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# HIGH FREQUENCY BODYBUILDING

## PHASE 1 – FOUNDATION

SCHEDULE						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Concentric Emphasis		Isometric Emphasis		Eccentric Emphasis	Pre-Fatigue	

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The approach used in this program is a personal favorite of mine. Coming from both an athletic (football) and Olympic lifting background, I always believed in the principle of high frequency to build both muscle and strength. By high frequency, I don't mean the total number of sessions per week, but rather how often in a week do you directly train each muscle.

This program has you training four days a week, but on each of those days you are training every muscle, mostly using big compound movements. So, while it gives you ample recovery time during the week, it also triggers protein synthesis in every muscle 4x per week, which seems to be optimal for advanced individuals based on the work of Dr. Brad Schoenfeld.

On the off days, if your desire to do some form of training, you can train abs & calves as well as do some cardio to help you get leaner. However, you must not add any more demanding lifting work.

In the first phase, the goal is to improve mind-muscle connection as well as balance isometric and eccentric strength with concentric strength which tends to dominate most programs. In the second phase, the focus is on building a foundation of muscle mass and strength and in the third phase, on maximizing strength development. The result will be a strong, hard and dense physique that performs as well as it looks!



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## MONDAY – CONCENTRIC EMPHASIS

EXERCISE		METHOD	WEEK 1	WEEK 2	WEEK 3	WEEK 4	REST
A	BACK SQUAT	Normal reps	3 x 8	4 x 6	5 x 5	3 x 5	2-3 min
B	HIGH INCLINE DB PRESS (75 DEG)	Normal reps	3 x 8	4 x 6	5 x 5	3 x 5	90-120 sec
C	UPPER BACK DEADLIFT	Normal reps	3 x 8	4 x 6	5 x 5	3 x 5	90-120 sec
D	PULLEY SEATED ROW	Normal reps	3 x 8	4 x 6	5 x 5	3 x 5	90-120 sec
E	FLOOR PRESS	Normal reps	3 x 8	4 x 6	5 x 5	3 x 5	90-120 sec
F	FARMER'S WALK PROWLER PUSHING		3 x 20 yards	4 x 20 yards	3 x 40 yards	4 x 40 yards	2-3 min

## WEDNESDAY – ISOMETRIC EMPHASIS

EXERCISE		METHOD	WEEK 1	WEEK 2	WEEK 3	WEEK 4	REST
A1	<b>BACK SQUAT OVERCOMING ISO</b>	Overcoming iso/ mid-range	3 x 6 sec	3 x 9 sec	4 x 9 sec	3 x 12 sec	90-120 sec
A2	<b>GOBLET SQUAT</b>	Iso-dynamic contrast 1	3 x 20 sec + 8-10 reps	3 x 30 sec + 8-10 reps	4 x 30 sec + 8-10 reps	3 x 40 sec + 6-8 reps	2-3 min
B1	<b>DEADLIFT OVERCOMING ISO</b>	Overcoming iso/ bottom	3 x 6 sec	3 x 9 sec	4 x 9 sec	3 x 12 sec	90-120 sec
B2	<b>DB ROMANIAN DEADLIFT</b>	Iso-dynamic contrast 1	3 x 20 sec + 8-10 reps	3 x 30 sec + 8-10 reps	4 x 30 sec + 8-10 reps	3 x 40 sec + 6-8 reps	2-3 min
C1	<b>BENCH PRESS OVERCOMING ISO</b>	Overcoming iso/ mid-range	3 x 6 sec	3 x 9 sec	4 x 9 sec	3 x 12 sec	90-120 sec
C2	<b>DB BENCH PRESS</b>	Iso-dynamic contrast 1	3 x 20 sec + 8-10 reps	3 x 30 sec + 8-10 reps	4 x 30 sec + 8-10 reps	3 x 40 sec + 6-8 reps	2-3 min
D1	<b>CHIN-UP OVERCOMING ISO</b>	Overcoming iso/ bottom	3 x 6 sec	3 x 9 sec	4 x 9 sec	3 x 12 sec	90-120 sec
D2	<b>SUPINATED LAT PULLDOWN</b>	Iso-dynamic contrast 1	3 x 20 sec + 8-10 reps	3 x 30 sec + 8-10 reps	4 x 30 sec + 8-10 reps	3 x 40 sec + 6-8 reps	2-3 min

**Overcoming isometrics** = pushing or pulling against an immovable resistance. For the squat, deadlift and bench use the power rack and pull/push against the safety pins. For the chin-up hang a weight exceeding your max on chin-ups around your waist and try to pull yourself up a few inches from the bottom position.

