12		FRONT SQUATS	1XFAILURE, 2X6		KETTLE BELL SWING	4X10		DB RDL	3X12		KETTLE BELL SWING	4X10		DB RDL	3X12
		DB SPLIT SQUAT	4X8		DB RDL	3X10		DB SPLIT SQUAT	4X8		DB RDL	3X10	SINGLE LEG	LEG EXTENSIONS	3X8		CALF RAISES	3X15	SINGLE LEG	LEG EXTENSIONS	3X8		CALF RAISES	3X15
		CALF RAISES	2X20		CALF RAISES	2X20		CALF RAISES	2X20		CALF RAISES	2X20		CALF RAISES	2X20					CALF RAISES	2X20			
DAY 3		BENCH 1X1	87.5% OF YOUR 1RM		BENCH 1X1	85% OF 1RM		BENCH 1X1	82.5% OF 1RM		BENCH 1X1	82.5% OF 1RM		BENCH 3X5	70% OF 1RM		BENCH 3X4	70% OF 1RM		BENCH 3X5	70% OF 1RM		BENCH 3X4	70% OF 1RM
		BENCH 3X4	70% OF YOUR 1RM		BENCH 4X4	75% OF 1RM		BENCH 5X4	75% OF 1RM		BENCH 4X4	70% OF 1RM		DB SHOULDER PRESS	1XFAILURE, 2X8		ARNOLD PRESS	4X8		DB SHOULDER PRESS	1XFAILURE, 2X8		ARNOLD PRESS	4X8
		ARNOLD PRESS	1XFAILURE, 2X10		STANDING OHP	1XFAILURE, 2X5		ARNOLD PRESS	1XFAILURE, 2X10		STANDING OHP	1XFAILURE, 2X5	PALMS TOWARDS FACE	STRT BAR SHOULDER PRESS	4X12		STANDING OHP	3X8	PALMS TOWARDS FACE	STRT BAR SHOULDER PRESS	4X12		STANDING OHP	3X8
		DB SHOULDER PRESS	1XFAILURE, 1X10		UPRIGHT ROW	3X8		DB SHOULDER PRESS	1XFAILURE, 1X10	(SINGLE ARM)	UPRIGHT ROW	3X8	SINGLE ARM	DB UPRIGHT ROW	3X12	2 SEC HOLD	FACE PULLS	3X15	SINGLE ARM	DB UPRIGHT ROW	3X12	2 SEC HOLD	FACE PULLS	3X15
		DB LATERAL RAISES	4X10-12		REAR DELT FLY	3X15		DB LATERAL RAISES	4X10-12	(BODYWEIGHT)	REAR DELT FLY	3X15		CABLE LATERAL RAISES	3X15		FRENCH CURLS	1XFAILURED, 2X8		CABLE LATERAL RAISES	3X15		FRENCH CURLS	1XFAILURED, 2X8
		DB FRENCH CURL	1XFAILURE, 2X12		DB SKULLCRUSHERS	4X10		DB FRENCH CURL	1XFAILURE, 2X12		DB SKULLCRUSHERS	4X10	PALMS TOWARDS FACE	REVERSE GRIP DB BENCH	2XFAILURE	REVERSE GRIP	STRIGHT BAR PUSHDOWN	4X12	PALMS TOWARDS FACE	REVERSE GRIP DB BENCH	2XFAILURE	REVERSE GRIP	STRIGHT BAR PUSHDOWN	4X12
		STRT BAR PUSHDOWNS	2XFAILURE		DB TRICEP KICKBACKS	3X12		STRT BAR PUSHDOWNS	2XFAILURE		DB TRICEP KICKBACKS	3X12		V-BAR PUSHDOWNS	3X15		DB TRICEP KICKBACK	3X15		V-BAR PUSHDOWNS	3X15		DB TRICEP KICKBACK	3X15
		ROPE EXTENSIONS	2XFAILURE		ROPE EXTENSIONS	2XFAILURE		ROPE EXTENSIONS	2XFAILURE		ROPE EXTENSIONS	2XFAILURE		ROPE EXTENSIONS	2XFAILURE		DIAMOND PUSHUPS	2XFAILURE		ROPE EXTENSIONS	2XFAILURE		DIAMOND PUSHUPS	2XFAILURE
