



PL/FL/SP

BB/DB

P2 Day 2 Date

A1) Bench Long 3ct Pause - week 1-5x3 82-87% week 2- Bench w/ Chains 5x3 65% 3x2 70,75,80%
 Wk 3 3x5 3 Ct Sling Shot or Reverse Mini 85-90% Wk 4 3RM comp pause 90-93% go for PR

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

B1) Two Board Feet Up 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 Triceps or Cable or Spud 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*

- Wk 1 Goal is to hit heavy triples leaving 2-3 in tank use 3 count pause
- Wk 2 Goal is form and speed. If no bands or chains bump % up a bit
- Wk 3 Using a sling shot or rev. band for overload. If don't have drop % and hit heavy triples
- Wk 4 Goal here is to get a new 3RM or hit an AMAP set with 90%
- If no boards perform a high spotto press



P2 Day 1 Date

A1) SSB Squat- week 1 5x5 70-75% week 2- DE SSB Pause Squats 6x3 60% , 2x2 70%
 Wk 3 SSB 3x5 Squat Reverse Mini/MM 85-90% 70% Wk 4 1x5 Easy 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) Sumo Deads 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						

C1) One Arm Row with Pause 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 w/ Pause- wk 1- 3 x 15, wk 2- 2 x 20, wk 3 4x12, wk 4 1x20

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

*C3) Band Pull part or rear delt machine - wk 1- 3x 15, wk 2- 2 x 20 wk 3 4x12 wk 4 1x25

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

Notes*

Goal here is to minimize shoulder irritation while still working legs
 If no SSB perform high bar or hack squats
 Use a deadlift variation that won't affect lower back Sumo deads or block pulls are good



P2 Day 3 Date

A1) Incline Press - wk 1- 5s all way up work up to heavy 5 wk 2 5 sets of 3 near 5RM weight
 wk 3 Speed Bench 10x3 at 60% with bands 5RM wk 4 Speed Bench 6x3 65%, 2x2 70,75%

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

B1) Wide Grip Feet Up Bench wk 1- 3x 8 55% wk 2- 2x 10 50% wk 3 4x8 60% wk 4 1x8 50%

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

C1) DB Triceps in wk 1-4 x 12, wk 2- 3 x 15 Wk 3 5x12 Wk 4 1x20 3

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

*C2) DB curls with Pause 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						

**C3) Front and side Raise Delt Combo wk 1- 2 x 8, wk 2- 3 x 12, week 3 4x10 wk 4 1x20

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

Notes*

Today is the secondary bench day Wk 1 work up to heavy 5 on incline press

Wk 2 Hit heavy triples leaving 2 reps in tank

Wk 3 is speed bench focus on form and technique if no bands bump up %

Wk 4 is a speed focused day feel free to add some light chains if you have access



P2 Day 3 Date

B1) Seal Rows with Pause wk 1- 3x 6 55% wk 2- 2x 8 50% wk 3 4x5 60% wk 4 1x8 50%

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

B1) Chest Supported T-bar Rows wk 1- 3x 8wk 2- 2x 10 wk 3 4x8 wk 4 1x8

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

C1) Straight Leg Sit Ups wk 1-4 x 12, wk 2- 3 x 15 Wk 3 5x12 Wk 4 1x20

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

*C2) Plank to Push Up Position Plank 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						

**C3) Single Leg Glute Bridge - wk 1- 2 x 8, wk 2- 3 x 12, week 3 4x10 wk 4 1x12

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

Notes*

This is an accessory and back day
the % is based of your bench keep rows strict and use bench grip