



**THIBARMY**

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**BALLISTIC MANAGEMENT**

## **PROGRAM 2 - STRENGTH & SIZE**

**PHASE 1 - ACCUMULATION - 4 WEEKS**

<b>SCHEDULE</b>						
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
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		
<b>BENCH PRESS</b>	3	3 @ 70% 3 @ 80% Max @ 80%	3	3 @ 70% 3 @ 80% Max @ 80%	3	3 @ 70% 3 @ 80% Max @ 80%	3	3 @ 70% 3 @ 80% Max @ 80%	120 sec	
<b>SMITH MACHINE INCLINE BENCH</b>	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	
<b>MACHINE PEC DECK</b>	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	
<b>LYING EZ BAR TRICEPS EXTENSION</b>	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	
<b>ROPE TRICEPS PRESSDOWN</b>	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	
<b>1 ARM TRICEPS PRESSDOWN</b>	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)	60 sec	

**IMPORTANT** (repetition style): unless otherwise mentioned each rep has to be performed with a controlled, even slowish, eccentric. Then in the concentric focus on contracting the muscle, do not try to create too much acceleration or momentum.

## TUESDAY - SQUAT / QUADS / HAMSTRINGS

EXERCISE	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST	NOTE
	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS		
<b>BACK SQUAT</b>	3	3 @ 70% 3 @ 80% Max @ 80%	3	3 @ 70% 3 @ 80% Max @ 80%	3	3 @ 70% 3 @ 80% Max @ 80%	3	3 @ 70% 3 @ 80% Max @ 80%	120 sec	
<b>LEG EXTENSION</b>	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	
<b>MACHINE HACK SQUAT</b>	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	
<b>LEG PRESS</b>	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	
<b>LYING LEG CURL</b>	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	
<b>ROMANIAN DEADLIFT</b>	2	2 x 8-10 not to failure	2	2 x 8-10 not to failure	2	2 x 8-10 not to failure	2	2 x 8-10 not to failure	90 sec	

**IMPORTANT** (repetition style): unless otherwise mentioned each rep has to be performed with a controlled, even slowish, eccentric. Then in the concentric focus on contracting the muscle, do not try to create too much acceleration or momentum.

## WEDNESDAY – MILITARY PRESS / DELTOIDS / TRICEPS

EXERCISE	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST	NOTE
	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS		
<b>MILITARY PRESS</b>	3	3 @ 70% 3 @ 80% Max @ 80%	3	3 @ 70% 3 @ 80% Max @ 80%	3	3 @ 70% 3 @ 80% Max @ 80%	3	3 @ 70% 3 @ 80% Max @ 80%	120 sec	
<b>SMITH MACHINE HIGH INCLINE PRESS</b>	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	
<b>DB LATERAL RAISE</b>	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	
<b>DB FRONT RAISE</b>	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	
<b>DECLINE DB TRICEPS EXTENSION</b>	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	
<b>V-BAR PRESSDOWN</b>	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	

**IMPORTANT** (repetition style): unless otherwise mentioned each rep has to be performed with a controlled, even slowish, eccentric. Then in the concentric focus on contracting the muscle, do not try to create too much acceleration or momentum.

## FRIDAY – DEADLIFT / BACK / TRAPS

EXERCISE	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST	NOTE
	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS		
<b>DEADLIFT</b>	3	3 @ 70% 3 @ 80% Max @ 80%	3	3 @ 70% 3 @ 80% Max @ 80%	3	3 @ 70% 3 @ 80% Max @ 80%	3	3 @ 70% 3 @ 80% Max @ 80%	120 sec	
<b>STRAIGHT-ARMS PULLDOWN</b>	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	
<b>LAT PULLDOWN SUPINATED IN FRONT</b>	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	
<b>SEATED ROW (MACHINE OR PULLEY), NEUTRAL GRIP</b>	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	
<b>SMITH MACHINE BEHIND THE BACK SHRUGS</b>	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	
<b>DB SHRUGS</b>	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	

**IMPORTANT** (repetition style): unless otherwise mentioned each rep has to be performed with a controlled, even slowish, eccentric. Then in the concentric focus on contracting the muscle, do not try to create too much acceleration or momentum.

