



THIBARMY

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BALLISTIC MANAGEMENT

PROGRAM 1 – MAXIMUM MUSCLE MASS

PHASE 1 – INTRODUCTION – 4 WEEKS

SCHEDULE						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Bench press Chest Triceps	Squat Quads Hamstrings	Military press Deltoids Triceps		Deadlift Back Traps	Biceps Calves Abs	

MONDAY - BENCH PRESS / CHEST / TRICEPS

EXERCISE	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST	NOTE
	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS		
BENCH PRESS	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 8-10*	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 8-10*	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 6-8*	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 6-8*	120 sec	*Hard set but not to failure
SMITH MACHINE INCLINE BENCH	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 (failure)	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 (failure)	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 (failure)	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 (failure)	120 sec	
CABLE CROSS-OVER	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	90 sec	
MACHINE PEC DECK	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	90 sec	Hold stretch 2 sec
LYING EZ BAR TRICEPS EXTENSION	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 (failure)	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 (failure)	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 (failure)	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 (failure)	90 sec	
ROPE TRICEPS PRESSDOWN	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	90 sec	

TUESDAY - SQUAT / QUADS / HAMSTRINGS

EXERCISE	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST	NOTE
	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS		
BACK SQUAT	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 8-10*	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 8-10*	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 6-8*	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 6-8*	180 sec	*Hard set but not to failure
MACHINE HACK SQUAT	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 (failure)	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 (failure)	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 (failure)	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 (failure)	120 sec	
LEG EXTENSION	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	90 sec	
LEG PRESS	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	90 sec	Hold stretch 2 sec
ROMANIAN DEADLIFT TOES ELEVATED ON 1" PLATES	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 8-10*	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 8-10*	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 6-8*	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 6-8*	120 sec	*Hard set but not to failure
LYING LEG CURL	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	90 sec	

WEDNESDAY – MILITARY PRESS / DELTOIDS / TRICEPS

EXERCISE	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST	NOTE
	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS		
MILITARY PRESS	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 8-10*	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 8-10*	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 6-8*	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 6-8*	120 sec	*Hard set but not to failure
CLOSE-GRIP BENCH PRESS	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 8-10*	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 8-10*	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 6-8*	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 6-8*	120 sec	*Hard set but not to failure
SMITH MACHINE HIGH INCLINE (60 DEG) PRESS	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 (failure)	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 (failure)	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 (failure)	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 (failure)	120 sec	
DB LATERAL RAISE	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	90 sec	
DECLINE DB TRICEPS EXTENSION	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	90 sec	Hold stretch 2 sec
V-BAR PRESSDOWN	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	90 sec	

FRIDAY – DEADLIFT / BACK / TRAPS

EXERCISE	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST	NOTE
	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS		
DEADLIFT (OR SUMO)	3	1 x 8 (easy) 1 x 6 (mod.) 1 x 5-6*	3	1 x 8 (easy) 1 x 6 (mod.) 1 x 5-6*	3	1 x 8 (easy) 1 x 6 (mod.) 1 x 3-5*	3	1 x 8 (easy) 1 x 6 (mod.) 1 x 3-5*	180 sec	*Hard set but not to failure
STRAIGHT-ARM PULLDOWN	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	90 sec	
CHEST-SUPPORTED DB ROW	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	120 sec	
LAT PULLDOWN SUPINATED	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	90 sec	Hold contraction 2 sec
KIRK SHRUGS	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	90 sec	
ROPE/PULLEY UPRIGHT ROW	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	90 sec	

SATURDAY - BICEPS / CALVES / ABS

EXERCISE	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST	NOTE
	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS		
ROPE HAMMER CURL	3	1 x 8 (easy) 1 x 6 (mod.) 1 x 5-6*	3	1 x 8 (easy) 1 x 6 (mod.) 1 x 5-6*	3	1 x 8 (easy) 1 x 6 (mod.) 1 x 3-5*	3	1 x 8 (easy) 1 x 6 (mod.) 1 x 3-5*	180 sec	
PREACHER CURL	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	90 sec	
STANDING BARBELL CURL	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	120 sec	
REVERSE GRIP EZ BAR CURL	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	90 sec	
SEATED CALVES RAISE	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	3	1 x 12 (easy) 1 x 10 (average) 1 x 8-10 (failure)	90 sec	Hold stretch 2 sec Hold peak 2 sec
CABLE CRUNCHES	3	10-12	3	10-12	3	10-12	3	10-12	NONE	The two abs exercises are a superset
SWISS BALL CRUNCHES	3	10-12	3	10-12	3	10-12	3	10-12	60 sec	Slow and squeeze



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PROGRAM 1 – MAXIMUM MUSCLE MASS