**Iso-dynamic contrast 1** = hold the mid-range position (squat, RDL, DB press) or peak contraction (lat pulldown) for the prescribed time range then do the reps.

## FRIDAY – ECCENTRIC EMPHASIS

	EXERCISE	METHOD	WEEK 1	WEEK 2	WEEK 3	WEEK 4	REST
<b>A</b>	<b>FRANKENSTEIN SQUAT</b>	Slow eccentric (see parameters)	4 x 5 Eccentric in 5 sec	4 x 5 Eccentric in 7 sec	5 x 5 Eccentric in 9 sec	3 x 5 Eccentric in 9 sec	2-3 min
<b>B</b>	<b>SEATED DB SHOULDER PRESS</b>	Slow eccentric (see parameters)	4 x 5 Eccentric in 5 sec	4 x 5 Eccentric in 7 sec	5 x 5 Eccentric in 9 sec	3 x 5 Eccentric in 9 sec	90-120 sec
<b>C</b>	<b>ROMANIAN DEADLIFT</b>	Slow eccentric (see parameters)	4 x 5 Eccentric in 5 sec	4 x 5 Eccentric in 7 sec	5 x 5 Eccentric in 9 sec	3 x 5 Eccentric in 9 sec	2-3 min
<b>D</b>	<b>NEUTRAL GRIP SEATED ROW</b>	Slow eccentric (see parameters)	4 x 5 Eccentric in 5 sec	4 x 5 Eccentric in 7 sec	5 x 5 Eccentric in 9 sec	3 x 5 Eccentric in 9 sec	90-120 sec
<b>E</b>	<b>BENCH PRESS</b>	Slow eccentric (see parameters)	4 x 5 Eccentric in 5 sec	4 x 5 Eccentric in 7 sec	5 x 5 Eccentric in 9 sec	3 x 5 Eccentric in 9 sec	90-120 sec

Try to maintain same weights from week 1 to week 3 while slowing down the eccentric, try to add weight on week 4.

## SATURDAY – PRE-FATIGUE

	EXERCISE	METHOD	WEEK 1	WEEK 2	WEEK 3	WEEK 4	REST
A1	LEG EXTENSION	Constant tension (3 sec concentric and 3 sec eccentric)	3 x 6-8	4 x 6-8	4 x 8-10	3 x 8-10	0-20 sec
A2	BACK SQUAT	Normal reps	3 x 6-8	4 x 6-8	4 x 4-6	3 x 4-6	2-3 min
B1	PEC DECK, CABLE CROSS-OVER OR DB FLIES	Constant tension (3 sec concentric and 3 sec eccentric)	3 x 6-8	4 x 6-8	4 x 8-10	3 x 8-10	0-20 sec
B2	DB BENCH PRESS	Normal reps	3 x 6-8	4 x 6-8	4 x 4-6	3 x 4-6	2-3 min
C1	LYING LEG CURL OR SEATED LEG CURL	Constant tension (3 sec concentric and 3 sec eccentric)	3 x 6-8	4 x 6-8	4 x 8-10	3 x 8-10	0-20 sec
C2	ROMANIAN DEADLIFT FRONT OF THE FEET ELEVATED (1-2")	Normal reps	3 x 6-8	4 x 6-8	4 x 4-6	3 x 4-6	2-3 min
D1	STRAIGHT-ARMS PULLDOWN	Constant tension (3 sec concentric and 3 sec eccentric)	3 x 6-8	4 x 6-8	4 x 8-10	3 x 8-10	0-20 sec
D2	SUPINATED LAT PULLDOWN OR SUPINATED CHIN-UP	Normal reps	3 x 6-8	4 x 6-8	4 x 4-6	3 x 4-6	2-3 min



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# HIGH FREQUENCY BODYBUILDING

