



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 Circle With band shoulder 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