PHASE 2 – ACCUMULATION – 4 WEEKS

SCHEDULE						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Bench press Chest Triceps	Squat Quads Hamstrings	Military press Deltoids Triceps		Deadlift Back Traps	Biceps Calves Abs	

MONDAY - BENCH PRESS / CHEST / TRICEPS

EXERCISE	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST	NOTE
	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS		
BENCH PRESS	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 10-12*	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 10-12*	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 10-12*	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 10-12*	120 sec	*Hard set but not to failure
SMITH MACHINE INCLINE BENCH	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	120 sec	6/8/10DS = drop set... do 6 reps to failure, reduce weight, do 8 reps, reduce weight, do 10 reps
CABLE CROSS-OVER	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	90 sec	
MACHINE PEC DECK	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	90 sec	Hold stretch 2 sec
LYING EZ BAR TRICEPS EXTENSION	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	90 sec	
ROPE TRICEPS PRESSDOWN	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	90 sec	

TUESDAY - SQUAT / QUADS / HAMSTRINGS

EXERCISE	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST	NOTE
	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS		
BACK SQUAT	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 10-12*	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 10-12*	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 10-12*	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 10-12*	180 sec	*Hard set but not to failure
MACHINE HACK SQUAT	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	120 sec	6/8/10DS = drop set... do 6 reps to failure, reduce weight, do 8 reps, reduce weight, do 10 reps
LEG EXTENSION	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	90 sec	
LEG PRESS	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	90 sec	
ROMANIAN DEADLIFT TOES ELEVATED ON 1" PLATES	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 10-12*	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 10-12*	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 10-12*	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 10-12*	180 sec	*Hard set but not to failure
LYING LEG CURL	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	90 sec	

WEDNESDAY – MILITARY PRESS / DELTOIDS / TRICEPS

EXERCISE	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST	NOTE
	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS		
MILITARY PRESS	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 10-12*	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 10-12*	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 10-12*	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 10-12*	120 sec	*Hard set but not to failure
CLOSE-GRIP BENCH PRESS	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 10-12*	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 10-12*	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 10-12*	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 10-12*	120 sec	*Hard set but not to failure
SMITH MACHINE HIGH INCLINE (60 DEG) PRESS	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	120 sec	6/8/10DS = drop set... do 6 reps to failure, reduce weight, do 8 reps, reduce weight, do 10 reps
DB LATERAL RAISE	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	90 sec	
DECLINE DB TRICEPS EXTENSION	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	90 sec	
V-BAR PRESSDOWN	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	90 sec	

FRIDAY – DEADLIFT / BACK / TRAPS

EXERCISE	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST	NOTE
	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS		
DEADLIFT (OR SUMO)	3	1 x 8 (easy) 1 x 6 (mod.) 1 x hard 4s*	3	1 x 8 (easy) 1 x 6 (mod.) 1 x hard 4s*	3	1 x 8 (easy) 1 x 6 (mod.) 1 x hard 4s**	3	1 x 8 (easy) 1 x 6 (mod.) 1 x hard 4s*	180 sec	*Hard 4 = 4 reps/rest 20 sec/4 reps/ rest 20 sec/4 reps/end of set
STRAIGHT-ARM PULLDOWN	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	90 sec	6/8/10DS = drop set... do 6 reps to failure, reduce weight, do 8 reps, reduce weight, do 10 reps
CHEST-SUPPORTED DB ROW	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	120 sec	
LAT PULLDOWN SUPINATED	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	90 sec	Hold contraction 2 sec
KIRK SHRUGS	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	90 sec	
ROPE/PULLEY UPRIGHT ROW	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	90 sec	

SATURDAY - BICEPS / CALVES / ABS

EXERCISE	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST	NOTE
	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS		
ROPE HAMMER CURL	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	90 sec	6/8/10DS = drop set... do 6 reps to failure, reduce weight, do 8 reps, reduce weight, do 10 reps
PREACHER CURL	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	90 sec	
STANDING BARBELL CURL	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	90 sec	
REVERSE GRIP EZ BAR CURL	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	90 sec	
SEATED CALVES RAISE	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	90 sec	Hold stretch 2 sec Hold peak 2 sec
CABLE CRUNCHES	3	10-12	3	10-12	3	10-12	3	10-12	NONE	The three abs exercises are a superset
SWISS BALL CRUNCHES	3	10-12	3	10-12	3	10-12	3	10-12	NONE	Slow and squeeze
STOMACH VACUUM	3	10 x 5 sec hold	3	10 x 5 sec hold	3	10 x 5 sec hold	3	10 x 5 sec hold	60 sec	Hold stomach in (try to touch spine with navel) and hold for 5 sec for 10 reps per set



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PHASE 3 – INTENSIFICATION – 4 WEEKS

