



Day 1 Phase 1 Date

A1) Front or High Bar Squat- week 1- 3 x 6, week 2- 3 x 8, week 3- 4 x 6, week 4- 2 x 6

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1								
2								
3								
4								

A2) Neutral Pull-ups - week 1- 24 reps, week 2- 30 reps, week 3- 36 reps, week 4- 20 reps

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1								
2								
3								
4								

B1) Single Leg Glute Bridge- week 1- 3 x 6, week 2- 3 x 8, week 3- 4 x 6, week 4- 2 x 6

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1								
2								
3								
4								

B2) Weighted Push-ups- week 1- 3 x 8, week 2- 3 x 10, week 3- 3 x 12, week 4- 2 x 10

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1								
2								
3								
4								

C1) Unilateral Farmer's Walk- week 1- 3 x 30 ft, week 2- 3 x 40ft, week 3- 3 x 50ft, week 4- 2 x 40 ft

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1								
2								
3								
4								

C2)Zotman Curls week 1- 3 x 8, week 2- 3 x 10, week 3- 3 x 12, week 4- 2 x 10

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1								
2								
3								
4								

Notes

For babbell exercies leave 2-3 reps in tank and focus on form and execution  
 For body weight and accessory movement focus on the muscle contraction





Day 2 Phase 1 Date

A1) Floor Press or Close Grip Bench- week 1- 3 x 6, week 2- 3 x 8, week 3- 4 x 6, week 4- 2 x 6

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1								
2								
3								
4								

A2) Step Ups- week 1- 3 x 8, week 2- 3 x 10, week 3- 3 x 12, week 4- 2 x 10

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1								
2								
3								
4								

B1) One Arm DB Overhead Press- week 1- 3 x 6, week 2- 3 x 8, week 3- 4 x 6, week 4- 2 x 6

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1								
2								
3								
4								

B2) Reverse Crunches (posterior pelvic tilt)- 3 x 10-15

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1								
2								
3								
4								

C1) Chest Supported Row- week 1- 3 x 8, week 2- 3 x 10, week 3- 3 x 12, week 4- 2 x 10

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1								
2								
3								
4								

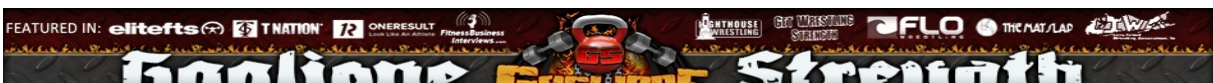
C2) Supine Squat Anti Rotation press- week 1- 3 x 8, week 2- 3 x 10- week 3- 3 x 12, week 4- 2 x 10

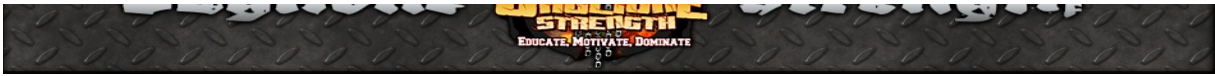
Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1								
2								
3								
4								

Notes

For babbell exercises leave 2-3 reps in tank and focus on form and execution

For body weight and accessory movement focus on the muscle contraction





**Day 3 Phase 1** Date

A1) Low Rack or Block Pull- week 1- 3 x 6, week 2- 3 x 8, week 3- 4 x 6, week 4- 2 x 6

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1								
2								
3								
4								

A2) Z Press or Steep Incline Press- week 1- 3 x 8, week 2- 3 x 10, week 3- 3 x 12, week 4- 2 x 10

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1								
2								
3								
4								

B1) One Arm Planks Salutes- week 1- 3 x 8, week 2- 3 x 10, week 3- 3 x 12, week 4- 2 x 10

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1								
2								
3								
4								

B2) Rack Row or Seal Row- week 1- 3 x 6, week 2- 3 x 8, week 3- 4 x 6, week 4- 2 x 6

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1								
2								
3								
4								

C1) Quadruped Chin Tucks- week 1- 3 x 8, week 2- 3 x 10, week 3- 3 x 12, week 4- 2 x 10-

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1								
2								
3								
4								

C2) Single Leg Back Raises- week 1- 3 x 8, week 2- 3 x 10, week 3- 3 x 12, week 4- 2 x 10-

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1								
2								
3								
4								

**Notes**

For babbell exercises leave 2-3 reps in tank and focus on form and execution

For body weight and accessory movement focus on the muscle contraction