



THIBARMY

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CONJUGATE BODYBUILDING

WEEK 1

SCHEDULE						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	OPTIONAL		OPTIONAL			
Max Effort	Double Stimulation	Max Effort	Double Stimulation	Dynamic / Repetitive Effort	Dynamic / Repetitive Effort	

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WEEK 1 - MONDAY - MAX EFFORT

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	SQUAT OVERCOMING ISOMETRICS*	4	6 seconds	90 sec.	Overcoming isometrics at 90 deg knee angle
B	ZERCHER SQUAT	Ramp	Ramp to 3RM	By feel	Gradually ramp up to your 3RM for the day in 5-8 sets
C	UPPER BACK DEADLIFT	4	4-6	120-150 sec	https://thibarmy.com/special-exercises-series-no-13-upper-drop-snatch/
D1	KB SWING (RUSSIAN: ONLY TO SHOULDER HEIGHT)	4	8-10	90 sec	Be as explosive as possible and tense hard to prevent the KB from going above the shoulder joint (read up on "hardstyle KB swing")
D2	REVERSE HYPER OR GLUTE HAM RAISE OR BACK EXTENSION	4	12-15	120 sec	D1 and D2 are alternated
E1	BARBELL CHEATED SHRUGS	4	4-6	75 sec	Use a little bit of lower back/calves action but still mostly traps
E2	REAR DELTS MACHINE OR DB REAR DELTS RAISE	4	10-12	120 sec	3030 tempo E1 & E2 are alternated

* Visit: <https://thibarmy.com/isometrics-underrated-training-tool/> for more info on overcoming isometrics

WEEK 1 - TUESDAY [OPTIONAL EXTRA WORKOUT] - DOUBLE STIMULATION

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	LEG PRESS	3	20-30 reps	180 sec.	Just pump the reps, go fairly fast, do not go to failure
B	LYING LEG CURL	4	10-12	120 sec	3030 tempo
C	CABLE SEATED ROW	4	10-12	120 sec	Hold peak contraction 2 sec on each rep
D	BARBELL CURL	4	10-12	120 sec	4-5 sec eccentric
E1	STANDING CABLE CRUNCHES	4	10-12	None	D1 & D2 are a superset
E2	SWISS BALL CRUNCHES	4	6-15	120 sec	Slow and squeeze, try to fry your abdominals in as little reps as possible

WEEK 1 - WEDNESDAY - MAX EFFORT

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	BENCH PRESS OVERCOMING ISOMETRICS*	4	6 seconds	90 sec.	Overcoming isometrics at 90 deg elbow angle
B	CLOSE-GRIP FLOOR PRESS	Ramp	Ramp to 3RM	By feel	Gradually ramp up to your 3RM for the day in 5-8 sets
C	MILITARY PRESS	4	4-6	120-150 sec	
D1	DB PUSH PRESS	4	4-6	90 sec	40X0 tempo... lift explosively and lower in 4 seconds
D2	DB LATERAL RAISE	4	8-10	120 sec	D1 and D2 are alternated
E1	BENT OVER BARBELL ROW WITH SLIGHT CHEAT	3	4-6	120 sec	Use a little bit of lower back action at the end the torso is about at a 45 degrees angle
E2	PENDLAY ROW	3	8-10	120 sec	Squeeze the peak contraction 2 sec per rep E1 & E2 are alternated
F1	FLOOR DUMBBELL TRICEPS EXTENSION	3	4-6	30 sec	Pause for 2 sec on floor Explode on the way up
F2	BAND TRICEPS PRESSDOWN	3	Maximum in 60 sec	180 sec	Do as many reps as you can in 60 sec, you can take short pauses if needed

* Visit: <https://thibarmy.com/isometrics-underrated-training-tool/> for more info on overcoming isometrics

WEEK 1 - THURSDAY [OPTIONAL EXTRA WORKOUT] - DOUBLE STIMULATION

	EXERCISE	SETS	REPS	REST	TEMPO/METHOD/NOTES
A	DB BENCH PRESS	3	20-30 reps	180 sec.	Just pump the reps, go fairly fast, do not go to failure
B	T-BAR ROW OR SEAL ROW	4	10-12	120 sec	Hold peak contraction 2 sec per rep
C	BARBELL FRONT RAISE	4	10-12	120 sec	
D	ROPE TRICEPS PRESSDOWN	4	10-12	120 sec	

WEEK 1 - FRIDAY – DYNAMIC/REPETITIVE EFFORT

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	BARBELL JUMP SQUAT OR POWER CLEAN FROM HANG OR POWER SNATCH FROM HANG	4	5	90 sec.	Jump squat = 20% of squat Clean/Snatch = 70%
B	BACK SQUAT	6	3	60 sec	Use 50% and focus on maximum acceleration on the way up. Use the rebound if it's natural for you, but don't use it if it messes with your mechanics
C	PIN PULL FROM 2" BELOW KNEES	3	8-10 reps	120-150 sec	Reset on every rep, do not bounce on the pins
D1	VERTICAL JUMP	4	5	90 sec	Reset on every jump Focus on maximum height
D2	HACK SQUAT OR LEG PRESS OR GOBLET SQUAT	4	12-15	180 sec	D1 and D2 are alternated 4020 tempo
E1	BROAD JUMPS	4	3	90 sec	Reset on every jump Focus on maximum distance
E2	DB ROMANIAN DEADLIFT	4	12-15	180 sec	4020 tempo E1 & E2 are alternated

WEEK 1 - SATURDAY - DYNAMIC/REPETITIVE EFFORT

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	MEDICINE BALL THROW OVERHEAD OR PUSH PRESS OR POWER JERK OR SPLIT JERK	4	5	90 sec.	Med ball = 16-20lbs Push press/Jerk = 70%
B	BENCH PRESS	6	3	60 sec	Use 50% and focus on maximum acceleration on the way up.
C	BEHIND THE NECK PRESS	3	8-10 reps	120-150 sec	4 seconds eccentric Don't lower the bar more than mouth level
D1	PLYO PUSH UPS	4	5	90 sec	If you bench press less than 1.5 times your body weight, put your hands on a bench instead of from the floor
D2	INCLINE DB PRESS	4	12-15	180 sec	D1 and D2 are alternated 4020 tempo
E1	DB LATERAL RAISE CHEATED	3	6	90 sec	Use a little bit of lower back momentum to create acceleration and lift more weight
E2	DB LATERAL RAISE STRICT	3	8-10	180 sec	3020 tempo E1 & E2 are alternated
F1	POWER CLEAN FROM THE HANG OR SNATCH GRIP HIGH PULL (HANG) OR POWER SHRUGS	4	3-5	90 sec	
F2	SEATED CABLE ROW (NEUTRAL GRIP)	4	8-10	180 sec	Squeeze peak contraction 2 sec on each rep F1 & F2 are alternated



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WEEK 2

SCHEDULE						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	OPTIONAL		OPTIONAL			
Max Effort	Double Stimulation	Max Effort	Double Stimulation	Dynamic / Repetitive Effort	Dynamic / Repetitive Effort	

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WEEK 2 - MONDAY - MAX EFFORT

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	SQUAT FUNCTIONAL ISOMETRICS*	Ramp	6 seconds	By feel	Set the pins at the mid-range point, ramp up to the maximum weight you can lift one inch and hold for 6 seconds, take 5-8 sets
B	ZERCHER SQUAT	Ramp	Ramp to 2RM	By feel	Gradually ramp up to your 2RM for the day in 5-8 sets
C	UPPER BACK DEADLIFT	4	4-6	120-150 sec	https://thibarmy.com/special-exercises-series-no-13-upper-drop-snatch/
D	LEG PRESS OR HACK SQUAT	4	8-10	90 sec	Use a slow eccentric (4-5 seconds) but an explosive/aggressive concentric
E1	BARBELL CHEATED SHRUGS	4	4-6	75 sec	Use a little bit of lower back/calves action but still mostly traps
E2	REAR DELTS MACHINE OR DB REAR DELTS RAISE	4	10-12	120 sec	3030 tempo E1 & E2 are alternated

* Visit: <https://thibarmy.com/isometrics-underrated-training-tool/> for more info on overcoming isometrics