DAY 4		DEADLIFT 3X6	75% OF 1RM		DEADLIFT 1X1	87.5% OF 1RM		DEADLIFT 1X1	90% OF 1RM		DEADLIFT 4X5	75-77.5% OF 1RM		DEADLIFT 4X4	80% OF 1RM		DEADLIFT 4X3	85-87% OF 1RM		DEADLIFT 3X2	90% OF 1RM		DEADLIFT 1X1	MAX OUT
		V-BAR PULLDOWNS	4X10		DEADLIFT 3X6	75% OF 1RM		DEADLIFT 4X6	75% OF 1RM								WIDE GRIP PULLDOWNS	4X12					WIDE GRIP PULLDOWNS	4X12
		MACHINE HIGH ROW	3X12		PENDLAY ROW	1XFAILURE, 2X8		MACHINE HIGH ROW	3X12		PENDLAY ROW	1XFAILURE, 2X8		BARBELL ROW	1XFAILURE, 2X7		DB ROW	4X10		BARBELL ROW	1XFAILURE, 2X7		DB ROW	4X10
		CLOSE GRIP PULLDOWN	4X8	SINGLE ARM	CABLE PULLDOWNS	4X12		CLOSE GRIP PULLDOWN	4X8	SINGLE ARM	CABLE PULLDOWNS	4X12		T- BAR ROW	4X8		DB PULLOVER	2X12		T- BAR ROW	4X8		DB PULLOVER	2X12
		FACE PULLS	3X15		WIDE GRIP PULLDOWNS	4X8		FACE PULLS	3X15		WIDE GRIP PULLDOWNS	4X8		DB ROW	3X8		PULLUPS	4X8		DB ROW	3X8		PULLUPS	4X8
		ALT DB CURLS	3X8	SINGLE ARM	CABLE ROWS	3X12		ALT DB CURLS	3X8	SINGLE ARM	CABLE ROWS	3X12		INVERTED ROW	3X12		ALT DB CURLS	2XFAILURE		INVERTED ROW	3X12		ALT DB CURLS	2XFAILURE
		DB SPIDER CURLS	3X12	STRAIGHT BAR	REVERSE GRIP CURLS	4X12		DB SPIDER CURLS	3X12	STRAIGHT BAR	REVERSE GRIP CURLS	4X12		DB HAMMER CURLS	2XFAILURE		SPIDER CURLS	2XFAILURE		DB HAMMER CURLS	2XFAILURE		SPIDER CURLS	2XFAILURE
		DB HAMMER CURLS	3X8		ROPE CABLE CURLS	2XFAILURE		DB HAMMER CURLS	3X8		ROPE CABLE CURLS	2XFAILURE												
DAY 5		INCLINE BENCH	1XFAILURE, 2X8		CLOSE GRIP INCLINE PRESS	1XFAILURE, 3X8		INCLINE BENCH	1XFAILURE, 2X8		CLOSE GRIP INCLINE PRESS	1XFAILURE, 3X8		INCLINE BENCH 3X8	70% OF 1RM		CLOSE GRIP INCLINE BENCH	70% OF 1RM		INCLINE BENCH 3X8	70% OF 1RM		CLOSE GRIP INCLINE BENCH	70% OF 1RM
	(BODY WEIGHT)	DIPS	3X15		ARNOLD CHEST PRESS	4X12	(BODY WEIGHT)	DIPS	3X15		ARNOLD CHEST PRESS	4X12		LANDMINE PRESS	4X12		MACHINE CHEST PRESS	1XFAILURE, 2X7		LANDMINE PRESS	4X12		MACHINE CHEST PRESS	1XFAILURE, 2X7
		CABLE FLYS	4X15		INCLINE DB PRESS	1XFAILURE, 2X8		CABLE FLYS	4X15		INCLINE DB PRESS	1XFAILURE, 2X8		DB FLAT BENCH	4X10		MACHINE FLY	4X12		DB FLAT BENCH	4X10		MACHINE FLY	4X12
		FLAT DB BECH PRESS	1XFAILURE, 2X8		REVERSE GRIP DB BENCH	4X12		FLAT DB BECH PRESS	1XFAILURE, 2X8		REVERSE GRIP DB BENCH	4X12	PALMS FACING EACH OTHER	DB INCLINE BENCH	4X8	BODY WEIGHT	DIPS	3X15	PALMS FACING EACH OTHER	DB INCLINE BENCH	4X8	BODY WEIGHT	DIPS	3X15