## PHASE 2 – DEVELOPMENT

SCHEDULE						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Max + Pulling		8s + Pushing		3s + Legs	5s + Conditioning	

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## MONDAY – MAX + PULLING

EXERCISE		METHOD	WEEK 1	WEEK 2	WEEK 3	WEEK 4	REST
<b>A</b>	<b>BACK SQUAT</b>	Normal reps	Work up to technically solid 1RM Start with around 50% and gradually work up... do sets of 3 until you hit around 80% then switch to sets of 1 until you hit a technically solid max				2-3 min
<b>B</b>	<b>INCLINE BENCH PRESS</b>	Normal reps	Work up to technically solid 1RM Start with around 50% and gradually work up... do sets of 3 until you hit around 80% then switch to sets of 1 until you hit a technically solid max				2-3 min
<b>C</b>	<b>DEADLIFT</b>	Normal reps	Work up to technically solid 1RM Start with around 50% and gradually work up... do sets of 3 until you hit around 80% then switch to sets of 1 until you hit a technically solid max				2-3 min
<b>D</b>	<b>STRAIGHT-ARM PULLDOWN</b>	Normal reps	1 x 12 (easy) 1 x 10 (mod) 1 x 8 (hard) <b>1 x 6-8 to failure</b>	1 x 12 (easy) 1 x 10 (mod) 1 x 8 (hard) <b>1 x 6-8 to failure + rest/pause*</b>	1 x 12 (easy) 1 x 10 (mod) 1 x 8 (hard) <b>1 x 6-8 to failure + 2 rest/pause*</b>	1 x 12 (easy) 1 x 10 (mod) 1 x 8 (hard)	90-120 sec
<b>E</b>	<b>SEATED ROW NEUTRAL GRIP</b>	Normal reps	1 x 12 (easy) 1 x 10 (mod) 1 x 8 (hard) <b>1 x 6-8 to failure</b>	1 x 12 (easy) 1 x 10 (mod) 1 x 8 (hard) <b>1 x 6-8 to failure + rest/pause*</b>	1 x 12 (easy) 1 x 10 (mod) 1 x 8 (hard) <b>1 x 6-8 to failure + 2 rest/pause*</b>	1 x 12 (easy) 1 x 10 (mod) 1 x 8 (hard)	90-120 sec
<b>F</b>	<b>BARBELL CURL</b>	Normal reps	1 x 12 (easy) 1 x 10 (mod) 1 x 8 (hard) <b>1 x 6-8 to failure</b>	1 x 12 (easy) 1 x 10 (mod) 1 x 8 (hard) <b>1 x 6-8 to failure + rest/pause*</b>	1 x 12 (easy) 1 x 10 (mod) 1 x 8 (hard) <b>1 x 6-8 to failure + 2 rest/pause*</b>	1 x 12 (easy) 1 x 10 (mod) 1 x 8 (hard)	90-120 sec

**Rest/pause** = do your 6-8 reps to failure then rest 15 seconds and attempt to get as many additional reps as possible with the same weight

**2 rest/pause** = do your 6-8 reps to failure, rest 15 seconds, try to get as many additional reps as possible, rest 15 seconds and try to get a few more reps, still with the same weight