WEEK 2 - TUESDAY [OPTIONAL EXTRA WORKOUT] - DOUBLE STIMULATION

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	LEG EXTENSION OR SLED WALKING BACKWARDS	3	15-20 reps 30 yards	180 sec.	2020 tempo on extensions
B	WEIGHED BACK EXTENSION	4	10-12	120 sec	Hold peak contraction 2 sec
C	STRAIGHT-ARMS PULLDOWN	4	10-12	120 sec	3030 tempo
D	PREACHER CURL	4	10-12	120 sec	3030 tempo
E1	STANDING CABLE CRUNCHES	4	10-12	None	D1 & D2 are a superset
E2	SWISS BALL CRUNCHES	4	6-15	120 sec	Slow and squeeze, try to fry your abdominals in as little reps as possible

WEEK 2 - WEDNESDAY - MAX EFFORT

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	BENCH PRESS FUNCTIONAL ISOMETRICS*	Ramp	6 seconds	By feel	Set the pins at the mid-range point, ramp up to the maximum weight you can lift one inch and hold for 6 seconds, take 5-8 sets
B	CLOSE-GRIP FLOOR PRESS	Ramp	Ramp to 2RM	By feel	Gradually ramp up to your 2RM for the day in 5-8 sets
C	MILITARY PRESS	4	4-6	120-150 sec	
D	DB LATERAL RAISE	4	8-10	120 sec	Use a very slight cheat at the bottom to create some momentum and use more weight
E1	BENT OVER BARBELL ROW WITH SLIGHT CHEAT	3	4-6	120 sec	Use a little bit of lower back action at the end the torso is about at a 45 degrees angle
E2	PENDLAY ROW	3	8-10	120 sec	Squeeze the peak contraction 2 sec per rep E1 & E2 are alternated
F1	FLOOR DUMBBELL TRICEPS EXTENSION	3	4-6	30 sec	Pause for 2 sec on floor Explode on the way up
F2	BAND TRICEPS PRESSDOWN	3	Maximum in 60 sec	180 sec	Do as many reps as you can in 60 sec, you can take short pauses if needed

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WEEK 2 - THURSDAY [OPTIONAL EXTRA WORKOUT] - DOUBLE STIMULATION

	EXERCISE	SETS	REPS	REST	TEMPO/METHOD/NOTES
A	DB INCLINE BENCH PRESS	3	20-30 reps	180 sec.	Just pump the reps, go fairly fast, do not go to failure
B	T-BAR ROW OR SEAL ROW	4	10-12	120 sec	Hold peak contraction 2 sec per rep
C	SEATED DB CLEAN	4	10-12	120 sec	
D	V-BAR TRICEPS PRESSDOWN	4	10-12	120 sec	

WEEK 2 - FRIDAY - DYNAMIC/REPETITIVE EFFORT

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	BARBELL JUMP SQUAT OR POWER CLEAN FROM HANG OR POWER SNATCH FROM HANG	5	4	90 sec.	Jump squat = 25% of squat Clean/Snatch = 72.5%
B	BACK SQUAT	6	3	60 sec	Use 55% and focus on maximum acceleration on the way up. Use the rebound if it's natural for you, but don't use it if it messes with your mechanics
C	SUMO PIN PULL FROM 2" BELOW KNEES	3	8-10 reps	120-150 sec	Reset on every rep, do not bounce on the pins
D1	BOX JUMP	4	5	90 sec	Step down, don't jump down Don't use the highest box, it's just to lessen the landing forces
D2	HACK SQUAT OR LEG PRESS OR GOBLET SQUAT	4	12-15	180 sec	D1 and D2 are alternated 4020 tempo
E1	BROAD JUMPS	4	3	90 sec	Reset on every jump Focus on maximum distance
E2	DB ROMANIAN DEADLIFT	4	12-15	180 sec	4020 tempo E1 & E2 are alternated

WEEK 2 - SATURDAY - DYNAMIC/REPETITIVE EFFORT

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	MEDICINE BALL THROW OVERHEAD OR PUSH PRESS OR POWER JERK OR SPLIT JERK	5	4	90 sec.	Med ball = 20-24lbs Push press/Jerk = 72.5%
B	BENCH PRESS	6	3	60 sec	Use 55% and focus on maximum acceleration on the way up.
C	PARTIAL SEATED SHOULDER PRESS FROM PIN	3	8-10 reps	120-150 sec	Set pins at eyes level 4 seconds eccentric
D	INCLINE DB PRESS	4	12-15	180 sec	4020 tempo
E	DB LATERAL RAISE STRICT	3	8-10	180 sec	3020 tempo
F1	POWER CLEAN FROM THE HANG OR SNATCH GRIP HIGH PULL (HANG) OR POWER SHRUGS	4	3-5	90 sec	
F2	SEATED CABLE ROW (NEUTRAL GRIP)	4	8-10	180 sec	Squeeze peak contraction 2 sec on each rep F1 & F2 are alternated



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WEEK 3

SCHEDULE						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	OPTIONAL		OPTIONAL			
Max Effort	Double Stimulation	Max Effort	Double Stimulation	Dynamic / Repetitive Effort	Dynamic / Repetitive Effort	

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WEEK 3 - MONDAY - MAX EFFORT

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	SQUAT HEAVY PARTIALS	Ramp	1	By feel	Set the pins at the mid-range point, ramp up to the maximum weight you can lift, after your rep lower the bar down slowly back on the pins
B	ZERCHER SQUAT	Ramp	Ramp to 1RM	By feel	Gradually ramp up to your 1RM for the day in 5-8 sets
C	UPPER BACK DEADLIFT	2	4-6	120-150 sec	https://thibarmy.com/special-exercises-series-no-13-upper-drop-snatch/
D	LEG PRESS OR HACK SQUAT	2	8-10	90 sec	Use a slow eccentric (4-5 seconds) but an explosive/aggressive concentric
E	REAR DELTS MACHINE OR DB REAR DELTS RAISE	2	10-12	120 sec	3030 tempo

WEEK 3 - TUESDAY [OPTIONAL EXTRA WORKOUT] - DOUBLE STIMULATION

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	HIP BELT SQUAT OR GOBLET SQUAT	3	15-20 reps	180 sec.	2020 tempo on extensions
B	WEIGHED BACK EXTENSION	4	10-12	120 sec	Hold peak contraction 2 sec
C	FACE PULLS	4	10-12	120 sec	Hold peak contraction 2 seconds
D	DB HAMMER CURL	4	10-12	120 sec	Hold peak contraction 2 seconds
E1	STANDING CABLE CRUNCHES	4	10-12	None	D1 & D2 are a superset
E2	SWISS BALL CRUNCHES	4	6-15	120 sec	Slow and squeeze, try to fry your abdominals in as little reps as possible

WEEK 3 - WEDNESDAY - MAX EFFORT

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	BENCH PRESS HEAVY PARTIALS	Ramp	6 seconds	By feel	Set the pins at the mid-range point, ramp up to the maximum weight you can lift, after your rep lower the bar down slowly back on the pins, take 5-8 sets
B	CLOSE-GRIP FLOOR PRESS	Ramp	Ramp to 1RM	By feel	Gradually ramp up to your 1RM for the day in 5-8 sets
C	MILITARY PRESS	3	4-6	120-150 sec	
D	PENDLAY ROW	3	8-10	120 sec	Squeeze the peak contraction 2 sec per rep
E1	FLOOR DUMBBELL TRICEPS EXTENSION	3	4-6	30 sec	Pause for 2 sec on floor Explode on the way up
E2	BAND TRICEPS PRESSDOWN	3	Maximum in 60 sec	180 sec	Do as many reps as you can in 60 sec, you can take short pauses if needed

WEEK 3 - THURSDAY [OPTIONAL EXTRA WORKOUT] - DOUBLE STIMULATION

	EXERCISE	SETS	REPS	REST	TEMPO/METHOD/NOTES
A	DIPS	3	Max reps	180 sec.	
B	LAT PULLDOWN SUPINATED	4	10-12	120 sec	Hold peak contraction 2 sec per rep
C	BENT OVER LATERAL RAISE	4	10-12	120 sec	
D	REVERSE GRIP TRICEPS PRESSDOWN	4	10-12	120 sec	