## SATURDAY - BICEPS / CALVES / ABS

EXERCISE	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST	NOTE
	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS		
<b>PREACHER CURL</b>	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	
<b>ROPE HAMMER CURL</b>	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	
<b>EZ BAR REVERSE CURL</b>	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	
<b>SEATED CALVES RAISE</b>	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	Hold stretch 2 sec, slow on the way up, hold peak 2 sec.
<b>STANDING CALVES RAISE</b>	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	Hold stretch 2 sec, slow on the way up, hold peak 2 sec.
<b>CABLE CRUNCHES</b>	5	8-12	5	8-12	5	8-12	5	8-12	60 sec	Hold peak contraction for 2-3 sec. per rep

**IMPORTANT** (repetition style): unless otherwise mentioned each rep has to be performed with a controlled, even slowish, eccentric. Then in the concentric focus on contracting the muscle, do not try to create too much acceleration or momentum.



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## **PROGRAM 2 - STRENGTH & SIZE**

**PHASE 2 - ACCUMULATION II - 4 WEEKS**

<b>SCHEDULE</b>						
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
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		
<b>BENCH PRESS</b>	3	3 @ 75% 3 @ 85% Max @ 85%	3	3 @ 75% 3 @ 85% Max @ 85%	3	3 @ 75% 3 @ 85% Max @ 85%	3	3 @ 75% 3 @ 85% Max @ 85%	150 sec	
<b>SMITH MACHINE INCLINE BENCH</b>	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	120 sec	RP = Rest/Pause... do around 6-8 reps to failure, rest 15 sec, and perform reps to failure again with the same weight
<b>CLOSE-GRIP BENCH PRESS</b>	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	120 sec	
<b>PEC DECK MACHINE</b>	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	90 sec	
<b>LYING EZ BAR TRICEPS EXTENSION</b>	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	90 sec	
<b>ROPE TRICEPS PRESSDOWN</b>	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	60 sec	

**IMPORTANT** (repetition style): unless otherwise mentioned each rep has to be performed with a controlled, even slowish, eccentric. Then in the concentric focus on contracting the muscle, do not try to create too much acceleration or momentum.



## TUESDAY - SQUAT / QUADS / HAMSTRINGS

EXERCISE	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST	NOTE
	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS		
<b>BACK SQUAT</b>	3	3 @ 75% 3 @ 85% Max @ 85%	3	3 @ 75% 3 @ 85% Max @ 85%	3	3 @ 75% 3 @ 85% Max @ 85%	3	3 @ 75% 3 @ 85% Max @ 85%	150 sec	
<b>MACHINE HACK SQUAT</b>	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	120 sec	RP = Rest/Pause... do around 6-8 reps to failure, rest 15 sec, and perform reps to failure again with the same weight
<b>LEG PRESS</b>	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	120 sec	
<b>LYING LEG CURL</b>	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	90 sec	
<b>SINGLE LEG LYING LEG CURL</b>	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	90 sec	
<b>ROMANIAN DEADLIFT FRONT OF FEET ELEVATED [5LBS PLATE]</b>	2	2 x 8-10 not to failure	2	2 x 8-10 not to failure	2	2 x 8-10 not to failure	2	2 x 8-10 not to failure	90 sec	

**IMPORTANT** (repetition style): unless otherwise mentioned each rep has to be performed with a controlled, even slowish, eccentric. Then in the concentric focus on contracting the muscle, do not try to create too much acceleration or momentum.

## WEDNESDAY – MILITARY PRESS / DELTOIDS / TRICEPS

EXERCISE	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST	NOTE
	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS		
<b>MILITARY PRESS</b>	3	3 @ 75% 3 @ 85% Max @ 85%	3	3 @ 75% 3 @ 85% Max @ 85%	3	3 @ 75% 3 @ 85% Max @ 85%	3	3 @ 75% 3 @ 85% Max @ 85%	150 sec	
<b>SMITH MACHINE BEHIND THE NECK PRESS</b>	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	120 sec	RP = Rest/Pause... do around 6-8 reps to failure, rest 15 sec, and perform reps to failure again with the same weight
<b>INCLINE CLOSE-GRIP BENCH PRESS</b>	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	120 sec	
<b>BARBELL FRONT RAISE</b>	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	90 sec	
<b>DB LATERAL RAISE ON BENCH (45 DEG)</b>	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	90 sec	
<b>OVERHEAD ROPE TRICEPS EXTENSION</b>	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	60 sec	

**IMPORTANT** (repetition style): unless otherwise mentioned each rep has to be performed with a controlled, even slowish, eccentric. Then in the concentric focus on contracting the muscle, do not try to create too much acceleration or momentum.

