



PL/FL/SP

BB/DB

P3 Day 1 Date

A1) Dead Comp Deads- week 1 5x3 at 82-87% week 2- Reverse Band Max Triple 90-100%

Wk 3 Comp Deads with bands 5x3 65% 3x2 70,75, 80% Wk 4 3RM or 90-93% AMAP

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

B1) Dead Stop Block Pulls w/ straps wk 3x6 65% wk 2- 2x8 60% 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) SSB or Front narrow Squats 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) GHR or Back Ext.- 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						

\*D1) Hip Circle or seated Seated Abd/Ext. Rot. wk 1- 3x 8, wk 2- 2 x 10 wk 3 4x8 wk 4 1x12

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

\*D2) FB Bat Wing Holds - week 1- 3 x :25, week 2- 2 x :30 week 3 4x:20 week 4 1x:35

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

Notes\*

Wk 1 Goal is 5 heavy triples leave 2-3 reps in tank. Pyramid up and down in weight so set 3 is heaviest

Wk Aim for 90%+ in your hands for a reverse band triple. If no bands hit 3x2 leaving 1 in tank

Wk 3 Use bands or chains here around 10-15% accommodating resistance. If no bands bump % up

Focus is speed work and form.

Wk 4 Aim for a new 3 rep max or AMAP around 90% of your best single



P3 Day 2 Date

A1) Board or SS Bench Long Pause 3ct Pause - week 1-5x3 82-87% week 2- 8x3 vs chains 65-70%  
 Wk 3 Wide Bench 5x3 65% 3x2 70,75,80% Wk 4 work up to moderate set of 3 reps

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 with Pause week 1- 2x 8, week 2- 3 x 6 week 3 4x5 Week 4 2x10

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

C1) Cable Pull Downs with 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 - 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) Cable Shoulder straight arm pull down 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) DB/KB Floor Dead Stop Triceps 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 Use a limited range of motion pressing variation here leave 2-3 in tank per set

Wk 2 If no chains bump % up a bit focus on speed and form

Wk 3 focus on speed and form

Wk 4 work up to heavy triple leaving 1-2 reps in tank

Focus on engaging back exercise like you would in a deadfit keep them strict



**P3 Day 3** Date  (advanced can use bands on speed days)

A1) Deadlift - week 1- 8x2 vs bands 50-60% week 2 Dead w/ chains 5x3 60% , 3x2 70%  
 week 3 Deads vs bands 12x2 55-65% week 4 Dead with chains 6x2 65% , 2x1 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) Conv. (for sumo lifters) DL or Def. DL wk 1- 3x 6 65% wk 2 2x 8 60% wk 3 4x5 70% wk 4 1x8 55%

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

C1)High Bar Paused Squat wk 1-3 x 8 55%, wk 2- 2 x 12 45% Wk 3 4x10 50% Wk 4 1x12 40%

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

C2) CSR with 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								

\*D1) Suit Case Holds week 1- 3 x :15 , week 2- 2 x :20 per side week 3 4x:15 week 4 1x :25

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, 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								

Notes\*

Goal of this day is speed and technique. If no bands or chains bump % up a bit

Sumo deadlifters use conventional deadlifts as second movement

Conventional deadlifters will use def. deads as second movement. Use 1-1.5 inchs



**P2 Day 3** Date

A1) Spotto Press - wk 1-5x5 70-72.5% wk 2DE Spotto Press 5x3 65%, 3x2 75%  
 wk 1- Wide Bench 5x5 70-72.5% wk 2DE Wide Bench 5x2 65%, 3x1 75%

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

B1) Pendaly Row wk1- 3x 8 wk2- 2x 6 wk3- 5x5 wk4- 2x8

use  
straps

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

C1) one Arm Rows wk 1-4 x 8, wk 2- 3 x 10 wk3 5x8 wk4 2x12

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

C2) Anti Rotation Press- week 1- 3 x 8, week 2- 2 x 12, wk 3 3x8 wk4 2x10

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

\*D1) Two Way Delt Raise week 1- 3 x 10 , week 2- 2 x 12 wk3 5x8 wk4 2x10

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

\*\*D2) Long Rope Cable Triceps with pause - wk 1- 2 x 8, wk 2- 3 x 12, wk 3 5x15 wk 4 2x12

