



P2 Day 1 Date

A1) Squat- week 1 5x5 70-75% week 2- Squats 6x4 60% , 2x4 70%

Wk 3 3x5 Squat 72.5-77.5% Wk 4 BB Squat 5RM go for PR OR 87% AMAP

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

A1) 3ct Pause BP- wk 1-5x5 72.5-77.5% wk 2- Close Grip Bench 8x4 55, 60, 65,70 %

Wk 3 3x5 3 Ct Pause Bench 75-80% Wk 4 5RM Paused Bench go for PR or 87% AMAP

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

C1) SB Body Saw or Planks week 1- 3 x 6, week 2- 2 x 8 week 3 4x5 week 4 1x10

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

C2) DB Glute Bridge with Pause- week 1- 3 x 10, week 2- 2 x 12, week 3 4x8, week 4 1x20

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

*D1) Hip Circle Side Steps - week 1- 3x 15, week 2- 2 x 20 week 3 4x12 week 4 1x25

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

*D2) Band Rear Delt or Face Pull - week 1- 3 x 15, week 2- 2 x 20 week 3 4x12 week 4 1x25

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

Notes*

Week 4 Hit a new 5RM or perform AMRAP

P2 Day 2 Date

B1) High Bar Heels Paused wk 3x6 60% wk 2- 2x8 55% wk 3 4x5 65% wk 4 1x8 50%

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

B1) 3ct Mid Spotto Press wk 1- 4x 8 70 % week 2- 3 x 6 80% wk 3 5x5 85% Wk 4 2x10 65%

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

C1) 1 Arm Dead Stop KB Row w/ 3ct Pause - week 1- 2 x 8, week 2- 3 x 12, week 3 4x10 week 4 1x20

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

C2) DB Floor Press with Pause Top & Bot. - week 1- 2 x 8, week 2- 3 x 12 week 3 4x6 week 4 1x10

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

*D1) DB Hammer Curls slow eccentric week 1- 2 x 8, week 2- 3 x 10 week 3 4x8 week 4 1x20

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

*D2) Band or CableTriceps week 1- 2 x 15, week 2- 3 x 12 week 3 4x10 Week 4 1x20

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

Notes*

- Focus on form and leave 2-3 reps in tank each set
- Focus on control and stability
- Focus on power out of the hole after pausing

P2 Day 3 Date

A1) Deadlift - wk 1-5RM go for PR or 87% AMAP wk 2 DL 5x4 60%, 3x3 70%
 wk 3 2x3 then 1xAMAP 82-85% wk 4 DL 6x3 70%, 2x2 80%

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

B1) Deficit Dead wk 1- 3x 6 55% wk 2- 2x 8 50% wk 3 4x5 60% wk 4 1x8 50%

use
straps

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

C1) 3ct Wide Grip Feet Up wk 1-4 x 8, 60% wk 2- 3 x 12 50% Wk 3 5x10 55% Wk 4 1x12 45%

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

C2) KB Goblet Squat- week 1- 3 x 8, week 2- 2 x 12, week 3 4x6 week 4 1x15

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

*D1) Hanging Leg Raise week 1- 3 x 10 , week 2- 2 x 12 week 3 4x8 week 4 1x 20

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

**D2) Paused Pull Down or Pull Ups - wk 1- 2 x 8, wk 2- 3 x 12, wk 3 4x10 wk 4 1x20/Max

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

Notes*

- Wk 1 Go for a new 5RM or hit one set AMRAP
- Wk 2 Focus on speed and technique. Work up a bit heavier on doubles
- Wk 3 Leave 1-2 reps in tank first two sets then go all out on last set with no misses!