WEEK 3 - FRIDAY - DYNAMIC/REPETITIVE EFFORT

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	BARBELL JUMP SQUAT OR POWER CLEAN FROM HANG OR POWER SNATCH FROM HANG	3	3	90 sec.	Jump squat = 30% of squat Clean/Snatch = 75%
B	BACK SQUAT	6	3	60 sec	Use 60% and focus on maximum acceleration on the way up. Use the rebound if it's natural for you, but don't use it if it messes with your mechanics
C	ROMANIAN DEADLIFT	3	8-10 reps	120-150 sec	Elevate FRONT of feet 1" 4 sec eccentric
D1	BOX JUMP	3	5	90 sec	Step down, don't jump down Don't use the highest box, it's just to lessen the landing forces
D2	HACK SQUAT OR LEG PRESS OR GOBLET SQUAT	3	12-15	180 sec	D1 and D2 are alternated 4020 tempo
E1	BROAD JUMPS	3	3	90 sec	Reset on every jump Focus on maximum distance
E2	LYING LEG CURL	3	12-15	180 sec	4020 tempo E1 & E2 are alternated

WEEK 3 - SATURDAY - DYNAMIC/REPETITIVE EFFORT

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	MEDICINE BALL THROW OVERHEAD OR PUSH PRESS OR POWER JERK OR SPLIT JERK	3	3	90 sec.	Med ball = 20-24lbs Push press/Jerk = 75%
B	BENCH PRESS	6	3	60 sec	Use 60% and focus on maximum acceleration on the way up.
C	PARTIAL SEATED SHOULDER PRESS FROM PIN	3	8-10 reps	120-150 sec	Set pins at FOREHEAD level 4 seconds eccentric
D	DB SEATED SHOULDER PRESS	4	8-10	180 sec	4020 tempo
E1	POWER CLEAN FROM THE HANG OR SNATCH GRIP HIGH PULL (HANG) OR POWER SHRUGS	3	3-5	90 sec	
E2	SEATED CABLE ROW (NEUTRAL GRIP)	3	8-10	180 sec	Squeeze peak contraction 2 sec on each rep F1 & F2 are alternated



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WEEK 4

SCHEDULE						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	OPTIONAL		OPTIONAL			
Max Effort	Double Stimulation	Max Effort	Double Stimulation	Dynamic / Repetitive Effort	Dynamic / Repetitive Effort	

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WEEK 4 - MONDAY - MAX EFFORT

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	HACK SQUAT	Ramp	Ramp	By feel	Gradually ramp up to your 3RM for the day in 5-8 sets
B	UPPER BACK DEADLIFT	Ramp	4	120-180 sec	https://thibarmy.com/special-exercises-series-no-13-upper-drop-snatch/
C	ZERCHER SQUAT	2	3	120-180 sec	Use a slow eccentric (4-5 seconds) but an explosive/aggressive concentric
D	POWER SHRUGS	2	4	120 sec	
E	REAR DELTS MACHINE OR DB REAR DELTS RAISE	2	4	120 sec	3030 tempo

WEEK 4 - TUESDAY [OPTIONAL EXTRA WORKOUT] - DOUBLE STIMULATION

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	WALKING LUNGES	3	15-20 reps	8-10 per leg	
B	SEATED BAND LEG CURL	3	10-12	20-25	
C	BAND PULL APART	3	10-12	12-15	Hold peak contraction 2 seconds
D	CABLE CURL	3	10-12	12-15	
E1	STANDING CABLE CRUNCHES	4	10-12	10-12	D1 & D2 are a superset
E2	SWISS BALL CRUNCHES	4	6-15	6-15	Slow and squeeze, try to fry your abdominals in as little reps as possible

WEEK 4 - WEDNESDAY - MAX EFFORT

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	MACHINE CHEST PRESS OR SMITH MACHINE BENCH PRESS	Ramp	Ramp to 3RM	By feel	Gradually ramp up to your 3RM for the day in 5-8 sets
B	CLOSE-GRIP BENCH PRESS	3	4-6	120-150 sec	4-5 seconds eccentric
C	PENDLAY ROW	3	8-10	120 sec	Squeeze the peak contraction 2 sec per rep
D1	FLOOR DUMBBELL TRICEPS EXTENSION	3	4-6	30 sec	Pause for 2 sec on floor Explode on the way up
D2	BAND TRICEPS PRESSDOWN	3	Maximum in 60 sec	180 sec	Do as many reps as you can in 60 sec, you can take short pauses if needed

WEEK 4 - THURSDAY [OPTIONAL EXTRA WORKOUT] - DOUBLE STIMULATION

	EXERCISE	SETS	REPS	REST	TEMPO/METHOD/NOTES
A	PUSH-UPS ELEVATED FEET	3	Max reps	180 sec.	
B	LAT PULLDOWN PRONATED	4	10-12	120 sec	Hold peak contraction 2 sec per rep
C	PREACHER CURL	4	10-12	120 sec	
D	LYING DB TRICEPS EXTENSION	4	10-12	120 sec	

WEEK 4 - FRIDAY - DYNAMIC/REPETITIVE EFFORT

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	BACK SQUAT	6	3	60 sec	Use 65% and focus on maximum acceleration on the way up. Use the rebound if it's natural for you, but don't use it if it messes with your mechanics
B	ROMANIAN DEADLIFT	3	8-10 reps	120-150 sec	Elevate FRONT of feet 1" 4 sec eccentric
C1	BOX JUMP	3	5	90 sec	Step down, don't jump down Don't use the highest box, it's just to lessen the landing forces
C2	HACK SQUAT OR LEG PRESS OR GOBLET SQUAT	3	12-15	180 sec	C1 and C2 are alternated 4020 tempo
D	LYING LEG CURL	3	12-15	180 sec	4020 tempo

WEEK 4 - SATURDAY - DYNAMIC/REPETITIVE EFFORT

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	MEDICINE BALL THROW OVERHEAD OR PUSH PRESS OR POWER JERK OR SPLIT JERK	3	3	90 sec.	Med ball = 20-24lbs Push press/Jerk = 77.5%
B	BENCH PRESS	6	3	60 sec	Use 65% and focus on maximum acceleration on the way up.
C	PARTIAL SEATED SHOULDER PRESS FROM PIN, CLOSE GRIP	3	8-10 reps	120-150 sec	Set pins at eyes level 4 seconds eccentric
D	DB SEATED SHOULDER PRESS	4	8-10	180 sec	4020 tempo
E1	POWER CLEAN FROM THE HANG OR SNATCH GRIP HIGH PULL (HANG) OR POWER SHRUGS	3	3-5	90 sec	
E2	SEATED CABLE ROW (NEUTRAL GRIP)	3	8-10	180 sec	Squeeze peak contraction 2 sec on each rep F1 & F2 are alternated



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WEEK 5

SCHEDULE						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	OPTIONAL		OPTIONAL			
Max Effort	Double Stimulation	Max Effort	Double Stimulation	Dynamic / Repetitive Effort	Dynamic / Repetitive Effort	

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WEEK 5 - MONDAY - MAX EFFORT

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	DEADLIFT OVERCOMING ISOMETRICS*	4	6 seconds	90 sec.	Overcoming isometrics just below the knees (use straps) for 6 seconds, maintain same position as during deadlift
B	FRONT SQUAT	Ramp	Ramp to 3RM	By feel	Gradually ramp up to your 3RM for the day in 5-8 sets
C	ZERCHER GOODMORNING	4	4-6	120-150 sec	This is the same motion as a goodmorning or Romanian deadlift but with the bar held in the crooks of your elbows
D1	CLEAN PULL FROM THE HANG	4	4-6	90 sec	Lower the bar to just below the knees like in a Romanian deadlift, then stand up <i>explosively</i> , finishing with a powerful shrug at the top
D2	REVERSE HYPER OR GLUTE HAM RAISE OR BACK EXTENSION	4	12-15	120 sec	D1 and D2 are alternated
E	DUMBBELLS POWER CLEAN FROM THE HANG	4	6-8	120 sec	

* Visit: <https://thibarmy.com/isometrics-underrated-training-tool/> for more info on overcoming isometrics

WEEK 5 - TUESDAY (OPTIONAL EXTRA WORKOUT) - DOUBLE STIMULATION

	EXERCISE	SETS	REPS	REST	TEMPO/METHOD/NOTES
A	SLED WALKING BACKWARDS OR STATONARY BIKE WITH A LOT OF RESISTANCE	4	30m 30 seconds	180 sec.	
B	BULGARIAN SPLIT SQUAT	3	10-12 per leg	120 sec	3010 tempo
C	STANDING BARBELL CURL	4	10-12	120 sec	40X0 tempo
D1	STANDING CABLE CRUNCHES	4	10-12	None	D1 & D2 are a superset
D2	FARMER'S WALK	4	20m	120 sec	As heavy as possible Focus on position, walk, don't run

