



P4 Day 1 Date

A1) Squat- week 1 6x2 65,75,85, two sets each % week 2- 3x3 82-87%  
 Wk 3 4x1 87% 92% 97% Heavy Walk out 120% Wk 4 1x1 90% + heavy walkout at 100%

wk	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1										
2										
3										
4										

B1) 1ct Pause or Double Pause Squat wk 3x6 55% wk 2- 2x5 65% wk 3 2x5 60% wk 4 1x5 50%

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

C1) Plank or KB Belly Breath Press Out week 1- 3 x :20 , week 2- 2 x :30 week 3 2x:30 week 4 1x:30

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

C2) GHR/Back Raise - week 1- 3 x 15, week 2- 2 x 12, week 3 2x8, week 4 1x10

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

C3) Hip Circle Wall Squat with 3ct pause- week 1- 3x 8, week 2- 2 x 10 week 3 2x8 week 4 1x12

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

Notes

**Wk 1** First 3-4 sets should be explosive. Goal for last two sets is to get arounda 1RM weight at lockout  
**Wk 2** Objective is to get your goal weight for the meet on your back with Reverse Bands  
**Wk 3** Novice & intermediate lifters can take heavy singles here & go to a near max. Try for 5-10 lb PR  
 Advanced lifters should take their opener and 2nd attempt, and then reverse band goal for 3rd attempt  
**Wk 4** Novice & Intermediate hit Opener. Advanced Lifters can take their last warm up  
 Walked out lifters can do walk out w/ around 3rd attempt weight. Mono lifters perform an unrack & hold  
 Pick B1) Variation Based on ROM lockout or bottom weakness



P4 Day 2 Date

A1) Bench- week 1 6x2 65,75,85, two sets each % week 2- 3x3 82-87%  
 Wk 3 4x1 87% 92% 97% Heavy unrack 120% Wk 4 1x1 90% + heavy unrack at 100%

We Sets Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1								
2								
3								
4								

B1) 3ct Low or Mid Spotto Press wk 1- 2x 8 70% wk 2- 3 x 6 75% wk 3 2x5 70% Week 4 1x5 50%

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

C1) Chest Supported Row with 5 ct Pause - week 1- 2 x 8, week 2- 3 x 12, week 3 2x10 week 4 1x10

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

C2) DB Bench slow 5 ct eccentric - week 1- 3 x 8, week 2- 3 x 12 week 3 2x6 week 4 1x10

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

\*C3) Band/ Cable Triceps with 3ct pause week 1- 3 x 15, week 2- 3 x 12 week 3 2x10 Week 4 1x20

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

Notes

**Wk 1** First 3-4 sets should be explosive. Goal for last two sets is to get arounda 1RM weight at lockout  
**Wk 2** Objective is to hit your goal weight for the meet with Reverse Bands or loose Sling Shot  
**Wk 3** Novice & intermediate lifters can take heavy singles here & go to a near max. Try for 5-10 lb PR  
 Advanced lifters should take their opener & 2nd attempt, and then reverse band or SS for 3rd attempt  
**Wk 4** Novices can hit their opener and 2nd attempt. Intermediate and Advanced take opener  
 Intermediate lifters can take a 2nd attempt with a loose sling shot and or Unrack and hold around 3rd  
 Pick B1) Variation Based on ROM lockout or bottom weakness



P4 Day 3 Date

A1) Deadlift- wk 1 6x1 65,75,85, two singles each % wk 2- 4x1 87% 92% 97% Heavy high pin pull hold 120%  
 Wk 3 1x1 82.5-85% work up to easy single below opener Wk 4 Speed work 6x1 easy 50%

We	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1										
2										
3										
4										

B1) 3ct Pause low shin or below knees DL wk 1- 3x 6 45% wk 2- 2x 5 55% wk 3 2x5 50% wk 4 1x5 40%

We	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
w/	1							
straps	2							
	3							
	4							

C1) Wide or CG Bench wk 1-3 x 8 55%, wk 2- 2 x 10 50% Wk 3 2x10 55% Wk 4 1x10 40%

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

C2) Band/TRX Rows Holds - week 1- 2 x :30, week 2- 3 x :40, week 3 2x:35 week 4 1x:60

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

C3) Hanging Knee Raise with 1 ct pause week 1- 3 x 10 , week 2- 2 x 12 per side week 3 2x8 week 4 1x10

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

Notes

**Wk 1** Objective is to hit goal weight with reverse bands

**Wk 2** Novice & intermediate lifters can take heavy singles here & go to a near max. Try for 5-10 lb PR  
 Advanced lifters should take their opener and 2nd attempt, and then reverse band goal for 3rd attempt

**Wk 3** Advanced Lifters can take their last warm up with or without a reverse band depending on feel  
 Novice and Intermediates shoulder take their opener here.

**Wk 4** Just perform so easy technique work around 60% nothing crazy here

Pick B1) and C1) Variation Based on ROM lockout or bottom weakness