## FRIDAY – DEADLIFT BACK / TRAPS / HAMSTRINGS

EXERCISE	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST	NOTE
	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS		
<b>DEADLIFT</b>	3	3 @ 75% 3 @ 85% Max @ 85%	3	3 @ 75% 3 @ 85% Max @ 85%	3	3 @ 75% 3 @ 85% Max @ 85%	3	3 @ 75% 3 @ 85% Max @ 85%	150 sec	
<b>ARCHED BACK GOODMORNING</b>	3	8-10 not to failure (1-2 reps short)	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	120 sec	
<b>DUMBBELL PULLOVER</b>	3	8-10 not to failure (1-2 reps short)	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	120 sec	RP = Rest/Pause... do around 6-8 reps to failure, rest 15 sec, and perform reps to failure again with the same weight
<b>CHEST-SUPPORTED ROW</b>	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	90 sec	
<b>LAT PULLDOWN IN FRONT PRONATED WIDE GRIP</b>	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	90 sec	
<b>KIRK SHRUGS</b>	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	60 sec	

**IMPORTANT** (repetition style): unless otherwise mentioned each rep has to be performed with a controlled, even slowish, eccentric. Then in the concentric focus on contracting the muscle, do not try to create too much acceleration or momentum.

## SATURDAY – BICEPS / CALVES / ABS

EXERCISE	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST	NOTE
	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS		
<b>STANDING BARBELL CURL</b>	3	8-10 not to failure (1-2 reps short)	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	90 sec	RP = Rest/Pause... do around 6-8 reps to failure, rest 15 sec, and perform reps to failure again with the same weight
<b>PREACHER CURL</b>	3	8-10 not to failure (1-2 reps short)	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	90 sec	
<b>DUMBBELL HAMMER CURL</b>	3	8-10 not to failure (1-2 reps short)	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	120 sec	
<b>PULLEY REVERSE CURL</b>	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	90 sec	
<b>STANDING CALVES RAISE [SAME REP STYLE AS PREVIOUS PHASE]</b>	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	90 sec	
<b>SERRATUS CRUNCHES</b>	5	8-12	5	8-12	5	8-12	5	8-12	60 sec	

**IMPORTANT** (repetition style): unless otherwise mentioned each rep has to be performed with a controlled, even slowish, eccentric. Then in the concentric focus on contracting the muscle, do not try to create too much acceleration or momentum.



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## **PROGRAM 2 - STRENGTH & SIZE**

**PHASE 3 - INTENSIFICATION - 4 WEEKS**

<b>SCHEDULE</b>						
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
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		
<b>BENCH PRESS</b>	4	5 @ 70% 3 @ 80% 1 @ 90% Max @ 90%	4	5 @ 70% 3 @ 80% 1 @ 90% Max @ 90%	4	5 @ 70% 3 @ 80% 1 @ 90% Max @ 90%	4	5 @ 70% 3 @ 80% 1 @ 90% Max @ 90%	180 sec	
<b>½ BENCH PRESS (LOWER BAR TO 3” FROM CHEST)</b>	4	5 @ 80%* 3 @ 90% 1 @ 100% Max @ 100%	4	5 @ 80%* 3 @ 90% 1 @ 100% Max @ 100%	4	5 @ 80%* 3 @ 90% 1 @ 100% Max @ 100%	4	5 @ 80%* 3 @ 90% 1 @ 100% Max @ 100%	150 sec	*100% of full range bench press
<b>CLOSE-GRIP BENCH PRESS</b>	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	120 sec	DRP = Double Rest/Pause... do around 6-8 reps to failure, rest 15 sec, and perform reps to failure again with the same weight, take 20 seconds and go to failure a third time
<b>PEC DECK MACHINE</b>	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	90 sec	
<b>LYING EZ BAR TRICEPS EXTENSION</b>	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	90 sec	
<b>BENCH PRESS</b>	3	3 @ 45%*	3	3 @ 50%*	3	3 @ 55%*	3	3 @ 60%*	60 sec	*As explosive as possible

**IMPORTANT** (repetition style): unless otherwise mentioned each rep has to be performed with a controlled, even slowish, eccentric. Then in the concentric focus on contracting the muscle, do not try to create too much acceleration or momentum.