	(45LB PLATE ON BACK)	WEIGHTED PUSHUPS	3X12		MACHINE CHEST PRESS	4X10	(45LB PLATE ON BACK)	WEIGHTED PUSHUPS	3X12		MACHINE CHEST PRESS	4X10		BENCH DIPS	4X12		INCLINE DB PRESS	3X8		BENCH DIPS	4X12		INCLINE DB PRESS	3X8
		EZBAR SKULLCRUSHERS	4X10	SINGLE ARM	CABLE TRICEP EXT	3X12		EZBAR SKULLCRUSHERS	4X10	SINGLE ARM	CABLE TRICEP EXT	3X12	FINISHER	CABLE FLYS	2XFAILURE	FINISHER	CABLE FLY	2XFAILURE		CABLE FLYS	2XFAILURE	FINISHER	CABLE FLY	2XFAILURE
		DIAMOND PUSHUPS	2XFAILURE	(45LB PLATE ON LEGS)	BENCH DIPS	2XFAILURE		DIAMOND PUSHUPS	2XFAILURE	(45LB PLATE ON LEGS)	BENCH DIPS	2XFAILURE												
DAY 6		SQUAT 3X4	70% OF 1RM		SQUAT 3X4	70% OF 1RM		SQUAT 3X4	70% OF 1RM		SQUAT 3X4	70% OF 1RM		SQUAT 3X5	70% OF 1RM	(PRE EXHASTION WORK)	LEG EXTENSIONS	1XFAILURE				(PRE EXHASTION WORK)	LEG EXTENSIONS	1XFAILURE
		DB LUNGE SQUATS	4X8		HAMSTRING CURLS	4X10		DB LUNGE SQUATS	4X8		HAMSTRING CURLS	4X10		HACK SQUAT	4X8	TRI SET	LEG PRESS	4X8		HACK SQUAT	4X8	TRI SET	LEG PRESS	4X8
	3 SEC HOLD AT THE TOP	LEG EXTENSIONS	4X10	TRI SET	LEG PRESS	3X10	3 SEC HOLD AT THE TOP	LEG EXTENSIONS	4X10	TRI SET	LEG PRESS	3X10		HAMSTRING CURLS	3X12		LEG PRESS FEET IN	4X8		HAMSTRING CURLS	3X12		LEG PRESS FEET IN	4X8
	WITH DUMBBELLS	WEIGHTED STEP UPS	4X8		LEG PRESS FEET IN	3X10	WITH DUMBBELLS	WEIGHTED STEP UPS	4X8		LEG PRESS FEET IN	3X10	SINGLE LEG	LEG EXTENSIONS	4X10		LEG PRESS FEET OUT	4X8	SINGLE LEG	LEG EXTENSIONS	4X10		LEG PRESS FEET OUT	4X8
	WITH DUMBBELL	ONE LEGGED DEADLIFT	3X10		LEG PRESS FEET OUT	3X10	WITH DUMBBELL	ONE LEGGED DEADLIFT	3X10		LEG PRESS FEET OUT	3X10		DB RDL	3X12		HAMSTRING CURLS	3X12		DB RDL	3X12		HAMSTRING CURLS	3X12
		KETTLE BELL SWING	3X15		DB RDL	3X12		KETTLE BELL SWING	3X15		DB RDL	3X12		DB LUNGE SQUAT	3X15		INCLINE DB SEAL ROW	3X12		DB LUNGE SQUAT	3X15		INCLINE DB SEAL ROW	3X12
ALTERNATIVE: BODY WEIGHT	WALKING LUNGES 3X	REVERSE SLED PULLS	4X10		LEG EXTENSIONS	4X8	OR WALKING LUNGES	REVERSE SLED PULLS	4X10		LEG EXTENSIONS	4X8		CALF RAISES	3X15		CALF RAISES	2X15		CALF RAISES	3X15		CALF RAISES	2X15
					CALF RAISES 2X20	3XFAILURE					CALF RAISES 2X20	3XFAILURE												