SCHEDULE						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Bench press Chest Triceps	Squat Quads Hamstrings	Military press Deltoids Triceps		Deadlift Back Traps	Biceps Calves Abs	

MONDAY - BENCH PRESS / CHEST / TRICEPS

EXERCISE	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST	NOTE
	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS		
BENCH PRESS	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 4-6*	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 4-6*	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 2-4*	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 2-4*	120 sec	*Hard set but not to failure
SMITH MACHINE INCLINE BENCH	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP**	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	120 sec	6-8RP = 6-8 reps to failure / rest 15-20 sec / reps to failure with same weight
CABLE CROSS-OVER	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP**	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	90 sec	
MACHINE PEC DECK	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP**	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	90 sec	Hold stretch 2 sec
LYING EZ BAR TRICEPS EXTENSION	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP**	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	90 sec	
ROPE TRICEPS PRESSDOWN	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP**	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	90 sec	

TUESDAY - SQUAT / QUADS / HAMSTRINGS

EXERCISE	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST	NOTE
	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS		
BACK SQUAT	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 4-6*	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 4-6*	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 2-4*	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 2-4*	180 sec	*Hard set but not to failure
MACHINE HACK SQUAT	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP**	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	120 sec	6-8RP = 6-8 reps to failure / rest 15-20 sec / reps to failure with same weight
LEG EXTENSION	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP**	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	90 sec	
LEG PRESS	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP**	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	90 sec	
ROMANIAN DEADLIFT TOES ELEVATED ON 1" PLATES	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 6-8*	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 6-8*	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 4-6*	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 4-6*	180 sec	*Hard set but not to failure
LYING LEG CURL	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP**	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	90 sec	

WEDNESDAY – MILITARY PRESS / DELTOIDS / TRICEPS

EXERCISE	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST	NOTE
	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS		
MILITARY PRESS	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 4-6*	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 4-6*	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 2-4*	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 2-4*	120 sec	*Hard set but not to failure
CLOSE-GRIP BENCH PRESS	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 4-6*	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 4-6*	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 2-4*	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 2-4*	120 sec	*Hard set but not to failure
SMITH MACHINE HIGH INCLINE (60 DEG) PRESS	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP**	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	120 sec	6-8RP = 6-8 reps to failure / rest 15-20 sec / reps to failure with same weight
DB LATERAL RAISE	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP**	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	90 sec	
DECLINE DB TRICEPS EXTENSION	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP**	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	90 sec	
V-BAR PRESSDOWN	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP**	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	90 sec	

FRIDAY – DEADLIFT / BACK / TRAPS

EXERCISE	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST	NOTE
	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS		
DEADLIFT (OR SUMO)	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 4-6*	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 4-6*	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 2-4*	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 2-4*	180 sec	*Hard 4 = 4 reps/rest 20 sec/4 reps/ rest 20 sec/4 reps/end of set
STRAIGHT-ARM PULLDOWN	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP**	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	90 sec	6-8RP = 6-8 reps to failure / rest 15-20 sec / reps to failure with same weight
CHEST-SUPPORTED DB ROW	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP**	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	120 sec	
LAT PULLDOWN SUPINATED	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP**	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	90 sec	Hold contraction 2 sec
KIRK SHRUGS	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP**	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	90 sec	
ROPE/PULLEY UPRIGHT ROW	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP**	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	90 sec	

SATURDAY - BICEPS / CALVES / ABS

EXERCISE	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST	NOTE
	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS		
ROPE HAMMER CURL	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	90 sec	6-8RP = 6-8 reps to failure / rest 15-20 sec / reps to failure with same weight
PREACHER CURL	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	90 sec	
STANDING BARBELL CURL	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	90 sec	
REVERSE GRIP EZ BAR CURL	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	90 sec	
SEATED CALVES RAISE	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6/8/10DS*	90 sec	Hold stretch 2 sec Hold peak 2 sec
CABLE CRUNCHES	3	10-12	3	10-12	3	10-12	3	10-12	NONE	The three abs exercises are a superset
SWISS BALL CRUNCHES	3	10-12	3	10-12	3	10-12	3	10-12	NONE	Slow and squeeze
STOMACH VACUUM	3	10 x 5 sec hold	3	10 x 5 sec hold	3	10 x 5 sec hold	3	10 x 5 sec hold	60 sec	Hold stomach in (try to touch spine with navel) and hold for 5 sec for 10 reps per set



THIBARMY

Powered by

BALLISTIC MANAGEMENT

PROGRAM 1 – MAXIMUM MUSCLE MASS

PHASE 4 – SHOCK – 4 WEEKS

SCHEDULE						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Bench press Chest Triceps	Squat Quads Hamstrings	Military press Deltoids Triceps		Deadlift Back Traps	Biceps Calves Abs	