WEEK 5 - WEDNESDAY – MAX EFFORT

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	MILITARY PRESS OVERCOMING ISOMETRICS*	4	6 seconds	90 sec.	Overcoming isometrics with bar at forehead level
B	CLOSE-GRIP BENCH PRESS	Ramp	Ramp to 3RM	By feel	Gradually ramp up to your 3RM for the day in 5-8 sets
C	CLOSE-GRIP INCLINE BENCH PRESS	4	4-6	120-150 sec	
D1	DB LATERAL RAISE STRICT	4	8-10	90 sec	30X0 tempo... lift explosively and lower in 3 seconds
D2	PRONATED LAT PULLDOWN	4	8-10	120 sec	D1 and D2 are alternated Hold peak contraction 2 seconds
E1	DB FRONT RAISE	3	8-10	90 sec	30X0 tempo ... lift explosively and lower in 3 seconds
E2	SEATED CABLE ROW (BENCH PRESS GRIP)	3	8-10	120 sec	Squeeze the peak contraction 2 sec per rep E1 & E2 are alternated
F1	LYING EZ BAR TRICEPS EXTENSIONS	4	4-6	45 sec	Eccentric in 4-5 seconds Explode on the way up
F2	DB HAMMER CURL	4	6-8	120 sec	Hold peak contraction 2 seconds on every rep

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WEEK 5 - THURSDAY [OPTIONAL EXTRA WORKOUT] - DOUBLE STIMULATION

	EXERCISE	SETS	REPS	REST	TEMPO/METHOD/NOTES
A	DB FLIES OR PEC DECK MACHINE OR CABLE CROSS-OVER	4	12-15	120 sec.	
B	T-BAR ROW OR SEAL ROW	4	12-15	120 sec	Hold peak contraction 2 sec per rep
C	DB LATERAL RAISE SEATED ON INCLINE BENCH	4	12-15	120 sec	
D	PUSH UPS	4	Max reps	120 sec	

WEEK 5 - FRIDAY - DYNAMIC/REPETITIVE EFFORT

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	DEPTH JUMPS	4	5	90 sec.	Don't use a super high box... 16-20". Land solidly and jump as high as you can
B	BACK SQUAT	6	3	60 sec	Use 50% and focus on maximum acceleration on the way up. Use the rebound if it's natural for you, but don't use it if it messes with your mechanics
C	POWER CLEAN FROM THE HANG OR CLEAN PULL FROM HANG	4	4-6	120-180 sec	
D1	KB JUMP (KETTLEBELL HELD BETWEEN LEGS)	4	5	90 sec	Reset on every jump Start every jump with the KB on the floor 16-20kg KB
D2	KB GOBLET SQUAT	4	20 seconds	180 sec	D1 and D2 are alternated Do as many squats as you can in 20 seconds using the same KB you used on D1... GO FAST!!!
E1	JUMP LUNGES (BODY WEIGHT ONLY)	4	3/leg	90 sec	Reset on every jump Focus on maximum height, alternate leg on every rep
E2	SINGLE LEG CURL	4	8-10 per leg	180 sec	4020 tempo Alternate legs on every rep E1 & E2 are alternated

WEEK 5 - SATURDAY - DYNAMIC/REPETITIVE EFFORT

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	BENCH PRESS TWITCH REPS	4	6	90 sec.	Using 30% In twitch reps you only do the bottom 1/4 of the reps but you go as fast as humanly possible when you go down, up and in the transitions
B	BENCH PRESS	6	3	60 sec	Use 50% and focus on maximum acceleration on the way up.
C	PUSH PRESS	4	4-6	120-150 sec	Explode violently on the concentric (try to punch the ceiling) and do the eccentric in 3 seconds
D	DIPS [WEIGHTED IF POSSIBLE]	4	12-15	180 sec	4020 tempo
E1	BARBELL FRONT RAISE SLIGHTLY CHEATED	3	5	90 sec	Use a little bit of lower back momentum to create acceleration and lift more weight
E2	BARBELL FRONT RAISE STRICT	3	8-10	180 sec	3020 tempo E1 & E2 are alternated
F1	SLIGHTLY CHEATED BARBELL CURL	3	5	90 sec	
F2	BARBELL CURL STRICT	3	8-10	180 sec	3030 tempo F1 & F2 are alternated



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WEEK 6

SCHEDULE						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	OPTIONAL		OPTIONAL			
Max Effort	Double Stimulation	Max Effort	Double Stimulation	Dynamic / Repetitive Effort	Dynamic / Repetitive Effort	

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WEEK 6 - MONDAY - MAX EFFORT

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	DEADLIFT OVERCOMING ISOMETRICS*	Ramp	6 seconds	90 sec.	Start with the bar 2" below knees, ramp up to the heaviest you can lift 1" and hold for 6 sec
B	FRONT SQUAT	Ramp	Ramp to 2RM	By feel	Gradually ramp up to your 2RM for the day in 5-8 sets
C	ZERCHER GOODMORNING	4	4-6	120-150 sec	This is the same motion as a goodmorning or Romanian deadlift but with the bar held in the crooks of your elbows
D1	CLEAN PULL FROM THE HANG	4	4-6	90 sec	Lower the bar to just below the knees like in a Romanian deadlift, then stand up explosively, finishing with a powerful shrug at the top
D2	REVERSE HYPER OR GLUTE HAM RAISE OR BACK EXTENSION	4	12-15	120 sec	D1 and D2 are alternated
E	DUMBBELLS POWER CLEAN FROM THE HANG	4	6-8	120 sec	

* Visit: <https://thibarmy.com/isometrics-underrated-training-tool/> for more info on overcoming isometrics

WEEK 6 - TUESDAY (OPTIONAL EXTRA WORKOUT) - DOUBLE STIMULATION

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	SLED WALKING BACKWARDS OR STATONARY BIKE WITH A LOT OF RESISTANCE	4	30m 30 seconds	180 sec.	
B	WALKING LUNGES	3	10-12 per leg	120 sec	
C	PREACHER CURL	4	10-12	120 sec	4010 tempo
D1	STANDING CABLE CRUNCHES	4	10-12	None	D1 & D2 are a superset
D2	FARMER'S WALK	4	20m	120 sec	As heavy as possible Focus on position, walk, don't run

WEEK 6 - WEDNESDAY – MAX EFFORT

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	MILITARY PRESS OVERCOMING ISOMETRICS*	Ramp	6 seconds	90 sec.	Start with the bar at forehead level and ramp up to the heaviest weight you can lift 1 inch and hold 6 seconds
B	CLOSE-GRIP BENCH PRESS	Ramp	Ramp to 2RM	By feel	Gradually ramp up to your 2RM for the day in 5-8 sets
C	CLOSE-GRIP INCLINE BENCH PRESS	4	4-6	120-150 sec	
D1	DB LATERAL RAISE STRICT	4	8-10	90 sec	30X0 tempo... lift explosively and lower in 3 seconds
D2	PRONATED LAT PULLDOWN	4	8-10	120 sec	D1 and D2 are alternated Hold peak contraction 2 seconds
E1	DB FRONT RAISE	3	8-10	90 sec	30X0 tempo ... lift explosively and lower in 3 seconds
E2	SEATED CABLE ROW SUPINATED GRIP	3	8-10	120 sec	Squeeze the peak contraction 2 sec per rep E1 & E2 are alternated
F1	LYING EZ BAR TRICEPS EXTENSIONS	4	4-6	45 sec	Eccentric in 4-5 seconds Explode on the way up
F2	DB HAMMER CURL	4	6-8	120 sec	Hold peak contraction 2 seconds on every rep

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WEEK 6 - THURSDAY (OPTIONAL EXTRA WORKOUT) - DOUBLE STIMULATION

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	DB FLIES OR PEC DECK MACHINE OR CABLE CROSS-OVER	4	12-15	120 sec.	
B	REAR DELTS MACHINE OR FACE PULL OR BENT OVER LATERAL RAISE	4	12-15	120 sec	Hold peak contraction 2 sec per rep
C	DB FRONT RAISE SEATED ON INCLINE BENCH	4	12-15	120 sec	
D	DIPS	4	Max reps	120 sec	