## WEDNESDAY – 8S + PUSHING

EXERCISE		METHOD	WEEK 1	WEEK 2	WEEK 3	WEEK 4	REST
<b>A</b>	<b>BACK SQUAT</b>	Normal reps	5 x 8 65% of Monday	4 x 8 70% of Monday	3 x 8 72.5% of Monday	2 x 8 75% of Monday	2-3 min
<b>B</b>	<b>INCLINE BENCH PRESS</b>	Normal reps	5 x 8 65% of Monday	4 x 8 70% of Monday	3 x 8 72.5% of Monday	2 x 8 75% of Monday	2-3 min
<b>C</b>	<b>DEADLIFT</b>	Normal reps	5 x 8 65% of Monday	4 x 8 70% of Monday	3 x 8 72.5% of Monday	2 x 8 75% of Monday	2-3 min
<b>D</b>	<b>DB BENCH PRESS</b>	Normal reps	1 x 12 (easy) 1 x 10 (mod) 1 x 8 (hard) <b>1 x 6-8 to failure</b>	1 x 12 (easy) 1 x 10 (mod) 1 x 8 (hard) <b>1 x 6-8 to failure + rest/pause*</b>	1 x 12 (easy) 1 x 10 (mod) 1 x 8 (hard) <b>1 x 6-8 to failure + 2 rest/pause*</b>	1 x 12 (easy) 1 x 10 (mod) 1 x 8 (hard)	90-120 sec
<b>E</b>	<b>DB SHOULDER PRESS</b>	Normal reps	1 x 12 (easy) 1 x 10 (mod) 1 x 8 (hard) <b>1 x 6-8 to failure</b>	1 x 12 (easy) 1 x 10 (mod) 1 x 8 (hard) <b>1 x 6-8 to failure + rest/pause*</b>	1 x 12 (easy) 1 x 10 (mod) 1 x 8 (hard) <b>1 x 6-8 to failure + 2 rest/pause*</b>	1 x 12 (easy) 1 x 10 (mod) 1 x 8 (hard)	90-120 sec
<b>F</b>	<b>EZ BAR LYING TRICEPS EXTENSION</b>	Normal reps	1 x 12 (easy) 1 x 10 (mod) 1 x 8 (hard) <b>1 x 6-8 to failure</b>	1 x 12 (easy) 1 x 10 (mod) 1 x 8 (hard) <b>1 x 6-8 to failure + rest/pause*</b>	1 x 12 (easy) 1 x 10 (mod) 1 x 8 (hard) <b>1 x 6-8 to failure + 2 rest/pause*</b>	1 x 12 (easy) 1 x 10 (mod) 1 x 8 (hard)	90-120 sec

**Rest/pause** = do your 6-8 reps to failure then rest 15 seconds and attempt to get as many additional reps as possible with the same weight

**2 rest/pause** = do your 6-8 reps to failure, rest 15 seconds, try to get as many additional reps as possible, rest 15 seconds and try to get a few more reps, still with the same weight

## FRIDAY – 3S + LEGS

EXERCISE		METHOD	WEEK 1	WEEK 2	WEEK 3	WEEK 4	REST
<b>A</b>	<b>BACK SQUAT</b>	Normal reps	5 x 3 80% of Monday	4 x 3 82.5% of Monday	3 x 3 85% of Monday	2 x 3 87.5% of Monday	2-3 min
<b>B</b>	<b>INCLINE BENCH PRESS</b>	Normal reps	5 x 3 80% of Monday	4 x 3 82.5% of Monday	3 x 3 85% of Monday	2 x 3 87.5% of Monday	2-3 min
<b>C</b>	<b>DEADLIFT</b>	Normal reps	5 x 3 80% of Monday	4 x 3 82.5% of Monday	3 x 3 85% of Monday	2 x 3 87.5% of Monday	2-3 min
<b>D</b>	<b>LEG EXTENSION</b>	Normal reps	1 x 12 (easy) 1 x 10 (mod) 1 x 8 (hard) <b>1 x 6-8 to failure</b>	1 x 12 (easy) 1 x 10 (mod) 1 x 8 (hard) <b>1 x 6-8 to failure + rest/pause*</b>	1 x 12 (easy) 1 x 10 (mod) 1 x 8 (hard) <b>1 x 6-8 to failure + 2 rest/pause*</b>	1 x 12 (easy) 1 x 10 (mod) 1 x 8 (hard)	90-120 sec
<b>E</b>	<b>LYING OR SEATED LEG CURL</b>	Normal reps	1 x 12 (easy) 1 x 10 (mod) 1 x 8 (hard) <b>1 x 6-8 to failure</b>	1 x 12 (easy) 1 x 10 (mod) 1 x 8 (hard) <b>1 x 6-8 to failure + rest/pause*</b>	1 x 12 (easy) 1 x 10 (mod) 1 x 8 (hard) <b>1 x 6-8 to failure + 2 rest/pause*</b>	1 x 12 (easy) 1 x 10 (mod) 1 x 8 (hard)	90-120 sec
<b>F</b>	<b>HACK SQUAT MACHINE</b>	Normal reps	1 x 12 (easy) 1 x 10 (mod) 1 x 8 (hard) <b>1 x 6-8 to failure</b>	1 x 12 (easy) 1 x 10 (mod) 1 x 8 (hard) <b>1 x 6-8 to failure + rest/pause*</b>	1 x 12 (easy) 1 x 10 (mod) 1 x 8 (hard) <b>1 x 6-8 to failure + 2 rest/pause*</b>	1 x 12 (easy) 1 x 10 (mod) 1 x 8 (hard)	90-120 sec

