



P0 Day 1 Date

A1) DB Goblet Pause Squat- wk 1-3x8 wk 2- Paused Goblet Squat 4x8
 wk 3- Goblet Squat 5x8 wk 4- DB Goblet Squat 2x8

| Week | Sets | Reps | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 |
|------|------|------|-------|-------|-------|-------|-------|-------|
| 1 | | | | | | | | |
| 2 | | | | | | | | |
| 3 | | | | | | | | |
| 4 | | | | | | | | |

B1) DB Feet Up Bench w/ 3 ct Pause - wk 1 3x8 week 2- DB Feet Up Bench 3 ct Pause 4x8
 wk 3 DB Bench 3ct Pause 5x8 wk 4- DB Bench 3ct Pause 2x8

| Week | Sets | Reps | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 |
|------|------|------|-------|-------|-------|-------|-------|-------|
| 1 | | | | | | | | |
| 2 | | | | | | | | |
| 3 | | | | | | | | |
| 4 | | | | | | | | |

B2) Inverted Rows or Pull Ups week 1- 3 x 6, week 2- 2 x 8 week 3- 5 x 6, week 4- 2 x 8

| Week | Sets | Reps | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 |
|------|------|------|-------|-------|-------|-------|-------|-------|
| 1 | | | | | | | | |
| 2 | | | | | | | | |
| 3 | | | | | | | | |
| 4 | | | | | | | | |

C1) Plank to Push Up Position Wk 1 60 total Reps Wk 2 50 Total Reps 80 Reps Wk 3 Wk4 20 reps

| Week | Sets | Reps | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 |
|------|------|------|-------|-------|-------|-------|-------|-------|
| 1 | | | | | | | | |
| 2 | | | | | | | | |
| 3 | | | | | | | | |
| 4 | | | | | | | | |

*C2) Back Ext. - Wk 1 100 Total Reps Wk 2 80 Total Reps Wk 3 100 Reps Wk 4 40 Reps

| Week | 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 - Wk 1 100 Total Reps 80 Total Reps Week 3 100 Reps Wk 4 60 Reps

| Week | Sets | Reps | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 |
|------|------|------|-------|-------|-------|-------|-------|-------|
| 1 | | | | | | | | |
| 2 | | | | | | | | |
| 3 | | | | | | | | |
| 4 | | | | | | | | |

Notes*

- Goal here is form and building work capacity
- Always leave 2-3 reps in tank and execute with perfect form
- For brand new people I suggest starting to squat with a box
- People who have previous barbell experience can do this phase for 2 weeks
- Brand new people I suggest at least 4-6 weeks



P0 Day 2 Date

A1) DB Paused Goblet Squat wk 1 4x8 , wk 2- 5x8 Goblet Squat Week 3 6x5 Wk4 2x6

| Week | Sets | Reps | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 |
|------|------|------|-------|-------|-------|-------|-------|-------|
| 1 | | | | | | | | |
| 2 | | | | | | | | |
| 3 | | | | | | | | |
| 4 | | | | | | | | |

B1)DB Palms IN BP 3 ct Paused wk 1- 4x 8, wk 2- 5 x 8 DB Bench Week 3 6x6 Wk 4 2x6

| Week | Sets | Reps | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 |
|------|------|------|-------|-------|-------|-------|-------|-------|
| 1 | | | | | | | | |
| 2 | | | | | | | | |
| 3 | | | | | | | | |
| 4 | | | | | | | | |

B2) DB 1 Arm Row with Pause - week 1- 2 x 8, week 2- 3 x 12, WK 3 5X10 Wk4 1x20

| Week | Sets | Reps | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 |
|------|------|------|-------|-------|-------|-------|-------|-------|
| 1 | | | | | | | | |
| 2 | | | | | | | | |
| 3 | | | | | | | | |
| 4 | | | | | | | | |

C1) Rear Delt Raise - week 1- 60 Total Reps, week 2- 40 Total Reps week 3 60 Total Reps Wk 4 30 rep

| Week | Sets | Reps | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 |
|------|------|------|-------|-------|-------|-------|-------|-------|
| 1 | | | | | | | | |
| 2 | | | | | | | | |
| 3 | | | | | | | | |
| 4 | | | | | | | | |

*C2) Band Curls slow eccentric week 1- 80 Total Reps, week 2 60 Total Reps wk 3 80 reps wk 4 40 reps

| Week | Sets | Reps | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 |
|------|------|------|-------|-------|-------|-------|-------|-------|
| 1 | | | | | | | | |
| 2 | | | | | | | | |
| 3 | | | | | | | | |
| 4 | | | | | | | | |

*C3) DB Neutral Deatstop Push Ups wk 1- 50 total reps, wk 2 40 Total Reps wk 3 60 reps wk 4 40 reps

| Week | Sets | Reps | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 |
|------|------|------|-------|-------|-------|-------|-------|-------|
| 1 | | | | | | | | |
| 2 | | | | | | | | |
| 3 | | | | | | | | |
| 4 | | | | | | | | |

Notes*

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P0 Day 3 Date

A1) Double KB Sumo Deadlift or RDL- wk 1-3x5-8 wk 2 Double KB Sumo Deadift or RDL 4x-5-8

Wk 3 Low Rack Pull 5x5 Wk4 Low Rack Pull 2x8

| Week | Sets | Reps | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 |
|------|------|------|-------|-------|-------|-------|-------|-------|
| 1 | | | | | | | | |
| 2 | | | | | | | | |
| 3 | | | | | | | | |
| 4 | | | | | | | | |

B1) DB Belly Swing wk 1- 3x 8 wk 2- 2x 10 Wk 3 Double over RDL 4X8 Wk 4 2X8

| Week | Sets | Reps | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 |
|------|------|------|-------|-------|-------|-------|-------|-------|
| 1 | | | | | | | | |
| 2 | | | | | | | | |
| 3 | | | | | | | | |
| 4 | | | | | | | | |

B2) Plank wk 1-3 x :20 wk 2- 2x:25 wk 3 4:25 wk 4 2:20

| Week | Sets | Reps | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 |
|------|------|------|-------|-------|-------|-------|-------|-------|
| 1 | | | | | | | | |
| 2 | | | | | | | | |
| 3 | | | | | | | | |
| 4 | | | | | | | | |

C1) Band or Cable Row w/ Pause - wk 1- 80 Total Reps wk 2- 60 Total Reps wk 3 100 Reps Wk 4 40 Reps

| Week | Sets | Reps | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 |
|------|------|------|-------|-------|-------|-------|-------|-------|
| 1 | | | | | | | | |
| 2 | | | | | | | | |
| 3 | | | | | | | | |
| 4 | | | | | | | | |

*C2) Sit Ups slow eccentric wk 1- 60 Total Reps , wk 2 40 Total Reps wk 3 wk 3 50 Reps wk 4 30 Reps

| Week | Sets | Reps | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 |
|------|------|------|-------|-------|-------|-------|-------|-------|
| 1 | | | | | | | | |
| 2 | | | | | | | | |
| 3 | | | | | | | | |
| 4 | | | | | | | | |

**C3) Reverse Lunge- wk 1- 60 Total Reps , wk 2 40 Total Reps wk 3 wk 3 50 Reps wk 4 30 Reps

| Week | Sets | Reps | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 |
|------|------|------|-------|-------|-------|-------|-------|-------|
| 1 | | | | | | | | |
| 2 | | | | | | | | |
| 3 | | | | | | | | |
| 4 | | | | | | | | |

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