WEEK 6 - FRIDAY - DYNAMIC/REPETITIVE EFFORT

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	DEPTH JUMPS	4	5	90 sec.	Don't use a super high box... 16-20". Land solidly and jump as high as you can
B	BACK SQUAT	6	3	60 sec	Use 55% and focus on maximum acceleration on the way up. Use the rebound if it's natural for you, but don't use it if it messes with your mechanics
C	POWER CLEAN FROM THE HANG OR CLEAN PULL FROM HANG	4	4-6	120-180 sec	
D1	KB JUMP (KETTLEBELL HELD BETWEEN LEGS)	4	5	90 sec	Reset on every jump Start every jump with the KB on the floor 16-20kg KB
D2	KB GOBLET SQUAT	4	20 seconds	180 sec	D1 and D2 are alternated Do as many squats as you can in 20 seconds using the same KB you used on D1... GO FAST!!!
E1	JUMP LUNGES (BODY WEIGHT ONLY)	4	3/leg	90 sec	Reset on every jump Focus on maximum height, alternate leg on every rep
E2	SINGLE LEG CURL	4	8-10 per leg	180 sec	4020 tempo Alternate legs on every rep E1 & E2 are alternated

WEEK 6 - SATURDAY - DYNAMIC/REPETITIVE EFFORT

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	BENCH PRESS TWITCH REPS	4	6	90 sec.	Using 35% In twitch reps you only do the bottom 1/4 of the reps but you go as fast as humanly possible when you go down, up and in the transitions
B	BENCH PRESS	6	3	60 sec	Use 50% and focus on maximum acceleration on the way up.
C	PUSH PRESS	4	4-6	120-150 sec	Explode violently on the concentric (try to punch the ceiling) and do the eccentric in 3 seconds
D	DECLINE DB PRESS	4	15-20	180 sec	3010 tempo
E1	DUMBBELL FRONT RAISE SLIGHTLY CHEATED	3	5	90 sec	Use a little bit of lower back momentum to create acceleration and lift more weight
E2	DUMBBELL FRONT RAISE STRICT	3	8-10	180 sec	3020 tempo E1 & E2 are alternated
F1	SLIGHTLY CHEATED HAMMER CURL	3	5	90 sec	
F2	STRICT HAMMER CURL	3	8-10	180 sec	3030 tempo F1 & F2 are alternated



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WEEK 7

SCHEDULE						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	OPTIONAL		OPTIONAL			
Max Effort	Double Stimulation	Max Effort	Double Stimulation	Dynamic / Repetitive Effort	Dynamic / Repetitive Effort	

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WEEK 7 - MONDAY - MAX EFFORT

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	FRONT SQUAT WARM UP	4-5	3	By feel	Do 4-5 gradually heavier front squat sets ending at around 80% for 3 reps
B	FRONT SQUAT WALK-OUT AND HOLD	3	6 seconds	90 sec.	Walk out with the bar as if doing a front squat, slightly unlock your knees and hold 6 seconds. Set 1 = 100%, Set 2 = 105%, Set 3 = 110%
C	FRONT SQUAT	Ramp	Ramp to 1RM	By feel	Gradually ramp up to your 1RM for the day start with the weight you use on your next to last set on A
D	ZERCHER GOODMORNING	3	4-6	120-150 sec	This is the same motion as a goodmorning or Romanian deadlift but with the bar held in the crooks of your elbows
E	REVERSE HYPER OR GLUTE HAM RAISE OR BACK EXTENSION	3	12-15	120 sec	
F	DUMBBELLS POWER CLEAN FROM THE HANG	3	6-8	120 sec	

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WEEK 7 - TUESDAY [OPTIONAL EXTRA WORKOUT] - DOUBLE STIMULATION

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	SLED WALKING BACKWARDS OR STATONARY BIKE WITH A LOT OF RESISTANCE	4	30m 30 seconds	180 sec.	
B	REVERSE WALKING LUNGES	3	10-12 per leg	120 sec	
C	REVERSE PREACHER CURL	4	10-12	120 sec	4010 tempo
D1	STANDING CABLE CRUNCHES	4	10-12	None	D1 & D2 are a superset
D2	FARMER'S WALK	4	20m	120 sec	As heavy as possible Focus on position, walk, don't run

WEEK 7 - WEDNESDAY – MAX EFFORT

	EXERCISE	SETS	REPS	REST	TEMPO/METHOD/NOTES
A	CLOSE-GRIP BENCH PRESS WARM UP	4-5	3	By feel	Do 4-5 gradually heavier close grip bench sets ending at around 80% for 3 reps
B	CLOSE-GRIP UNRACK AND HOLD	3	6 seconds	90 sec.	Unrack the bar as if doing a close-grip bench, slightly unlock your elbows and hold 6 seconds. Set 1 = 100%, Set 2 = 105%, Set 3 = 110%
C	CLOSE-GRIP BENCH PRESS	Ramp	Ramp to 1RM	By feel	Gradually ramp up to your 1RM for the day start with the weight you use on your next to last set on A
D	T-BAR ROW OR SEAL ROW	3	4-6	120-150 sec	Hold peak contraction 2 seconds on every rep
E	BAND TRICEPS EXTENSIONS	3	60 seconds	120 sec	As many reps as you can in 60 sec, you can take short breaks or change your hand position
F	DUMBBELL LATERAL RAISE	3	8-10	120 sec	

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WEEK 7 - THURSDAY (OPTIONAL EXTRA WORKOUT) - DOUBLE STIMULATION

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	DB FLIES OR PEC DECK MACHINE OR CABLE CROSS-OVER	4	12-15	120 sec.	
B	REAR DELTS MACHINE OR FACE PULL OR BENT OVER LATERAL RAISE	4	12-15	120 sec	Hold peak contraction 2 sec per rep
C	DB FRONT RAISE SEATED ON INCLINE BENCH	4	12-15	120 sec	
D	DIPS	4	Max reps	120 sec	

WEEK 7 - FRIDAY - DYNAMIC/REPETITIVE EFFORT

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	DEPTH JUMPS	4	5	90 sec.	Don't use a super high box... 16-20". Land solidly and jump as high as you can
B	BACK SQUAT	6	3	60 sec	Use 60% and focus on maximum acceleration on the way up. Use the rebound if it's natural for you, but don't use it if it messes with your mechanics
C	POWER CLEAN FROM THE HANG OR CLEAN PULL FROM HANG	4	2-3	120-180 sec	
D1	KB JUMP (KETTLEBELL HELD BETWEEN LEGS)	4	5	90 sec	Reset on every jump Start every jump with the KB on the floor 16-20kg KB
D2	KB GOBLET SQUAT	4	20 seconds	180 sec	D1 and D2 are alternated Do as many squats as you can in 20 seconds using the same KB you used on D1... GO FAST!!!
E1	JUMP LUNGES (BODY WEIGHT ONLY)	4	3/leg	90 sec	Reset on every jump Focus on maximum height, alternate leg on every rep
E2	SINGLE LEG CURL	4	8-10 per leg	180 sec	4020 tempo Alternate legs on every rep E1 & E2 are alternated

WEEK 7 - SATURDAY - DYNAMIC/REPETITIVE EFFORT

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	BENCH PRESS TWITCH REPS	4	6	90 sec.	Using 40% In twitch reps you only do the bottom 1/4 of the reps but you go as fast as humanly possible when you go down, up and in the transitions
B	BENCH PRESS	6	3	60 sec	Use 60% and focus on maximum acceleration on the way up.
C	PUSH PRESS	4	2-4	120-150 sec	Explode violently on the concentric (try to punch the ceiling) and do the eccentric in 3 seconds
D	DECLINE DB PRESS	4	15-20	180 sec	3010 tempo
E1	DUMBBELL FRONT RAISE SLIGHTLY CHEATED	3	5	90 sec	Use a little bit of lower back momentum to create acceleration and lift more weight
E2	DUMBBELL FRONT RAISE STRICT	3	8-10	180 sec	3020 tempo E1 & E2 are alternated
F1	SLIGHTLY CHEATED HAMMER CURL	3	5	90 sec	
F2	STRICT HAMMER CURL	3	8-10	180 sec	3030 tempo F1 & F2 are alternated



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WEEK 8

SCHEDULE						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	OPTIONAL		OPTIONAL			
Max Effort	Double Stimulation	Max Effort	Double Stimulation	Dynamic / Repetitive Effort	Dynamic / Repetitive Effort	

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WEEK 8 - MONDAY - MAX EFFORT

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	HACK SQUAT	Ramp	Ramp to 3RM	By feel	Gradually ramp up to your 1RM for the day
B	TEMPO FRONT SQUAT	4	3	120 sec	Use around 70% Eccentric in 5 seconds, concentric in 5 seconds
C	DB ROMANIAN DEADLIFT	3	4-6	120-150 sec	
D	REVERSE HYPER OR GLUTE HAM RAISE OR BACK EXTENSION	3	12-15	120 sec	
E	REVERSE HYPER OR GLUTE HAM RAISE OR BACK EXTENSION	3	12-15	120 sec	