**Rest/pause** = do your 6-8 reps to failure then rest 15 seconds and attempt to get as many additional reps as possible with the same weight

**2 rest/pause** = do your 6-8 reps to failure, rest 15 seconds, try to get as many additional reps as possible, rest 15 seconds and try to get a few more reps, still with the same weight

## SATURDAY - 5S + CONDITIONING

EXERCISE		METHOD	WEEK 1	WEEK 2	WEEK 3	WEEK 4	REST
<b>A</b>	<b>BACK SQUAT</b>	Normal reps	5 x 5 72.5% of Monday	4 x 5 77.5% of Monday	3 x 5 80% of Monday	2 x 5 85% of Monday	2-3 min
<b>B</b>	<b>INCLINE BENCH PRESS</b>	Normal reps	5 x 5 72.5% of Monday	4 x 5 77.5% of Monday	3 x 5 80% of Monday	2 x 5 85% of Monday	2-3 min
<b>C</b>	<b>DEADLIFT</b>	Normal reps	5 x 5 72.5% of Monday	4 x 5 77.5% of Monday	3 x 5 80% of Monday	2 x 5 85% of Monday	2-3 min
<b>D</b>	<b>FARMER'S WALK</b>	N/A	Work up to heaviest weight for 40m in 3-5 sets	Work up to heaviest weight for 40m in 3-5 sets	Work up to heaviest weight for 40m in 3-5 sets	Work up to heaviest weight for 20m in 5-6 sets	2-3 min
<b>E</b>	<b>PROWLER SPRINTS (LIGHT WEIGHT)</b>	N/A	10 sec sprints/30 sec rest x 5	10 sec sprints/30 sec rest x 7	15 sec sprints/30 sec rest x 5	20 sec sprints/40 sec rest x 3	N/A
<b>F</b>	<b>ASSAULT/AIRDYNE BIKE OR STATIONARY BIKE WITH HIGH RESISTANCE</b>	N/A	20 sec all-out 60 sec of rest X 5	20 sec all-out 60 sec of rest X 7	20 sec all-out 40 sec of rest X 4	20 sec all-out 40 sec of rest X 5	N/A



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# HIGH FREQUENCY BODYBUILDING

## PHASE 3 – INTENSIFICATION

SCHEDULE						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Max + Pulling		6s + Pushing		2s + Legs	Isolation	

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## MONDAY – MAX + PULLING

EXERCISE		METHOD	WEEK 1	WEEK 2	WEEK 3	WEEK 4	REST
<b>A</b>	<b>BACK SQUAT</b>	Normal reps	Work up to technically solid 1RM Start with around 50% and gradually work up... do sets of 3 until you hit around 80% then switch to sets of 1 until you hit a technically solid max				2-3 min
<b>B</b>	<b>BENCH PRESS</b>	Normal reps	Work up to technically solid 1RM Start with around 50% and gradually work up... do sets of 3 until you hit around 80% then switch to sets of 1 until you hit a technically solid max				2-3 min
<b>C</b>	<b>DEADLIFT</b>	Normal reps	Work up to technically solid 1RM Start with around 50% and gradually work up... do sets of 3 until you hit around 80% then switch to sets of 1 until you hit a technically solid max				2-3 min
<b>D</b>	<b>PENDLAY ROW</b>	Normal reps	5 x 4	4 x 6	3 x 8	2 x 10	90-120 sec
<b>E</b>	<b>NEUTRAL GRIP CHIN-UP [WEIGHTED IF POSSIBLE]</b>	Normal reps	5 x 4	4 x 6	3 x 8	2 x 10	90-120 sec
<b>F</b>	<b>BACK EXTENSION [WEIGHTED IF POSSIBLE]</b>	Normal reps	5 x 4	4 x 6	3 x 8	2 x 10	90-120 sec

