



P1 Day 1 Date

A1) High Bar Squat- wk 1-3x5 1xAMAP (heels) 72.5 -77.5% wk 2- High Bar Squat 2x8 1xAMAP 70-75%
 Wk 3 5x5 Squat high bar 75-80% Wk 4 Reg Bar Sq 8RM comp stance go for PR OR 80% AMAP

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

A1) 3ct Pause Close Grip Bench wk 1-3x5 1xAMAP 72.5-77.5 % wk 2- 3 ct CGBP 2x8 1xAMAP70-72.5%
 Week 3 Long Pause Bench 5x5 3ct Paused 70-75% Week 4 Paused BB BP 8RM OR 80% AMAP then 1x10

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

C1) Slow Eccentric Cable or DB Side Bend week 1- 3 x 6, week 2- 2 x 8 week 3 4x5 week 4 1x10

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

C2) GHR or Back Ext slow eccentric. - week 1- 3 x 8, week 2- 2 x 10, week 3 4x8, week 4 1x20

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

*D1) Standing Abduction slow eccentric - week 1- 3x 15, week 2- 2 x 20 week 3 4x12 week 4 1x25

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

*D2) Band Pull Apart or Rear Delt slow eccentric- wk 1- 3 x 15, wk 2- 2 x 20 wk 3 4x12 wk 4 1x25

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

Notes*

- Wk 1 hit last set as many as possible with no misses or form breaks
- Wk 2 hit last set as many as possible with no misses or form breaks
- Wk 3 Focus on getting quality work in leaving 2-3 reps in tank each set
- Wk 4 Go for a new 8 RM Max or hit one set AMRAP with no misses!



P1 Day 2 Date

B1) Tempo High Bar Heels Pause Squat wk 1 4x8 40%, wk 2- 3x8 45% wk 3 5x6 50% wk 4 2x8 45%

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
3-5 ct	1							
eccentr	2							
	3							
	4							

B1) Tempo CG Bench Paused wk 1- 5x 8 55%, wk 2- 4 x 6 60% wk 3 6x5 65% Wk 4 2x8 50%

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
3-5 ct	1							
eccentr	2							
	3							
	4							

C1) DB Chest Supported Row Pause - week 1- 2 x 8, week 2- 3 x 12, week 3 4x10 week 4 1x20

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

C2) Two Way Delt Raise w/ Pause - week 1- 2 x 8, week 2- 3 x 12 week 3 4x6 week 4 1x10

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

*D1) Band or Cable Curls slow eccentric week 1- 2 x 8, week 2- 3 x 10 week 3 4x8 week 4 1x20

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

*D2) DB Flys slow eccentric week 1- 2 x 15, week 2- 3 x 12 week 3 4x10 Week 4 25

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

Notes*

Focus on grooving your movement and muscles

Lower yourself with good form for a 3 to 5 count on the way down and explode up

Eccentric means lower slow



P1 Day 3 Date

A1) Stiff bar deficit deadlift - wk 1-4x5 65-67.5 % week 2 Stiff Bar deficit deadlift 3x5 67.5-72.5% week 3 5x5 speed stiff bar DL 70-75% week 4 Stiff Bar Deads 4x2 speed 80%-85%

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

B1) Tempo RDL or conv. Stiff leg wk 1- 3x 8 60% wk 2- 2x 10 50% wk 3 4x8 60% wk 4 1x10 50%

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

B2) Side Plank Wk1 2x :20 Wk 2 1x:25 Wk 3 2x:20 Wk 4 1x :25

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

C2) DB Glute Bridge with 3ct Pause - week 1- 2 x 8, week 2- 3 x 12, week 3 4x10 week 4 1x20

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

*D1) Sit Ups or Reverse Crunch slow eccentric week 1- 3 x 10 , week 2- 2 x 12 week 3 4x8 week 4 1x 12

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

**D2) Goblet Reverse Lunge- week 1- 3 x 8, week 2- 2 x 12, week 3 4x6 week 4 1x15

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

Notes*

Use stiff bar all weeks (no deadlift bar and if you compete USAPL use a harder barbell then comp)



P1 Day 4 Date

A1) Incline Press - wk 1-4x5 65-67.5 % week 2 Incline 3x5 67.5-72.5%
 week 3 Incline Press 5x5 70-75% week 4 Incline 2x8 speed 60%-65%

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

B1) Overhead Press wk 1- 3x 8 40% wk 2- 2x 10 40% wk 3 4x8 45% wk wk 4 1x10 40%

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

B2) Pendlay Barbell Rows wk 1-4 x 8, 55% wk 2- 3x 12 45% Wk 3 5x10 50% Wk 4 2x12 45%

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

C1) Triceps Push Down slow eccentric - week 1- 2 x 8, week 2- 3 x 12, week 3 4x10 week 4 1x20

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

C2) One Arm DB Row with 3ct Pause - week 1- 2 x 8, week 2- 3 x 12, week 3 4x10 week 4 1x20

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

C3) DB Curls week 1- 2 x 8, week 2- 3 x 12, week 3 4x10 week 4 1x20

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

Notes*

For all barbell movement base % of training max for bench

Focus more like body builder and try to build muscle and increase time under tension

Don't go close to failure on this day.