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WEEK 8 - TUESDAY [OPTIONAL EXTRA WORKOUT] - DOUBLE STIMULATION

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	SLED WALKING BACKWARDS OR STATONARY BIKE WITH A LOT OF RESISTANCE	3	30m 30 seconds	180 sec.	
B	STATIC LUNGES	3	10-12 per leg	120 sec	
C	INCLINE DB CURLS	3	10-12	120 sec	4010 tempo
D	STANDING CABLE CRUNCHES	3	10-12	None	

WEEK 8 - WEDNESDAY - MAX EFFORT

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	SMITH MACHINE CLOSE-GRIP BENCH PRESS	Ramp	Ramp to 3RM	By feel	Gradually ramp up to your 1RM for the day
B	CLOSE-GRIP BENCH PRESS	4	3	120 sec	Use around 70% Eccentric in 5 seconds, concentric in 5 seconds
C	T-BAR ROW OR SEAL ROW	3	4-6	120-150 sec	Hold peak contraction 2 seconds on every rep
D	BAND TRICEPS EXTENSIONS	3	60 seconds	120 sec	As many reps as you can in 60 sec, you can take short breaks or change your hand position
E	DUMBBELL LATERAL RAISE	3	8-10	120 sec	

WEEK 8 - THURSDAY (OPTIONAL EXTRA WORKOUT) - DOUBLE STIMULATION

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	DB FLIES OR PEC DECK MACHINE OR CABLE CROSS-OVER	3	12-15	120 sec.	
B	REAR DELTS MACHINE OR FACE PULL OR BENT OVER LATERAL RAISE	3	12-15	120 sec	Hold peak contraction 2 sec per rep
C	DB FRONT RAISE SEATED ON INCLINE BENCH	3	12-15	120 sec	
D	DIPS	3	Max reps	120 sec	

WEEK 8 - FRIDAY - DYNAMIC/REPETITIVE EFFORT

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	BACK SQUAT	8	3	60 sec	Use 50% and focus on maximum acceleration on the way up. Use the rebound if it's natural for you, but don't use it if it messes with your mechanics
B	UPPER BACK DEADLIFT	4	4-6	120-180 sec	
C1	KB JUMP (KETTLEBELL HELD BETWEEN LEGS)	3	5	90 sec	Reset on every jump Start every jump with the KB on the floor 16-20kg KB
C2	KB GOBLET SQUAT	3	20 seconds	180 sec	C1 and C2 are alternated Do as many squats as you can in 20 seconds using the same KB you used on C1... GO FAST!!!
D1	JUMP LUNGES (BODY WEIGHT ONLY)	3	3/leg	90 sec	Reset on every jump Focus on maximum height, alternate leg on every rep
D2	SINGLE LEG CURL	3	8-10 per leg	180 sec	4020 tempo Alternate legs on every rep D1 & D2 are alternated

WEEK 8 - SATURDAY - DYNAMIC/REPETITIVE EFFORT

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	BENCH PRESS	8	3	60 sec	Use 50% and focus on maximum acceleration on the way up.
B	MEDICINE BALL THROW OVERHEAD (WALL BALL)	4	5	90 sec	Throw as high as possible Reset on every throw 16-24lb ball Don't try to catch the ball
C	DIPS	3	Max reps	180 sec	3010 tempo
D1	DUMBBELL FRONT RAISE SLIGHTLY CHEATED	3	5	90 sec	Use a little bit of lower back momentum to create acceleration and lift more weight
D2	DUMBBELL FRONT RAISE STRICT	3	8-10	180 sec	3020 tempo D1 & D2 are alternated
E1	SLIGHTLY CHEATED HAMMER CURL	3	5	90 sec	
E2	STRICT HAMMER CURL	3	8-10	180 sec	3030 tempo E1 & E2 are alternated



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WEEK 9

SCHEDULE						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	OPTIONAL		OPTIONAL			
Max Effort	Double Stimulation	Max Effort	Double Stimulation	Dynamic / Repetitive Effort	Dynamic / Repetitive Effort	

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WEEK 9 - MONDAY - MAX EFFORT

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	SQUAT OVERCOMING ISOMETRICS*	4	6 seconds	90 sec.	Overcoming isometrics at 90 deg knee angle
B	BACK SQUAT	Ramp	Ramp to 3RM	By feel	Gradually ramp up to your 3RM for the day in 5-8 sets
C	UPPER BACK DEADLIFT	4	4-6	120-150 sec	https://thibarmy.com/special-exercises-series-no-13-upper-drop-snatch/
D1	NATURAL GLUTE HAM RAISE (ECCENTRIC ONLY)	4	See note	120 sec	Do an internet search for the movement. Only do the eccentric. Lower yourself as slowly as possible for as long as possible, use your hands to lift yourself back up. Stop when you can't control yourself for at least 1/3 of the range of motion
D2	BULGARIAN SPLIT SQUAT	4	8-10 per leg	120 sec	D1 and D2 are alternated
E1	POWER SHRUG	4	4-6	90 sec	Use a little bit of lower back/calves action but still mostly traps
E2	SEATED DB CLEAN	4	10-12	120 sec	E1 & E2 are alternated

* Visit: <https://thibarmy.com/isometrics-underrated-training-tool/> for more info on overcoming isometrics

WEEK 9 - TUESDAY (OPTIONAL EXTRA WORKOUT) - DOUBLE STIMULATION

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	PROWLER PUSHING	4	30m	120 sec.	Moderate weight, walking speed not sprinting
B	SLED WALKING BACKWARDS OR STATIONARY BIKE WITH A LOT OF RESISTANCE	4	30m 30 sec	120 sec	
C	ROWING ERGOMETER	4	250m	120 sec	All-out!
D	CABLE CURL	4	15-20	90 sec	
D1	STANDING CABLE CRUNCHES	4	10-12	None	D1 & D2 are a superset
D2	FARMER'S WALK	4	20m	120 sec	Focus on position, tense abs as if you were going to receive a punch in the stomach

WEEK 9 - WEDNESDAY - MAX EFFORT

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	BENCH PRESS OVERCOMING ISOMETRICS*	4	6 seconds	90 sec.	Overcoming isometrics at 90 deg elbow angle
B	BENCH PRESS	Ramp	Ramp to 3RM	By feel	Gradually ramp up to your 3RM for the day in 5-8 sets
C	WIDE GRIP MILITARY PRESS	4	4-6	120-150 sec	1-2" wider than your regular grip on each side
D1	SLIGHTLY CHEATED LATERAL RAISE	4	4-6	90 sec	Use a little bit of lower back action to create some momentum and use more weight
D2	FACE PULL	4	8-10	120 sec	D1 and D2 are alternated Hold peak contraction 2 seconds
E1	SLIGHTLY CHEATED BARBELL FRONT RAISE	3	4-6	120 sec	Use a little bit of lower back action to create some momentum and use more weight
E2	SEATED CABLE ROW (NEUTRAL GRIP)	3	8-10	120 sec	Squeeze the peak contraction 2 sec per rep E1 & E2 are alternated
F1	SLIGHTLY CHEATED V-BAR TRICEPS PRESSDOWN	3	4-6	30 sec	Use a little bit of lower back action to create some momentum and use more weight
F2	INCLINE DUMBBELL CURL	3	8-10	180 sec	3030 tempo, focus on squeezing the biceps during the whole movement

* Visit: <https://thibarmy.com/isometrics-underrated-training-tool/> for more info on overcoming isometrics

WEEK 9 - THURSDAY [OPTIONAL EXTRA WORKOUT] - DOUBLE STIMULATION

	EXERCISE	SETS	REPS	REST	TEMPO/METHOD/NOTES
A	WIDE GRIP BENCH PRESS	3	15-20 reps	180 sec.	Just pump the reps, go fairly fast, do not go to failure
B	T-BAR ROW OR SEAL ROW	4	10-12	120 sec	Hold peak contraction 2 sec per rep
C	BARBELL FRONT RAISE	4	10-12	120 sec	
D	ROPE TRICEPS PRESSDOWN	4	10-12	120 sec	

