| FEATURED | IN: elitefts⊛ &T NATION | MensHealt | h | | (Linear | GIT WHISTUNG STRINGTO | FLO THE M | AT/LAD CONTROL | - |
|----------|-------------------------------|-------------|-----------|------------|---|--------------------------|------------|----------------|-------|
| G | AGLIC | NE | | | 3 | TO | ENG | | |
| | 0 0 0 0 | DUCATI | E MG | TIVATE | DOA | AINATE | 0.0 | 000 | |
| P3 | | | | | | | | | |
| | Day 1 | Date | | | | | | | |
| | Squat- | ,2 70 7E 0 | 00/ Space | 1 W/L 2 2D | N A O D O O | 120/ ANAA | D ao for D | D | |
| VVKI | Squat 5x4 65% 3> We Sets Reps | Set 1 | Set 2 | Set 3 | Set 4 | 55% AIVIA Set 5 | Set 6 | Set 7 | Set 8 |
| | 1 | 36(1 | <u> </u> | | <u> </u> | | 1 | <u> </u> | 7 |
| | 2 | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| 31) F | Bench | <u> </u> | | | | | | | |
| | Bench 5x4 65% 3 | 3x3 70,75.8 | 30% Wk 2 | 3RM com | np pause c | or 90-93% | AMAP go | for PR | |
| | We Sets Reps | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 | Set 7 | Set 8 |
| | 1 | | | | | | | | |
| | 2 | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| C1) B | and or Cable Face | Pulls - we | ek 1- 2 x | 15, week : | 2-3 x 12, | • | • | • | • |
| | We Sets Reps | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 | | |
| | 1 | | | | | | | | |
| | 2 | | | | | | | | |
| | 3 | | | | | | | | |
| | 4 | | | | | | | | |
| C2) C | able or Band Pull 1 | Through w | ith Pause | e- week 1- | 3 x 15, w | eek 2- 2 x | 20, | | |
| | We Sets Reps | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 | _ | |
| | 1 | | | | | | | | |
| | 2 | | | | | | | | |
| | 3 | | | | | | | _ | |
| | 4 | | | | | | | | |
| 'D1) | Hip Cirlce/Band o | | | | | | | 2 x 10 | |
| | We Sets Reps | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 | _ | |
| | 1 | - | - | | | | | 4 | |
| | 2 | | I | | 1 | 1 | | 1 | |
| | 3 | | | | + | + | - | - | |

*D2) Body weight or Cable Row Holds - week 1- 3 x :25, week 2- 2 x :30

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

Notes

Wk 1 For squat and Bench First 5 sets keep it explosive. Goal is perfect form and speed For 3x2 Wrapped Lifters can use Knee wraps here

Goal is to have a 3RM load on back during final sets

Wk 2 Advanced Lifters look to hit a 5-10 lb 3RM PR or a weight that projects to goal weight Novice and Intermediates should take 90-93% of training max and do as a many as possible

| GAGLIC | | | | S | | ENG |
|--|----------------|---------------------------|------------------|-------------|------------|----------|
| P3 Day 2 | Ducati Date | € MO | TIVATE | E DOM | VINATE | 0.0.0 |
| A1) BB 3ct Pause Squat | | Pause wk | ∟ √1 4x5 609 | % week 2 | 2x5 55% | |
| We Sets Reps | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 |
| 1 | | | | | | |
| 2 | | | | | | |
| | | | | | | |
| | | | | | | |
| P1) 2st Pausa Class or V | Vida Crip | Foot IIn D | onch wk | 1 AVE 60 6 | SEO/ W/L 2 | 2v0 EE0/ |
| B1) 3ct Pause Close or V We Sets Reps | Set 1 | геет ор в Set 2 | Set 3 | Set 4 | Set 5 | Set 6 |
| | 5001 | | | | | |
| 2 | | | | | | |
| - | | | | | | |
| | | | | | | |
| C1) Chest Supported Ro | w week 1- | - 3 x 6, we | ek 2- 2 x | 8 | | |
| We Sets Reps | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 |
| 1 | | | | | | |
| 2 | | | | | | |
| 3 | | | | | | |
| 4 | | | | | | |
| C2) DB Incline Press - we | | | | _ | | |
| We Sets Reps | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 |
| 1 | | | _ | | | |
| 2 | | | | | | |
| 3 4 | | | | | | |
| *D1) Chin Grip Pull Dow | ns week 1 | - 2 × 8 \ | _ ook 2- 3 v | <u> </u> | | |
| We Sets Reps | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 |
| 1 1 | 56(1 | | | 1 | | |
| 2 | | | | | | |
| 3 | | | | | | |
| 4 | | | | 1 | | |
| *D2) DB Floor Dead Stop | p Triceps | week 1- 2 | x 15, we | ek 2- 3 x 1 | .2 | I |
| We Sets Reps | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 |
| 1 | | | | | | |
| 2 | | | | | | |
| 2 | | | | | | |

