



Day 2 Phase 3 Date

A1) Pause Bench Wk 1 3x 1 @ 85%, 2x5 80%, Wk 2 4x 1 @ 90%, 2x3 85%

Overhead Press Wk 3 5 x 1 @ 90%, 2x2 80%, Wk 4 omit

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

B1) Goblet or Barbell Front Rack Step up- week 1- 3 x 8, week 2- 3 x 6, week 3- 3 x 10, week 4- 2 x 8

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

B2) One Arm DB Z Press- week 1- 3 x 8, week 2- 3 x 6, week 3- 3 x 10, week 4- 2 x 8

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

C1) Quadraped Chin Tuck- 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) One Arm DB DeadStop Row- week 1- 3 x 8, week 2- 3 x 6, week 3- 3 x 10, week 4- 2 x 8

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

C3) Bar Rollouts with pauses- week 1- 3 x 10, week 2- 3 x 8, 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 | | | | | | | | |

Use old 1RM as a guide for weights this phase

Week 4 rest and week 5 try for new personal records



Day 3 Phase 3 Date

A1) DE Deads Wk 1 8 x 1 @65%, Wk 2 10 x 1 @70% DE Box Squats Wk 3 10 x 2- 55%, WK 4 6 x 2 @60%

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

B1) Speed Bench- week 1- 9 x 3 @ 55%, week 2- 8 x 3 @ 60% Push Jerk- week 3- 10 x 3, week 4- 4 x 3

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

C1) Split Stance Anti-Rotation Press to OH Press- Wk 1- 3 x 8, Wk 2- 3 x 10, Wk 3- 3 x 12, Wk 4- 2 x 10

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

C2) Supinated Pull-ups- Match 1/2 to 1/3 (if over 100 push-ups) push-up rep on all weeks

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

D1) Plate Pinches- week 1- 3 x :35, week 2- 3 x :30, week 3- 3 x :45, week 4- 2 x :35

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

D2) DB Hip Thrust- week 1- 3 x 8, week 2- 3 x 6, week 3- 3 x 10, week 4- 2 x 8

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

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