## TUESDAY - SQUAT / QUADS / HAMSTRINGS

EXERCISE	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST	NOTE
	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS		
<b>BACK SQUAT</b>	4	5 @ 70% 3 @ 80% 1 @ 90% Max @ 90%	4	5 @ 70% 3 @ 80% 1 @ 90% Max @ 90%	4	5 @ 70% 3 @ 80% 1 @ 90% Max @ 90%	4	5 @ 70% 3 @ 80% 1 @ 90% Max @ 90%	180 sec	
<b>½ BACK SQUAT (LOWER TO 90 DEGREES)</b>	4	5 @ 80%* 3 @ 90% 1 @ 100% Max @ 100%	4	5 @ 80%* 3 @ 90% 1 @ 100% Max @ 100%	4	5 @ 80%* 3 @ 90% 1 @ 100% Max @ 100%	4	5 @ 80%* 3 @ 90% 1 @ 100% Max @ 100%	150 sec	*100% of full range bench press
<b>MACHINE HACK SQUAT</b>	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	120 sec	DRP = Double Rest/Pause... do around 6-8 reps to failure, rest 15 sec, and perform reps to failure again with the same weight, take 20 seconds and go to failure a third time
<b>LYING LEG CURL</b>	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	90 sec	
<b>BACK SQUAT</b>	3	3 @ 45%*	3	3 @ 50%*	3	3 @ 55%*	3	3 @ 60%*	60 sec	*As explosive as possible

**IMPORTANT** (repetition style): unless otherwise mentioned each rep has to be performed with a controlled, even slowish, eccentric. Then in the concentric focus on contracting the muscle, do not try to create too much acceleration or momentum.

## WEDNESDAY – MILITARY PRESS / DELTS / TRICEPS

EXERCISE	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST	NOTE
	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS		
<b>MILITARY PRESS</b>	4	5 @ 70% 3 @ 80% 1 @ 90% Max @ 90%	4	5 @ 70% 3 @ 80% 1 @ 90% Max @ 90%	4	5 @ 70% 3 @ 80% 1 @ 90% Max @ 90%	4	5 @ 70% 3 @ 80% 1 @ 90% Max @ 90%	180 sec	
<b>PUSH PRESS</b>	4	5 @ 80%* 3 @ 90% 1 @ 100% Max @ 100%	4	5 @ 80%* 3 @ 90% 1 @ 100% Max @ 100%	4	5 @ 80%* 3 @ 90% 1 @ 100% Max @ 100%	4	5 @ 80%* 3 @ 90% 1 @ 100% Max @ 100%	150 sec	*100% of full range bench press
<b>INCLINE CLOSE GRIP BENCH PRESS</b>	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	120 sec	DRP = Double Rest/Pause... do around 6-8 reps to failure, rest 15 sec, and perform reps to failure again with the same weight, take 20 seconds and go to failure a third time
<b>OVERHEAD ROPE TRICEPS EXTENSION</b>	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	90 sec	
<b>MILITARY PRESS</b>	3	3 @ 45%*	3	3 @ 50%*	3	3 @ 55%*	3	3 @ 60%*	60 sec	*As explosive as possible

**IMPORTANT** (repetition style): unless otherwise mentioned each rep has to be performed with a controlled, even slowish, eccentric. Then in the concentric focus on contracting the muscle, do not try to create too much acceleration or momentum.



