00	00	000			EDUCATE, MOTIVATI	E DOMINATE	0000	000	000
Day 1	Phase 6		•	Date					
A1) Dumb		•		2-15					
	Week	Sets	Reps	Set :	1 Set 2	Set 3	Set 4	Set 5	Set 6
	1								
	2								
	3								
	4								
A2) Flexed		_							
	Week	Sets	Reps	Set :	1 Set 2	Set 3	Set 4	Set 5	Set 6
	1								
	2								
	3			<u> </u>					
D4) C . I'' C	4								
B1) Split S	-			Cat /	1 (-+ 2	C-+ 2	Cat 4	Cat F	C-+ C
	Week	Sets	Reps	Set :	1 Set 2	Set 3	Set 4	Set 5	Set 6
	1			-					
	2			-					
	3 4		-	<u> </u>					
B2) Push-ເ	•	 15 tota	l rans	<u> </u>					
D2) r usii-c	Week		Reps	Set :	1 Set 2	Set 3	Set 4	Set 5	Set 6
	1		 	j [1		
	2			<u> </u>					
	3								
	4								
C1) Short I	Lever Sid	e Plan	k- 3 x :2	0 - :40		<u> </u>	I		
,	Week			Set :	1 Set 2	Set 3	Set 4	Set 5	Set 6
	1		Ι.						
	2								
	3								
	4								
C2) Single	Leg RDL	w/ bad	k leg su	pported	- 2 x 8-12	•	•	<u>'</u>	•
	Week			Set :		Set 3	Set 4	Set 5	Set 6
	1								
	2								
	3								
	4								

Notes

Perform workouts for 1-4 week to build a base in order to handle the training in later phases Focus is movement and technique

00	00	00			DUCATE, MOTIVATE, DOM	NATE O O	0000		0000
Day 2	Phase (GPP Pi	ер	Date					
A1) 1 Arm	Dumbbe	ell Ben	ch Press	s- 3 x 12-15					
	Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	1								
	2								
	3								
	4								
A2) Wk 1-			_	8-10 per side					
	Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	1								
	2								
	3								
	4								
B1) Split S				ell Overhead					
	Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	1								
	2								
	3								
D2/ D	4		10.15						
B2) Rever					C-+ 2	Cot 3	Cat A	C-+ F	Cat C
	Week	Sets	Keps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	1								
	2								
	3								
C1) Tall Kı			0,4,0,0,0,0	<u> </u>					
CI) Iali Ki	Week			Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	week 1	Jets	neps	j [Jet 2	<u> </u>	<u> </u>	<u> </u>	Jero
	2								
	3								
	<i>J</i>								
C2) Tall Kı	neeling X	-Push I	Downs -	3 x 12-15					
, . a Ki	Week			Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	1								
	2								
	3								
	4	—							

Notes

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00	00	00			EDUC	ATE, MOTTVATE, DOMI	WATE	000	000	000
Day 3	Phase G	SPP Pr	ер		Date					
A1) Dumb	bell Belly	Swing	; - 3 x 10)-12						
	Week	Sets	Reps	1	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	1									
	2									
	3									
	4									
A2) Tall Kr	_			old -	3 x :15 - :3					
	Week	Sets	Reps	i	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	1									
	2									
	3									
D4\C !	4		 							
B1) Overh				x 3(-	C-+ 3	Cot 3	Cat 4	Cot F	Cot C
	Week	Sets	Keps		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	1									
	2									
	3 Δ									
B2) Invert	7	- 20- 4	5 total i	conc						
DZ) IIIVEI U	Week			chs	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	1		 			1		1		
	2									
	3									
	4									
C1) 2 Arm	Plate Pir	iches :	3 x :15 -	:30	hold	1			ļ	
,	Week				Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	1					<u> </u>				
	2									
	3									
	4									
C2) Bottor	ns up Hip	Thrus	ts 3 x 8	3- 12	w/ 2 sec s	queeze				
	Week				Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	1									
	2									
	3									
	4									

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