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Notes

Pick varaition based on sticking point

For Lockout weakness use double pause squat and close grip bench

For Bottom Weakness use pause squat and wide grip bench

Leave 2-3 reps in tank every set and keep perfect form

| FEATURED IN: | elitefts⊕ &T NATIO | N R COMERCIAL Men's Heal | th | | | GA WASHING C | FLO THEM | ATTLAD ETABLES | |
|--------------|---|--------------------------|----------------------|----------------------|---------------|--------------------|----------|----------------|-------|
| G | AGLI | ONE | | | 5 | Tai | ENG | TI | 1 |
| 000 | 00000 | EDUCAT | E MO | TIVATI | | MINATE | | 000 | 7 |
| Р3 | Day 3 | Date | | | | | | | |
| A1) Dea | - | | | | | | | | |
| | -3RM OR 90-9 | 93% AMAP g | o for PR \ | week 2 D | L 6x3 65% | 6,2x2 759 | % | | |
| | We Sets Rep | s Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 | Set 7 | Set 8 |
| | 1 | | | | | | | | |
| | 2 | | | | | | | | |
| | 3 | <u> </u> | | | | | | | |
| | 4 | | | | | | | | |
| B1) Def | ficit or Block P | | | | | | | | |
| | We Sets Rep | s Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 | _ | |
| w/ | 1 | ↓ | | | | | | | |
| straps | 2 | ļ <u> </u> | | | | | | | |
| | 3 | ┨ ├── | | | | | | | |
| C1\ | 4 | Dross Wos | L 1 4v10 (| 500/ M/ool | . 2 1 1 2 5 | .00/ | | | |
| CI) LOV | v or Mid Spott We Sets Rep | | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 | | |
| | 1 |] [| Jetz | Jet 5 | Jet 4 | Jet 5 | Jero | | |
| | 2 | | | | | | | | |
| | 3 | 1 - | | | | | | | |
| | 4 | 1 | | | | | | | |
| C2) One | e Arm DB Row | with Pause | - week 1 | - 3 x 12. v | veek 2- 2 | x 8 | <u> </u> | | |
| , - | We Sets Rep | | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 | | |
| | 1 |] [| | | | | | | |
| | 2 | | | | | | | | |
| | 3 | | | | | | | | |
| | 4 | | | | | | | | |
| *D1) Su | uit Case Holds | week 1- 3 x | :20 per sid | de, week 2 | 2- 2 x :25 | per side | | | |
| | We Sets Rep | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 | _ | |
| | 1 | | | | | | | | |
| | | | | | 1 | | 1 | | |
| | 2 | | | | | | | | |
| | 3 | | | | | | | | |
| D2/ 5: | 3 4 | | | | | | | | |
| D2) Sin | 3 4 gle Leg Glute I | - | | | | 6-1-5 | 501.5 | | |
| D2) Sin | 3 4 gle Leg Glute I We Sets Rep | - | 1- 3 x 8, v Set 2 | veek 2- 2 : Set 3 | x 12 Set 4 | Set 5 | Set 6 | <u> </u> | |
| D2) Sin | 3 4 gle Leg Glute I We Sets Rep | - | | | | Set 5 | Set 6 | <u> </u> | |
| D2) Sin | 3 4 gle Leg Glute I We Sets Rep | - | | | | Set 5 | Set 6 | | |

Notes

Wk 1 Advanced Lifters look to hit a 5-10 lb 3RM PR or a weight that projects to goal weight Novice and Intermediates should take 90-93% of training max and do as a many as possible **Wk 2** For speed deads keep it explosive. Dead stop all reps. Goal is perfect form and speed Pick variation based on sticking point

Lockout Weakness use block pulls (sumo use low blocks) and Mid Spotto Press (fist distance) Bottom Weakness use deficit deadlifts Low Spotto Press (hovering over chest)