## FRIDAY – DEADLIFT / BACK / TRAPS / HAMSTRINGS

EXERCISE	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST	NOTE
	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS		
<b>DEADLIFT</b>	4	5 @ 70% 3 @ 80% 1 @ 90% Max @ 90%	4	5 @ 70% 3 @ 80% 1 @ 90% Max @ 90%	4	5 @ 70% 3 @ 80% 1 @ 90% Max @ 90%	4	5 @ 70% 3 @ 80% 1 @ 90% Max @ 90%	180 sec	
<b>PIN PULL FROM 2” BELOW KNEES</b>	4	5 @ 80%* 3 @ 90% 1 @ 100% Max @ 100%	4	5 @ 80%* 3 @ 90% 1 @ 100% Max @ 100%	4	5 @ 80%* 3 @ 90% 1 @ 100% Max @ 100%	4	5 @ 80%* 3 @ 90% 1 @ 100% Max @ 100%	150 sec	*100% of full range bench press
<b>SEATED ROW (PULLEY OR MACHINE)</b>	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	120 sec	DRP = Double Rest/Pause... do around 6-8 reps to failure, rest 15 sec, and perform reps to failure again with the same weight, take 20 seconds and go to failure a third time
<b>KIRK SHRUGS</b>	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	90 sec	
<b>LYING LEG CURL</b>	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	90 sec	
<b>DEADLIFT</b>	3	3 @ 45%*	3	3 @ 50%*	3	3 @ 55%*	3	3 @ 60%*	60 sec	

**IMPORTANT** (repetition style): unless otherwise mentioned each rep has to be performed with a controlled, even slowish, eccentric. Then in the concentric focus on contracting the muscle, do not try to create too much acceleration or momentum.

## SATURDAY – BICEPS / CALVES / ABS

EXERCISE	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST	NOTE
	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS		
<b>CABLE CURL</b>	4	5 @ 70% 3 @ 80% 1 @ 90% Max @ 90%	4	5 @ 70% 3 @ 80% 1 @ 90% Max @ 90%	4	5 @ 70% 3 @ 80% 1 @ 90% Max @ 90%	4	5 @ 70% 3 @ 80% 1 @ 90% Max @ 90%	120 sec	DRP = Double Rest/Pause... do around 6-8 reps to failure, rest 15 sec, and perform reps to failure again with the same weight, take 20 seconds and go to failure a third time
<b>DB HAMMER CURL</b>	4	5 @ 80%* 3 @ 90% 1 @ 100% Max @ 100%	4	5 @ 80%* 3 @ 90% 1 @ 100% Max @ 100%	4	5 @ 80%* 3 @ 90% 1 @ 100% Max @ 100%	4	5 @ 80%* 3 @ 90% 1 @ 100% Max @ 100%	120 sec	
<b>SEATED CALVES RAISE [SAME METHOD AS BEFORE]</b>	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	120 sec	
<b>STANDING CALVES RAISE [SAME METHOD]</b>	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	90 sec	
<b>CABLE CURL</b>	5	8-12	5	8-12	5	8-12	5	8-12	60 sec	

**IMPORTANT** (repetition style): unless otherwise mentioned each rep has to be performed with a controlled, even slowish, eccentric. Then in the concentric focus on contracting the muscle, do not try to create too much acceleration or momentum.



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## **PROGRAM 2 - STRENGTH & SIZE**

**PHASE 4 - REALIZATION - 4 WEEKS**

<b>SCHEDULE</b>						
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
Bench press Chest Triceps		Squat Quads Hamstrings		Military press Delts Triceps	Deadlift Back Traps	

## MONDAY – BENCH PRESS / CHEST / TRICEPS

EXERCISE	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST	NOTE
	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS		
<b>WEEK 1:</b> FLOOR PRESS  <b>WEEK 2:</b> DECLINE BENCH PRESS  <b>WEEK 3:</b> CLOSE GRIP BENCH  <b>WEEK 4:</b> BENCH PRESS	N/A	Ramp up to a 1RM (max effort)	N/A	Ramp up to a 1RM (max effort)	N/A	Ramp up to a 1RM (max effort)	N/A	Ramp up to a 1RM (max effort)	180 sec	
<b>½ BENCH PRESS FROM PINS (ELBOWS 90 DEGREES)</b>	2	Max @ 100%*	2	Max @ 105%*	2	Max @ 110%*	2	Max @ 112%*	150 sec	*100% of full range bench press
<b>LYING EZ BAR TRICEPS EXTENSION</b>	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8*	120 sec	*NOT to failure (1-2 reps short)
<b>PEC DECK MACHINE</b>	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8*	120 sec	*NOT to failure (1-2 reps short)

**IMPORTANT** (repetition style): unless otherwise mentioned each rep has to be performed with a controlled, even slowish, eccentric. Then in the concentric focus on contracting the muscle, do not try to create too much acceleration or momentum.