WEEK 9 - FRIDAY - DYNAMIC/REPETITIVE EFFORT

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	BARBELL JUMP SQUAT FROM STATIC POSITION	4	3	90 sec.	20% of max squat Start each jump from the half squat position... go down into a half squat, hold 3 seconds and jump FROM THAT POSITION
B	BACK SQUAT	6	3	60 sec	Use 50% and focus on maximum acceleration on the way up. Use the rebound if it's natural for you, but don't use it if it messes with your mechanics
C	ZERCHER SQUAT YIELDING ISOMETRICS	3	30-45 seconds	120-180 sec	Take the Zercher squat position, go down to the parallel position and hold that position for 30-45 seconds (start with around 30% of your max but adjust based on time)
D1	VERTICAL JUMP	3	5	90 sec	Reset on every jump Focus on maximum height
D2	MULTI-STANCE LEG PRESS	3	10+10+10	180 sec	D1 and D2 are alternated 10 reps feet together 10 reps normal stance 10 reps wide stance You can rest 10 sec between steps
E1	BROAD JUMPS	3	3	90 sec	Reset on every jump Focus on maximum distance
E2	DB ROMANIAN DEADLIFT MULTI-STANCE	3	6+6+6	180 sec	E1 & E2 are alternated 6 reps feet inward, 6 reps feet neutral 6 reps feet turned out

WEEK 9 - SATURDAY - DYNAMIC/REPETITIVE EFFORT

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	DUMBBELL POWER SNATCH (1 ARM AT A TIME)	4	5 per side	90 sec.	
B	BENCH PRESS	6	3	60 sec	Use 50% and focus on maximum acceleration on the way up.
C	DB BENCH PRESS YIELDING ISOMETRICS	4	30-45 seconds	120-180 sec	Take the DB bench press position, go down to the mid range and hold that position for 30-45 seconds (start with around 50% of your max but adjust based on time)
D1	PLYO PUSH UPS	3	5	90 sec	If you bench press less than 1.5 times your body weight, put your hands on a bench instead of from the floor
D2	DB PRESS MECHANICAL DROP SET	3	8+max+max	180 sec	D1 and D2 are alternated 8 reps DB shoulder press Max reps incline press Max reps DB bench You can take 10 sec between angles
E1	DB LATERAL RAISE CHEATED	3	6	90 sec	Use a little bit of lower back momentum to create acceleration and lift more weight
E2	DB LATERAL RAISE STRICT	3	8-10	180 sec	3020 tempo E1 & E2 are alternated
F1	NEUTRAL GRIP CHIN UP	3	6-8	90 sec	
F2	STRAIGHT-ARMS PULLDOWN	3	8-10	180 sec	Squeeze peak contraction 2 sec on each rep F1 & F2 are alternated



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WEEK 10

SCHEDULE						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	OPTIONAL		OPTIONAL			
Max Effort	Double Stimulation	Max Effort	Double Stimulation	Dynamic / Repetitive Effort	Dynamic / Repetitive Effort	

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WEEK 10 - MONDAY - MAX EFFORT

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	SQUAT FUNCTIONAL ISOMETRICS*	Ramp	6 seconds	By feel	Functional isometrics starting just above weak point. Ramp to the max weight you can lift 1 inch and hold 6 sec
B	BACK SQUAT	Ramp	Ramp to 2RM	By feel	Gradually ramp up to your 2RM for the day in 5-8 sets
C	UPPER BACK DEADLIFT	4	4-6	120-150 sec	https://thibarmy.com/special-exercises-series-no-13-upper-drop-snatch/
D1	NATURAL GLUTE HAM RAISE (ECCENTRIC ONLY)	3	See note	120 sec	Do an internet search for the movement. Only do the eccentric. Lower yourself as slowly as possible for as long as possible, use your hands to lift yourself back up. Stop when you can't control yourself for at least 1/3 of the range of motion
D2	WALKING LUNGES	3	8-10 per leg	120 sec	D1 and D2 are alternated
E1	POWER SHRUG	3	4-6	90 sec	Use a little bit of lower back/calves action but still mostly traps
E2	SEATED DB CLEAN	3	10-12	120 sec	E1 & E2 are alternated

* Visit: <https://thibarmy.com/isometrics-underrated-training-tool/> for more info on overcoming isometrics

WEEK 10 - TUESDAY (OPTIONAL EXTRA WORKOUT) - DOUBLE STIMULATION

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	PROWLER PUSHING	4	30m	120 sec.	Moderate weight, walking speed not sprinting
B	SLED WALKING BACKWARDS OR STATIONARY BIKE WITH A LOT OF RESISTANCE	4	30m 30 sec	120 sec	
C	SEATED CABLE ROW (NEURAL GRIP)	4	15-20	120 sec	
D	CABLE HAMMER CURL	4	15-20	90 sec	
D1	STANDING CABLE CRUNCHES	4	10-12	None	D1 & D2 are a superset
D2	FARMER'S WALK	4	20m	120 sec	Focus on position, tense abs as if you were going to receive a punch in the stomach

WEEK 10 - WEDNESDAY - MAX EFFORT

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	BENCH PRESS FUNCTIONAL ISOMETRICS*	Ramp	6 seconds	By feel	Functional isometrics starting just above weak point. Ramp to the max weight you can lift 1 inch and hold 6 sec
B	BENCH PRESS	Ramp	Ramp to 2RM	By feel	Gradually ramp up to your 2RM for the day in 5-8 sets
C	WIDE GRIP MILITARY PRESS	4	4-6	120-150 sec	1-2" wider than your regular grip on each side
D1	DB LATERAL RAISE STRICT	3	4-6	90 sec	2020 tempo
D2	FACE PULL	3	8-10	120 sec	D1 and D2 are alternated Hold peak contraction 2 seconds
E1	BARBELL FRONT RAISE STRICT	3	4-6	120 sec	2020 tempo
E2	SEATED CABLE ROW (BENCH PRESS GRIP)	3	8-10	120 sec	Squeeze the peak contraction 2 sec per rep E1 & E2 are alternated
F1	ROPE TRICEPS PRESSDOWN (STRICT)	3	4-6	30 sec	Use a little bit of lower back action to create some momentum and use more weight
F2	INCLINE DUMBBELL HAMMER CURL	3	8-10	180 sec	3030 tempo, focus on squeezing the biceps during the whole movement

* Visit: <https://thibarmy.com/isometrics-underrated-training-tool/> for more info on overcoming isometrics

WEEK 10 - THURSDAY (OPTIONAL EXTRA WORKOUT) - DOUBLE STIMULATION

	EXERCISE	SETS	REPS	REST	TEMPO/METHOD/NOTES
A	WIDE GRIP BENCH PRESS	3	15-20 reps	180 sec.	Just pump the reps, go fairly fast, do not go to failure
B	T-BAR ROW OR SEAL ROW	4	10-12	120 sec	Hold peak contraction 2 sec per rep
C	BARBELL FRONT RAISE	4	10-12	120 sec	
D	ROPE TRICEPS PRESSDOWN	4	10-12	120 sec	

WEEK 10 - FRIDAY - DYNAMIC/REPETITIVE EFFORT

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	BARBELL JUMP SQUAT FROM STATIC POSITION	4	3	90 sec.	25% of max squat Start each jump from the half squat position... go down into a half squat, hold 3 seconds and jump FROM THAT POSITION
B	BACK SQUAT	6	3	60 sec	Use 55% and focus on maximum acceleration on the way up. Use the rebound if it's natural for you, but don't use it if it messes with your mechanics
C	ZERCHER SQUAT YIELDING ISOMETRICS	3	30-45 seconds	120-180 sec	Take the Zercher squat position, go down to the parallel position and hold that position for 30-45 seconds (start with around 30% of your max but adjust based on time)
D1	VERTICAL JUMP	3	5	90 sec	Reset on every jump Focus on maximum height
D2	MULTI-STANCE LEG PRESS	3	10+10+10	180 sec	D1 and D2 are alternated 10 reps feet together 10 reps normal stance 10 reps wide stance You can rest 10 sec between steps
E1	BROAD JUMPS	3	3	90 sec	Reset on every jump Focus on maximum distance
E2	DB ROMANIAN DEADLIFT MULTI-STANCE	3	6+6+6	180 sec	E1 & E2 are alternated 6 reps feet inward, 6 reps feet neutral 6 reps feet turned out

