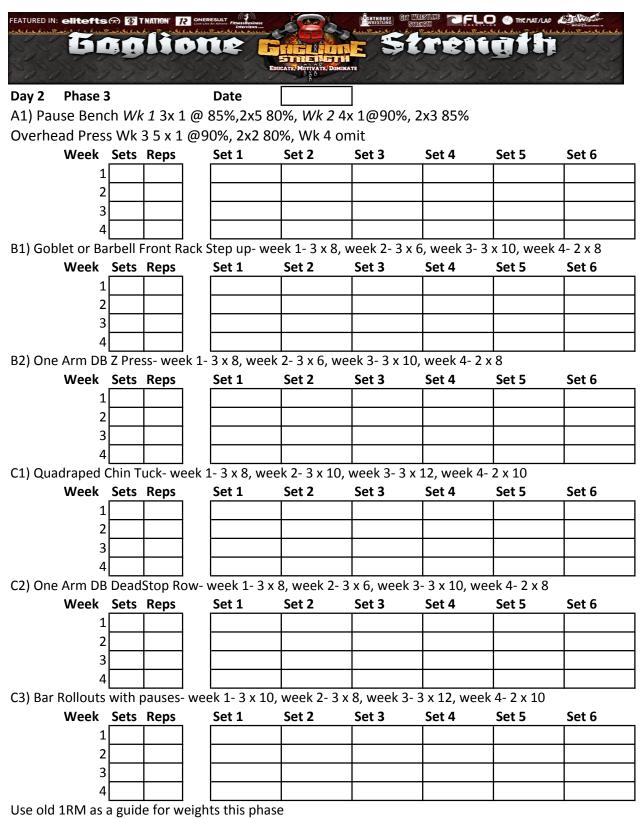
FEATURED IN: elitefts	æ ₫1	NATION 12	ONER Look Like	ESULT FitnessBusiness Interviews	A ROLL	CET WAR		THE MATILAD	A Report			
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David Dhase 2	_0_	0.0	0	Dete			0.0.0		0.00			
Day 1 Phase 3		12.1	~ ~	Date			2 0 5 0 /					
A1) Pause Squat <i>Wk 1</i> 3x 1 @ 85%, 2x5 80%, <i>Wk 2</i> 4x 1@90%, 2x3 85% Deadlift Wk 3 5 x 1 @90%, 2x2 80%, Wk 4 omit												
			2x2									
Week	Sets	Reps	1	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6			
1												
2												
3												
P1) Maighed Dra	notor		ъс /Г	D hotwoon					4 2 1 4			
B1) Weighed Pro Week		-	)S (L	Set 1	Set 2	- 4 x 4 vvk 2- Set 3	<b>Set 4</b>	Set 5	4-2x4 Set 6			
VVEEK	Jeis		1	Jel I			Jel 4					
2												
3												
4												
C1) Goblet Reverse Lunge- week 1- 3 x 8, week 2- 3 x 6, week 3- 3 x 10, week 4- 2 x 8												
Week		-		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6			
1												
2												
3												
4												
C2) Push-ups on	DBs-	week 1-	3 x	fail, week 2	- 2 x fail, we	ek 3- 3 x fail	, week 4- 1	x fail				
Week	Sets	Reps		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6			
1												
2												
3												
4												
D1) One Arm Plank- week 1- 3 x 10, week 2- 3 x 8, week 2- 3 x 12, week 4- 2 x 10												
Week	Sets	Reps	1	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6			
1												
2												
3												
4				2 0								
D2) Barbel Single Leg RDL- 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												
	Sets	керѕ	I	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6			
1												
2												
3												
	L a guid	e for we	-iøh	ts this nhase	ـــــــــــــــــــــــــــــــــــــ			<u> </u>				
Use old 1RM as a guide for weights this phase												

Week 4 rest and week 5 try for new personal records



Week 4 rest and week 5 try for new personal records

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<b>Santio</b>		FRITT	- 51	TRA	ath	0000					
	En	UCATE, MOTIVATE, DOMIN	ATE								
Day 3 Phase 3	Date				0.0.0.	0.0.0					
A1) DE Deads <i>Wk</i> 1 8 x 1 @65%,			] N Sanate M	"k 3 10 v 2₋ ⊑	5% WK16	v 2 @60%					
Week Sets Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6					
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											
C2) Supinated Pull-ups- Match ½		-				C - + C					
Week Sets Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6					
3											
D1) Plate Pinches- week 1- 3 x :35	 5. week 2- 3	l x · 30 week	<u> </u> 3-3 x · 45 w	  eek 4- 2 x ·:	25						
Week Sets Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6					
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											
Use old 1RM as a guide for weights this phase											

Week 4 rest and week 5 try for new personal records