## WEDNESDAY – SQUAT / QUADS / HAMSTRINGS

EXERCISE	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST	NOTE
	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS		
<b>WEEK 1:</b> FRONT SQUAT <b>WEEK 2:</b> OPPOSITE SQUAT* <b>WEEK 3:</b> SAFETY BAR SQUAT <b>WEEK 4:</b> BACK SQUAT	N/A	Ramp up to a 1RM (max effort)	N/A	Ramp up to a 1RM (max effort)	N/A	Ramp up to a 1RM (max effort)	N/A	Ramp up to a 1RM (max effort)	180 sec	*Opposite style squat: low bar if you normally high bar; high bar if you normally low bar
<b>LEG PRESS</b>	2	8-10	2	8-10	2	8-10	2	8-10	150 sec	*NOT to failure (1-2 reps short)
<b>ROMANIAN DEADLIFT</b>	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8*	120 sec	*NOT to failure (1-2 reps short)
<b>LYING LEG CURL</b>	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8*	120 sec	*NOT to failure (1-2 reps short)

**IMPORTANT** (repetition style): unless otherwise mentioned each rep has to be performed with a controlled, even slowish, eccentric. Then in the concentric focus on contracting the muscle, do not try to create too much acceleration or momentum.

## FRIDAY – MILITARY PRESS / DELTS / TRICEPS

EXERCISE	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST	NOTE
	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS		
<b>WEEK 1:</b> HIGH INCLINE PRESS <b>WEEK 2:</b> 30 DEG. INCLINE PRESS <b>WEEK 3:</b> PUSH PRESS <b>WEEK 4:</b> MILITARY PRESS	N/A	Ramp up to a 1RM (max effort)	N/A	Ramp up to a 1RM (max effort)	N/A	Ramp up to a 1RM (max effort)	N/A	Ramp up to a 1RM (max effort)	180 sec	*Opposite style squat: low bar if you normally high bar; high bar if you normally low bar
<b>½ MILITARY PRESS FROM PINS (BAR STARTING JUST ABOVE FOREHEAD)</b>	2	Max @ 100%*	2	Max @ 105%*	2	Max @ 110%*	2	Max @ 112%*	150 sec	*100% of full range military press
<b>DB FRONT RAISE</b>	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8*	120 sec	*NOT to failure (1-2 reps short)
<b>ROPE TRICEPS PRESSDOWN</b>	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8*	120 sec	*NOT to failure (1-2 reps short)

**IMPORTANT** (repetition style): unless otherwise mentioned each rep has to be performed with a controlled, even slowish, eccentric. Then in the concentric focus on contracting the muscle, do not try to create too much acceleration or momentum.

## SATURDAY – DEADLIFT / BACK / HAMSTRINGS

EXERCISE	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST	NOTE
	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS		
<b>WEEK 1:</b> <b>2" DEFICIT DEADLIFT</b> <b>WEEK 2:</b> <b>DEADLIFT 2" FROM FLOOR</b> <b>WEEK 3:</b> <b>OPPOSITE DEADLIFT*</b> <b>WEEK 4:</b> <b>DEADLIFT</b>	N/A	Ramp up to a 1RM (max effort)	N/A	Ramp up to a 1RM (max effort)	N/A	Ramp up to a 1RM (max effort)	N/A	Ramp up to a 1RM (max effort)	180 sec	*Opposite style squat: low bar if you normally high bar; high bar if you normally low bar
<b>ARCHED BACK GOODMORNING</b>	2	8-10	2	8-10	2	8-10	2	8-10	150 sec	*NOT to failure (1-2 reps short)
<b>SEATED ROW</b>	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8*	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8*	120 sec	*NOT to failure (1-2 reps short)
<b>BACK EXTENSION</b>	3	10-12	3	10-12	3	10-12	3	10-12	120 sec	*NOT to failure (1-2 reps short)

**IMPORTANT** (repetition style): unless otherwise mentioned each rep has to be performed with a controlled, even slowish, eccentric. Then in the concentric focus on contracting the muscle, do not try to create too much acceleration or momentum.