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

Notes\*

This is more of speed and lighter day for pressing  
 Goal would be to get stronger on the Row variation while keeping the form strict  
 Focus on engaging the muscle groups you are trying to work



PL/FL/SP

BB/DB

P4 Day 1 Date

A1) Comp Deadlift- week 1 6x1 with chains ,60,70,80 week 2- Reverse Bands 3RM 100% use goal wt  
 Wk 3 Opener 2nd Rev. Band Third Wk 4 Last warm up (if banged up reverse band) around 82-87%

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

B1) BB/KB 1ct Pause Deadlift with straps wk 3x6 55% wk 2- 2x5 65% wk 3 2x5 60% wk 4 1x5 50%

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

C1) Plank or KB Belly Breath Press Out week 1- 3 x :20 , week 2- 2 x :30 week 3 2x:30 week 4 1x:30

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

C2) 45 Back Raise with 5 second hold - week 1- 3 x 15, week 2- 2 x 12, week 3 2x8, week 4 1x10

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

C3) Seated Hip Cirlce With band shoudler ext. w/ 3ct pause- wk 1- 3x 8, wk 2- 2 x 10 wk 3 2x8 k 4 1x12

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

Notes\*

Wk 1 Every two set increase bar weight a bit. If no bands or chain work up to a heavy double  
 Total system weight should be around 1RM in hands at top for final two sets  
 Wk 2 Goal is to get at or over 1RM at the top with rev. bands and hit 1-3 reps. No bands hit 3 singles 90%  
 Wk3 Goal here is to take an open (90%) 2nd attemp (95%) and projected third rev. bands.  
 No bands work up to a heavy single but leave a little in tank and don't go to failure  
 Wk 4 hit a moderate single  
 Wk 5 deload for meet or use this as a testing week to test new deadfit max  
 Use the pause deadlift to work form and build strength around sticking points



P4 Day 2 Date

A1) Squat- week 1 5x5 50-60 week 2 work up to moderate 3 sets of 5 reps  
 Wk 3 work up to an easy 2x5 Wk 4 Goblet squats 2x8 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) BB/DB 3ct Pause Wide Grip Spotto wk 1- 2x 8 60% wk 2- 3 x 6 65% wk 3 2x5 60% Week 4 1x5 50%

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

C1) Chest Supported Row with 5 ct Pause - week 1- 2 x 8, week 2- 3 x 12, week 3 2x10 week 4 1x10

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

C2) Hanging Leg Raise - 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/ Cable Triceps with 3ct pause week 1- 3 x 15, week 2- 3 x 12 week 3 2x10 Week 4 1x20

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

Notes\*

This is a lighter squat and pressing day to support and keep muscle you build from last phase  
 Nothing should be done even close to failure





P4 Day 3 Date

A1) Speed Deads with Bands week 1 10x2 with 60% week 2-6 Speed Deads 8x3 with bands 65%  
 Wk 3 Speed work 6x3 with chains easy 50% Wk 4 5x1 at 50% straight weight form work if needed

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

B1) Low block pulls 1- 3x 6 55% wk 2- 2x 5 65% wk 3 2x5 60% wk 4omit

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

C1) Seal Rows Straps wk 1-3 x 8 65%, wk 2- 2 x 12 55% Wk 3 2x10 70% Wk 4 1x12 50%

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

C2)Band/TRX Rows Holds - week 1- 2 x :30, week 2- 3 x :40, week 3 2x:35 week 4 1x:60

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

C3) Leg Lowering with Lat Tension 1- 3 x 10 , week 2- 2 x 12 week 3 2x8 week 4 1x10

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

Notes\*

This is your light and dynamic day to hone in form and technique  
 Use a block or rack height that is just below your sticking point  
 If sticking point is right off the floor use a very small block 1-1.5 inches  
 If no bands bump % up a bit