



**P1 Day 1** Date

A1) Beltless 3ct Paused Squat- wk 1-3x5 1xAMAP wk 2- Beltless Paused Squat 2x5 1xAMAP  
 Wk 3 Beltless Paused 1 ct Squat 4x5 1xAMAP Wk 4 Beltless Paused Squat 2x8

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

B1) 3ct Feet Up Wide Grip Bench wk 1-3x5 1xAMAP - wk 2- Feet Up Bench 3ct 2x5 1xAMAP  
 Week 3 Long 3ct Paused Pause Feet Up Bench 4x5 1xAMAP Week 4 Feet Up Bench 2x8

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

C1) Pendlay Row week 1- 3 x 6, week 2- 4 x 8 week 3 5x5 week 4 2x10

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

C2) GHR or Back Ext slow eccentric. - week 1- 3 x 8, week 2- 2 x 10, week 3 4x8, week 4 1x20

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

\*D1) Standing Abduction slow eccentric - week 1- 3x 15, week 2- 2 x 20 week 3 4x12 week 4 1x25

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

\*D2) Band Pull Apart or Rear Delt slow eccentric- wk 1- 3 x 15, wk 2- 2 x 20 wk 3 4x12 wk 4 1x25

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

**Notes\***

Goal here is building skill, technique and grooving the movement pattern and increasing core strength  
 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 with previous barbell experience can complete in 4 weeks  
Brand new people I suggest to run this cycle at least 2 times before moving on to next phase



**P1 Day 2** Date

A1) Tempo Pause Squat wk 1 4x8 wk 2- 3x8 wk 3 5x6 wk 4 2x8

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
3-5 ct eccentr	1							
	2							
	3							
	4							

B1) Tempo CG Bench wk 1- 5x 8 , wk 2- 4 x 8 wk 3 6x5 Wk 4 2x8

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
3-5 ct eccentr	1							
	2							
	3							
	4							

C1) DB Chest Supported Row Pause - week 1- 2 x 8, week 2- 3 x 12, week 3 4x10 week 4 1x20

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

C2) Two Way Delt Raise w/ Pause - week 1- 2 x 8, week 2- 3 x 12 week 3 4x6 week 4 1x10

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

\*D1) Band or Cable Curls slow eccentric week 1- 2 x 8, week 2- 3 x 10 week 3 4x8 week 4 1x20

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

\*D2) DB Flys slow eccentric week 1- 2 x 15, week 2- 3 x 12 week 3 4x10 Week 4 25

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

Notes\*

Goal here is building skill, technique and grooving the movement pattern and increasing core strength

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 with previous barbell experience can complete in 4 weeks

Brand new people I suggest to run this cycle at least 2 times before moving on to next phase



**P1 Day 3** Date

A1) Paused Beltless Deadlift - wk 1-4x5 week 2 Paused Beltless Deadlift 3x5  
 week 3 Paused Beltless Deadlift 5x5 DL week 4 Paused Beltless Deadlift 6x3 speed

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

B1) Tempo RDL wk 1- 3x 8 wk 2- 2x 10 wk 3 4x8 wk wk 4 1x10

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

3-5 ct  
eccentr

C1) Incline Press - wk 1-3x5 week 2 Incline 4x5 week 3 Incline Press 5x5 week 4 Incline 2x8

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

C2) One Arm DB Row with 3ct Pause - week 1- 2 x 8, week 2- 3 x 12, week 3 4x10 week 4 1x20

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

\*D1) Sit Ups or Reverse Crunch slow eccentric week 1- 3 x 10 , week 2- 2 x 12 week 3 4x8 week 4 1x 12

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

\*\*D2) Goblet Reverse Lunge- week 1- 3 x 8, week 2- 2 x 12, week 3 4x6 week 4 1x15

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

Notes\*

Goal here is building skill, technique and grooving the movement pattern and increasing core strength  
 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 with previous barbell experience can complete in 4 weeks  
 Brand new people I suggest to run this cycle at least 2 times before moving on to next phase