\*On the assistance work try to keep the same weight from week to week as the reps increase

## WEDNESDAY – 6S + PUSHING

EXERCISE		METHOD	WEEK 1	WEEK 2	WEEK 3	WEEK 4	REST
<b>A</b>	<b>BACK SQUAT</b>	Normal reps	5 x 6 75% of Monday	4 x 6 80% of Monday	3 x 6 82.5% of Monday	2 x 6 85% of Monday	2-3 min
<b>B</b>	<b>BENCH PRESS</b>	Normal reps	5 x 6 75% of Monday	4 x 6 80% of Monday	3 x 6 82.5% of Monday	2 x 6 85% of Monday	2-3 min
<b>C</b>	<b>DEADLIFT</b>	Normal reps	5 x 6 75% of Monday	4 x 6 80% of Monday	3 x 6 82.5% of Monday	2 x 6 85% of Monday	2-3 min
<b>D</b>	<b>INCLINE DB PRESS</b>	Normal reps	5 x 4	4 x 6	3 x 8	2 x 10	90-120 sec
<b>E</b>	<b>MILITARY PRESS</b>	Normal reps	5 x 4	4 x 6	3 x 8	2 x 10	90-120 sec
<b>F</b>	<b>CLOSE-GRIP FLOOR PRESS</b>	Normal reps	5 x 4	4 x 6	3 x 8	2 x 10	90-120 sec

\*On the assistance work try to keep the same weight from week to week as the reps increase

## FRIDAY – 2S + LEGS

EXERCISE		METHOD	WEEK 1	WEEK 2	WEEK 3	WEEK 4	REST
<b>A</b>	<b>BACK SQUAT</b>	Normal reps	4 x 2 87.5% of Monday	3 x 2 90% of Monday	3 x 2 92.5% of Monday	2 x 2 95% of Monday	2-3 min
<b>B</b>	<b>BENCH PRESS</b>	Normal reps	4 x 2 87.5% of Monday	3 x 2 90% of Monday	3 x 2 92.5% of Monday	2 x 2 95% of Monday	2-3 min
<b>C</b>	<b>DEADLIFT</b>	Normal reps	4 x 2 87.5% of Monday	3 x 2 90% of Monday	3 x 2 92.5% of Monday	2 x 2 95% of Monday	2-3 min
<b>D</b>	<b>FRONT SQUAT</b>	Normal reps	5 x 4	4 x 6	3 x 8	2 x 10	2-3 min
<b>E</b>	<b>ROMANIAN DEADLIFT</b>	Normal reps	5 x 4	4 x 6	3 x 8	2 x 10	2-3 min

\*On the assistance work try to keep the same weight from week to week as the reps increase

## SATURDAY - ISOLATION

EXERCISE		METHOD	WEEK 1	WEEK 2	WEEK 3	WEEK 4	REST
A1	LEG EXTENSION	Alternating exercises	3 x 8-10	4 x 8-10	4 x 10-12	2 x 10-12	30-45 sec
A2	LEG CURL (LYING OR SEATED)		3 x 8-10	4 x 8-10	4 x 10-12	2 x 10-12	75-90 sec
B1	PEC DECK OR CABLE CROSS-OVER	Alternating exercises	3 x 8-10	4 x 8-10	4 x 10-12	2 x 10-12	30-45 sec
B2	REVERSE PEC DECK OR BENT OVERALL LATERAL RAISE		3 x 8-10	4 x 8-10	4 x 10-12	2 x 10-12	75-90 sec
C1	DB LATERAL RAISE	Alternating exercises	3 x 8-10	4 x 8-10	4 x 10-12	2 x 10-12	30-45 sec
C2	STRAIGHT-ARM PULLDOWN		3 x 8-10	4 x 8-10	4 x 10-12	2 x 10-12	75-90 sec
D1	PREACHER CURL	Alternating exercises	3 x 8-10	4 x 8-10	4 x 10-12	2 x 10-12	30-45 sec
D2	ROPE TRICEPS PRESSDOWN		3 x 8-10	4 x 8-10	4 x 10-12	2 x 10-12	75-90 sec

\*On the assistance work try to keep the same weight from week to week as the reps increase