WEEK 10 - SATURDAY - DYNAMIC/REPETITIVE EFFORT

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	DUMBBELL POWER SNATCH (1 ARM AT A TIME)	4	5 per side	90 sec.	
B	BENCH PRESS	6	3	60 sec	Use 55% and focus on maximum acceleration on the way up.
C	DB BENCH PRESS YIELDING ISOMETRICS	4	30-45 seconds	120-180 sec	Take the DB bench press position, go down to the mid range and hold that position for 30-45 seconds (start with around 50% of your max but adjust based on time)
D1	PLYO PUSH UPS	3	5	90 sec	If you bench press less than 1.5 times your body weight, put your hands on a bench instead of from the floor
D2	DB PRESS MECHANICAL DROP SET	3	8+max+max	180 sec	D1 and D2 are alternated 8 reps DB shoulder press Max reps incline press Max reps DB bench You can take 10 sec between angles
E1	DB LATERAL RAISE CHEATED	3	6	90 sec	Use a little bit of lower back momentum to create acceleration and lift more weight
E2	DB LATERAL RAISE STRICT	3	8-10	180 sec	3020 tempo E1 & E2 are alternated
F1	SUPINATED CHIN UP	3	6-8	90 sec	
F2	ROPE STRAIGHT-ARMS PULLDOWN	3	8-10	180 sec	Squeeze peak contraction 2 sec on each rep F1 & F2 are alternated



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WEEK 11

SCHEDULE						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	OPTIONAL		OPTIONAL			
Max Effort	Double Stimulation	Max Effort	Double Stimulation	Dynamic / Repetitive Effort	Dynamic / Repetitive Effort	

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WEEK 11 - MONDAY - MAX EFFORT

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	BACK SQUAT	Ramp	Ramp to 2RM	By feel	Gradually ramp up to your 2RM for the day in 5-8 sets
B	UPPER BACK DEADLIFT	4	4-6	120-150 sec	https://thibarmy.com/special-exercises-series-no-13-upper-drop-snatch/
C	REVERSE HYPER OR GLUTE HAM RAISE OR BACK EXTENSION	4	10-12	120 sec	
D	DEADLIFT OVERCOMING ISOMETRICS	4	6 seconds	120 sec	Do the isometric against pins 1" below knees, use straps

* Visit: <https://thibarmy.com/isometrics-underrated-training-tool/> for more info on overcoming isometrics

WEEK 11 - TUESDAY [OPTIONAL EXTRA WORKOUT] - DOUBLE STIMULATION

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	PROWLER PUSHING	4	30m	120 sec.	Moderate weight, walking speed not sprinting
B	SLED WALKING BACKWARDS OR STATIONARY BIKE WITH A LOT OF RESISTANCE	4	30m 30 sec	120 sec	
C	SEATED CABLE ROW (NEURAL GRIP)	4	15-20	120 sec	
D	CABLE HAMMER CURL	4	15-20	90 sec	
E1	STANDING CABLE CRUNCHES	4	10-12	None	E1 & E2 are a superset
E2	FARMER'S WALK	4	20m	120 sec	Focus on position, tense abs as if you were going to receive a punch in the stomach

WEEK 11 - WEDNESDAY - MAX EFFORT

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	BENCH PRESS	Ramp	Ramp to 2RM	By feel	Gradually ramp up to your 2RM for the day in 5-8 sets
B	WIDE GRIP MILITARY PRESS	4	4-6	120-150 sec	1-2" wider than your regular grip on each side
C	SEATED CABLE ROW (BENCH PRESS GRIP)	4	4-6	120 sec	
D	BENCH PRESS OVERCOMING ISOMETRICS	4	6 seconds	120 sec	Set the pins about 1" above your weak point

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WEEK 11 - THURSDAY (OPTIONAL EXTRA WORKOUT) - DOUBLE STIMULATION

	EXERCISE	SETS	REPS	REST	TEMPO/METHOD/NOTES
A	WIDE GRIP BENCH PRESS	3	15-20 reps	180 sec.	Just pump the reps, go fairly fast, do not go to failure
B	T-BAR ROW OR SEAL ROW	4	10-12	120 sec	Hold peak contraction 2 sec per rep
C	BARBELL FRONT RAISE	4	10-12	120 sec	
D	ROPE TRICEPS PRESSDOWN	4	10-12	120 sec	

WEEK 11 - FRIDAY - DYNAMIC/REPETITIVE EFFORT

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	BARBELL JUMP SQUAT FROM STATIC POSITION	3	3	90 sec.	30% of max squat Start each jump from the half squat position... go down into a half squat, hold 3 seconds and jump FROM THAT POSITION
B	BACK SQUAT	6	3	60 sec	Use 60% and focus on maximum acceleration on the way up. Use the rebound if it's natural for you, but don't use it if it messes with your mechanics
C	ZERCHER SQUAT YIELDING ISOMETRICS	3	30-45 seconds	120-180 sec	Take the Zercher squat position, go down to the parallel position and hold that position for 30-45 seconds (start with around 30% of your max but adjust based on time)
D	REVERSE HYPER OR GLUTE HAM RAISE OR BACK EXTENSION	3	15-20	120 sec	

WEEK 11 - SATURDAY - DYNAMIC/REPETITIVE EFFORT

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	DUMBBELL POWER SNATCH [1 ARM AT A TIME]	3	5 per side	90 sec.	
B	BENCH PRESS	6	3	60 sec	Use 60% and focus on maximum acceleration on the way up.
C	DB BENCH PRESS YIELDING ISOMETRICS	3	30-45 seconds	120-180 sec	Take the DB bench press position, go down to the mid range and hold that position for 30-45 seconds (start with around 50% of your max but adjust based on time)
D	REAR DELTS MACHINE OR BENT OVER LATERAL RAISE	3	12-15	120 sec	



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WEEK 12

SCHEDULE						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Max Effort		Max Effort		Dynamic / Repetitive Effort	Dynamic / Repetitive Effort	

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WEEK 12 - MONDAY - MAX EFFORT

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	BACK SQUAT	Ramp	Ramp to 1RM	By feel	Gradually ramp up to your 1RM for the day in 5-8 sets
B	T-BAR ROW	4	4-6	120-150 sec	
C	REVERSE HYPER OR GLUTE HAM RAISE OR BACK EXTENSION	4	10-12	120 sec	
D	LYING LEG CURL	4	8-10	120 sec	4-5 seconds eccentric

WEEK 12 - WEDNESDAY - MAX EFFORT

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	BENCH PRESS	Ramp	Ramp to 1RM	By feel	Gradually ramp up to your 1RM for the day in 5-8 sets
B	MACHINE SHOULDER PRESS OR SMITH MACHINE SHOULDER PRESS OR STRIP THE RACK SHOULDER PRESS	4	4-6	120-150 sec	
C	SEATED CABLE ROW (BENCH PRESS GRIP)	4	4-6	120 sec	
D	MACHINE CHEST PRESS OR SMITH MACHINE BENCH PRESS	4	6-8	120 sec	Eccentric in 4-5 seconds

WEEK 12 - FRIDAY - DYNAMIC/REPETITIVE EFFORT

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	BARBELL JUMP SQUAT FROM STATIC POSITION	3	3	90 sec.	30% of max squat Start each jump from the half squat position... go down into a half squat, hold 3 seconds and jump FROM THAT POSITION
B	BACK SQUAT	1	Maximum reps at 60% in 8 min	N/A	Use 60% and focus on maximum acceleration on the way up. Use the rebound if it's natural for you, but don't use it if it messes with your mechanics
C	ZERCHER SQUAT YIELDING ISOMETRICS	3	30-45 seconds	120-180 sec	Take the Zercher squat position, go down to the parallel position and hold that position for 30-45 seconds (start with around 30% of your max but adjust based on time)
D	LEG PRESS OR HACK SQUAT OR GOBLET SQUAT	3	15-20	120-150 sec	3030 tempo
E	REVERSE HYPER OR GLUTE HAM RAISE OR BACK EXTENSION	3	15-20	120 sec	

WEEK 12 - SATURDAY - DYNAMIC/REPETITIVE EFFORT

EXERCISE		SETS	REPS	REST	TEMPO/METHOD/NOTES
A	DUMBBELL POWER SNATCH [1 ARM AT A TIME]	3	5 per side	90 sec.	
B	BENCH PRESS	1	Max reps at 60% in 8 minutes	60 sec	Use 60% and focus on maximum acceleration on the way up.
C	DB BENCH PRESS YIELDING ISOMETRICS	3	30-45 seconds	120-180 sec	Take the DB bench press position, go down to the mid range and hold that position for 30-45 seconds (start with around 50% of your max but adjust based on time)
D	REAR DELTS MACHINE OR BENT OVER LATERAL RAISE	3	12-15	120 sec	