



PL/FL/SP

BB/DB

P4 Day 1 Date

A1) Bench- week 1 6x2 with chains ,60,70,80 week 2- 2x3 then SS 3RM 100%

Wk 3 Opener 2nd then SS Third Go Wk 4 Last Warm Up SS Opener Heavy Unrack

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

B1) 3ct at top Close Grip Three Board wk 1- 2x 8 60% wk 2- 3 x 6 65% wk 3 2x5 60%

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

C1) Cable Triceps 5 ct Pause - week 1- 2 x 8, week 2- 3 x 12, week 3 2x10

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

C2) Bambo Bench slow 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 Pull Apart or Rear Delt week 1- 3 x 15, week 2- 3 x 12 week 3 2x10

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 increase weight every two sets. Band or chain weight about 10-15 %

Want to aim for total system weight around 1RM on final two sets.

If no bands work up to heavy double

Wk 2 work up to two heavy triple then overload with sling shot

If no sling shot hit 3 hard sets of 3

Wk 3 Work up to opener(90%) 2nd attempt (95%) and sling shot 3rd (100%) for 1-3 reps

Wk 4 work up to 90% then hit 95-97% in sling shot and perform heavy unrack with 105-110%

Wk 5 deload for meet or test new 1RM



P4 Day 2 Date

A1) Speed Deads week 1 6x2 with chains ,55,60,65 week 2- 10x1 at 70%
 Wk 3 DB Pause Goblet Squats 5x5 with 3 second Pause Go Wk 4 1x5 easy

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

B1) Seal Rows wk 3x6 55% wk 2- 2x5 65% wk 3 2x5 60%

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

C1) CSR Row Holds Bat Wings week 1- 3 x :20 , week 2- 2 x :30 week 3 2x:30

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

C2) Lat Pull Downs with Pause - week 1- 3 x 15, week 2- 2 x 12, week 3 2x8,

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

C3) Single Leg Glute Bridge- week 1- 3x 8, week 2- 2 x 10 week 3 2x8

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

Notes*

This is the leg and back accessory day
 Nothing should be overly taxing to the lower back



P4 Day 3 Date

A1) Speed Bench with Bands 10x3 at 60% week 2- 3ct Pause Two Board Heavy 3x5 no misses
 Wk 3 BP with chains 6x2 50, 60, 70, 80% Wk 4 Easy Technique work 5x2 at 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) Spotto Press week 1- 3x 6 55% wk 2- 2x 5 65% wk 3 2x5 60% wk4 1x5 at 55%

Straps

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

C1) DB Triceps wk 1-3 x 8 65%, wk 2- 2 x 12 55% Wk 3 2x10 70%

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

C2) Cable Rows Holds - week 1- 2 x :30, week 2- 3 x :40, week 3 2x:35

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

C3) Side Delt Raises 1- 3 x 10 , week 2- 2 x 12 per side week 3 2x8

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

Notes*

This si the secondary bench day
 Wk 1 and 3 the focus is speed and technique if no bands or chains bump % up
 Wk 2 the emphasis is to overload the triceps and get some work in the top end
 Wk 4 should be nice and easy
 For spotto press work in a range that is just below your sticking point