



P3 Day 1 Date

A1) Squat- week 1 5x3 at 82-87% week 2- 8x3 High Bar Squat for Speed 55-65%

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 Squat or Double Pause Squat week 3x6 55% week 2- 2x8 50%

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

C1) SB Pike or Plank variation week 1- 3 x 6, week 2- 2 x 8

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

C2) Back Ext. /GHR with Pause- week 1- 3 x 15, week 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 Circle Seated Abduction/Ext. Rot. 3ct pause - wk 1- 3x 8, wk 2- 2 x 10

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

*D2) DB Bat Wing Holds (isometric Row) - week 1- 3 x :25, week 2- 2 x :30

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

Notes*

- Wk 1 5 sets of triples leaving 1-2 reps in tank. If you wrap you may use them here.
- Wk 2 8 sets of doubles for squat. Goal is speed and form. Bands or chains can be used here
- Wk 3 Start Pre Peaking Program or transition to a Peaking Phase
- Use competition stance and form and equipment
- B1) Sleeved lifter do paused squat and wrapped lifter do double pause squats



P3 Day 2 Date

A1) Bench Long Pause 3ct Pause - week 1-5x3 82-87% week 2- Close Grip bench 8x4 55-60%

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 Spotto or Mid Spotto Press week 1- 2x 8, week 2- 3 x 6

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

C1) Chin Up or Band/Cable Pull Down/Row - week 1- 2 x 8, 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) Dlb FB/DB OHP - week 1- 2 x 8, week 2- 3 x 12

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

*D1) Seated Curls slow eccentric week 1- 2 x 8, week 2- 3 x 10

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

*D2) DB/KB Floor Dead Stop Triceps week 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								

Notes*

Wk 1 5 sets of triples leaving 1-2 reps in tank. Use comp grip

Wk 2 8 sets of doubles for bench Goal is speed and form. Bands or chains can be used here

Wk 3 Start Pre Peaking Program or transition to a Peaking Phase

If you stall off chest use a low spotto press If you stall closer to lockout use a mid spotto



P3 Day 3 Date

A1) Deadlift - week 1-3x3 82-87% week 2 Dead lifr 4x3 65% , 3x2 75%

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

B1) Conventional Block Pulls or Low Sumo Block Pull wk 1- 3x 6, 65% wk 2- 2x 8 60%

use
straps

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

C1) CG or Wide Grip 3 ct Pause Feet Up Bench wk 1-3 x 8 60%, wk 2- 2 x 12 55%

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

C2) Meadow Row slow eccentric - week 1- 2 x 8, week 2- 3 x 12,

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

*D1) Suit Case Holds week 1- 3 x :15 , week 2- 2 x :20 per side

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

**D2) Single Leg Glute Bridge week 1- 3 x 8, week 2- 2 x 12,

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

Notes*

- Wk 1 5 sets of triples leaving 1-2 reps in tank. If you wrap you may use them here
- Wk 2 8 sets of doubles for squat. Goal is speed and form. Bands or chains can be used here
- Wk 3 Start Pre Peaking Program or transition to a Peaking Phase
- Use Comp stance
- Conventional lifters use higher blocks sumo lifters use lower blocks
- If you stall off chest go wide if you stall at top use close grip