



P2 Day 1 Date

A1) Squat- week 1 3x5 week 2- Squats 4x5

Wk 3 Squat 5x5 Wk 4 Squat work up to 80% single then 80% 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) High Bar Heels Paused wk 3x6 60% wk 2- 2x8 55% wk 3 4x5 65% wk 4 1x8 50%

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

C1) SB Body Saw 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) DB Glute Bridge with Pause- week 1- 3 x 10, week 2- 2 x 12, 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						

*D1) Hip Circle Side Steps - week 1- 3x 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						

*D2) Band Rear Delt or Face Pull - 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						

Notes*

Goal is to hone in skill and slowly build strength over time, start light and build slowly over time

People with previous barbell exposure can run this cycle 1-2 times

If planning on running more than one time use week 4 as deload week and hit 2x5

Aim to increase 5 lbs per week and run as long as you can while still making progress

Once you get to week 4 of final cycle take an As many as possible set to get a projected max



P2 Day 2 Date

A1) Paused Bench- week 1 3x5 week 2- Paused Bench 4x5

Wk 3 Paused Bench 5x5 Wk 4 Paused Bench 80% single then 80% AMAP

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

B1) 3ct Mid Spotto Press wk 1- 4x 8 70 % week 2- 3 x 6 80% wk 3 5x5 85% Wk 4 2x10 65%

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

C1) 1 Arm Dead Stop KB Row w/ 3ct 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 with Pause Top & Bot. - 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) DB Hammer Curls slow eccentric 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) Band or CableTriceps 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*

Goal is to hone in skill and slowly build strength over time, start light and build slowly over time

People with previous barbell exposure can run this cycle 1-2 times

If planning on running more than one time use week 4 as deload week and hit 2x5

Aim to increase 5 lbs per week and run as long as you can while still making progress

Once you get to week 4 of final cycle take an As many as possible set to get a projected max



P2 Day 3 Date

A1) Deadlift- week 1 3x5 week 2- Deadlift 4x5

Wk 3 Deadlift 5x5 Wk 4 Deadlift 80% single then 80% 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) Paused Deadlift wk 1- 3x 6 55% wk 2- 2x 8 50% wk 3 4x5 60% wk 4 1x8 50%

use
straps

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

C1) 3ct Wide Grip Feet Up Bench wk 1-4 x 8, 40% wk 2- 3 x 12 30% Wk 3 5x10 35% Wk 4 1x12 30%

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

C2) KB Goblet Squat- 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						

*D1) Hanging Leg Raise week 1- 3 x 10 , week 2- 2 x 12 week 3 4x8 week 4 1x 20

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

**D2) Paused Pull Down or Pull Ups - wk 1- 2 x 8, wk 2- 3 x 12, wk 3 4x10 wk 4 1x20/Max

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

Notes*

Goal is to hone in skill and slowly build strength over time, start light and build slowly over time
 People with previous barbell exposure can run this cycle 1-2 times
 If planning on running more than one time use week 4 as deload week and hit 2x5
 Aim to increase 5 lbs per week and run as long as you can while still making progress
 Once you get to week 4 of final cycle take an As many as possible set to get a projected max