MONDAY - BENCH PRESS / CHEST / TRICEPS

EXERCISE	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST	NOTE
	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS		
BENCH PRESS	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP**	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	120 sec	6-8RP = 6-8 reps to failure / rest 15-20 sec / reps to failure with same weight
SMITH MACHINE INCLINE BENCH	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP**	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	120 sec	6-8DRP = 6-8 reps to failure / rest 15-20 sec / reps to failure with same weight / rest 15-20 sec / reps to failure
CABLE CROSS-OVER	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP**	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	90 sec	
MACHINE PEC DECK	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP**	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	90 sec	Hold stretch 2 sec
LYING EZ BAR TRICEPS EXTENSION	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP**	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	90 sec	
ROPE TRICEPS PRESSDOWN	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP**	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	90 sec	

TUESDAY - SQUAT / QUADS / HAMSTRINGS

EXERCISE	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST	NOTE
	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS		
BACK SQUAT	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP**	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	120 sec	6-8RP = 6-8 reps to failure / rest 15-20 sec / reps to failure with same weight
MACHINE HACK SQUAT	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP**	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	120 sec	6-8DRP = 6-8 reps to failure / rest 15-20 sec / reps to failure with same weight / rest 15-20 sec / reps to failure
LEG EXTENSION	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP**	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	90 sec	
LEG PRESS	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP**	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	90 sec	
ROMANIAN DEADLIFT TOES ELEVATED ON 1" PLATES	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 6-8*	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 6-8*	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 4-6*	3	1 x 10 (easy) 1 x 8 (mod.) 1 x 4-6*	180 sec	*Hard set but not to failure
LYING LEG CURL	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP**	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	90 sec	

WEDNESDAY – MILITARY PRESS / DELTOIDS / TRICEPS

EXERCISE	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST	NOTE
	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS		
MILITARY PRESS	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP**	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	120 sec	6-8RP = 6-8 reps to failure / rest 15-20 sec / reps to failure with same weight
CLOSE-GRIP BENCH PRESS	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP**	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8RP*	120 sec	
SMITH MACHINE HIGH INCLINE (60 DEG) PRESS	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP**	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	120 sec	6-8DRP = 6-8 reps to failure / rest 15-20 sec / reps to failure with same weight / rest 15-20 sec / reps to failure
DB LATERAL RAISE	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP**	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	90 sec	
DECLINE DB TRICEPS EXTENSION	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP**	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	90 sec	
V-BAR PRESSDOWN	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP**	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	90 sec	

FRIDAY – DEADLIFT / BACK / TRAPS

EXERCISE	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST	NOTE
	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS		
DEADLIFT (OR SUMO)	3	1 x 10 (easy) 1 x 8 (mod.) 1 x cluster 5	3	1 x 10 (easy) 1 x 8 (mod.) 1 x cluster 5	3	1 x 10 (easy) 1 x 8 (mod.) 1 x cluster 5	3	1 x 10 (easy) 1 x 8 (mod.) 1 x cluster 5	180 sec	*Cluster 5 ... 5 reps with 10 sec of rest between reps, use a weight you can lift 3-4 times
STRAIGHT-ARM PULLDOWN	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP**	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	90 sec	6-8DRP = 6-8 reps to failure / rest 15-20 sec / reps to failure with same weight / rest 15-20 sec / reps to failure
CHEST-SUPPORTED DB ROW	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP**	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	120 sec	
LAT PULLDOWN SUPINATED	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP**	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	90 sec	Hold contraction 2 sec
KIRK SHRUGS	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP**	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	90 sec	
ROPE/PULLEY UPRIGHT ROW	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP**	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	90 sec	

SATURDAY - BICEPS / CALVES / ABS

EXERCISE	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST	NOTE
	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS		
ROPE HAMMER CURL	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP**	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	90 sec	6-8DRP = 6-8 reps to failure / rest 15-20 sec / reps to failure with same weight / rest 15-20 sec / reps to failure
PREACHER CURL	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP**	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	90 sec	
STANDING BARBELL CURL	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP**	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	90 sec	
REVERSE GRIP EZ BAR CURL	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP**	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	90 sec	
SEATED CALVES RAISE	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP**	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8DRP*	90 sec	Hold stretch 2 sec Hold peak 2 sec
CABLE CRUNCHES	3	10-12	3	10-12	3	10-12	3	10-12	NONE	The three abs exercises are a superset
SWISS BALL CRUNCHES	3	10-12	3	10-12	3	10-12	3	10-12	NONE	Slow and squeeze
STOMACH VACUUM	3	10 x 5 sec hold	3	10 x 5 sec hold	3	10 x 5 sec hold	3	10 x 5 sec hold	60 sec	Hold stomach in (try to touch spine with navel) and hold for 5 sec for 10 reps per set