FEATURED IN: elitefts (2) T NATION 12 OMERSON MO	ensHealth	BELLET STEELS STEELS THE CATALAR CONTROL STEELS							
GAGLION			STE	PEN	GTH				
O O O O O EDUC		VATE	DOMINA		0000				
P1 Day 1	Date		1			•			
A1) Beltless 3ct Paused Squat	- wk 1-3x5 1xAN	1AP wk 2-	Beltess Pau	sed Squat	2x5 1xAMAP				
Wk 3 Beltess Paused 1 ct Squat 4x5 1xAMAP Wk 4 Beltess 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 Be	nch wk 1-3x5 1	xAMAP - wk	c 2- Feet Up	Bench 3ct	2x5 1xAMAP				
Week 3 Long 3ct Paused Pau	se Feet Up Benc	h 4x5 1xAM	AP Week 4	Feet Up B	ench 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									
Week Sets Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6			
1									
2									
3									
4		2 2 1	2 2 10	1240	1 1 1 20				
C2) GHR or Back Ext slow ecco						6.1.6			
Week Sets Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6			
1									
2									
3									
*D1) Standing Abdusting along		 		20	4,42,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	1,,25			
*D1) Standing Abduction slov Week Sets Reps		Set 2			4x12 week 4 Set 5				
week Sets keps	Set 1	Set 2 	Jet 5	3et 4	Set 5	Set 6			
2	-				+				
3									
3									
*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						+			
<u> </u>		 	-	+		+			

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 cylce at least 2 times before moving on to next phase

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P1	Day 2				Date	L]				
A1) Tempo Pause Squat wk 1 4x8 wk 2- 3x8 wk 3 5x6 wk 4 2x8											
	Week	Sets	Reps	ı	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	
3-5 ct		1									
eccent	r :	2									
	3	3									
	4	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		1									
eccent	r :	2									
	3	3									
	4	4									
C1) DE	3 Chest S	upporte	ed Row	ı 7 Pau	ıse - week 1	- 2 x 8. wee	k 2- 3 x 12.	week 3 4x1	0 week 4 1x2	20	
<i>-</i> , <i>-</i> :	Week		Reps		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	
	·	1 Total		İ			1		1	1	
		2									
		3									
		<u></u>									
C2) Tw	4 C2) Two Way Delt Raise w/ Pause - week 1- 2 x 8, week 2- 3 x 12 week 3 4x6 week 4 1x10										
C2) 1 W	Week		Reps	ausc	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	
	VVCCR	1 Sets	l l		5611	Jet 2	 	1	Jet 3	I	
		;├──							<u> </u>		
		2					-				
		3									
*04\0	، ۵ ا ۵	⁴ [1 2 0			2		
"DT) R				v ecc		-			8 week 4 1x2		
	Week	Sets	Reps	l	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	
		1							ļ		
		2									
	3	3									
	4	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	1	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	
	:	1									
		2									
		3									

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G			DN				STE	RENG		
000		00	EDUC	ATI	MOTI	VATE	DOMINAT		0000	
P1	Day 3				Date]			
	-	occ Do	adlift	l. 1		Daucod Pol] Itass Daadlif	+ 2vE		
A1) Paused Beltess Deadlift - wk 1-4x5 week 2 Paused Beltess Deadlift 3x5 week 3 Paused Beltess Deadlift 5x5 DL week 4 Paused Beltess Deadlift 6x3 speed										
week 5				IIL OX				•		Cat C
	Week		Reps	i 1	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	1									
	2									
	3									
	4		بيا							
B1)Tempo RDL wk 1- 3x 8 wk 2- 2x 10 wk 3 4x8 wk wk 4 1x10										
	Week	Sets	Reps	i (Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	1	·								
	2									
3-5 ct	3									
eccent										
C1) Inc	line Press	- wk 1	l-3x5 w	/eek	2 Incline 4x5	5 week 3 Inc	cline Press 5	x5 week 4 I	ncline 2x8	
	Week	Sets	Reps	-	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	1									
	2									
	3									
	4									
C2) On	e Arm DB	Row	with 3	ct Pa	use - week 1	- 2 x 8, wee	k 2- 3 x 12,	week 3 4x10) week 4 1x2	20
	Week	Sets	Reps		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	1									
	2									
	3	,								
	4									
*D1) Si	it Ups or F	Revers	e Crun	ch sl	ow eccentri	c week 1- 3	x 10 , week	2- 2 x 12 we	ek 3 4x8 we	ek 4 1x 12
-	Week		Reps		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	1									
	2									
	3									
	4	-								
**D2) Goblet Revserse Lunge- week 1- 3 x 8, week 2- 2 x 12, week 3 4x6 week 4 1x15										
,	Week		Reps		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	1									
	2									
	3									
	J	<u> </u>	-	1						

Notes*

FEATURED IN: elitefts (2) T NATION 12 OMERSHEE Men's Health

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