



P4 Day 1 Date

A1) ADVANCED Squat- week 1 6x2 vs Bands 50,60,70, week 2-Reverse Bands 3RM 100%
 Wk 3 Test or RB attempts Go for PR Wk 4 Opener or last warm up around 3RMx1 + heavy unrack

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

B1) 1ct Pause or Double Pause Squat 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) GHR/Back Raise - 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) Hip Circle Wall Squat with 3ct pause- week 1- 3x 8, week 2- 2 x 10 week 3 2x8 week 4 1x12

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

Notes

- Wk 1** First 3-4 sets should be explosive. Goal for last two sets is to get arounda 1RM weight at lockout
 - Wk 2** Objective is to get your goal weight for the meet on your back with Reverse Bands
 - Wk 3** Novice & intermediate lifters can take heavy singles here & go to a near max. Try for 5-10 lb PR
Advanced lifters should take their opener and 2nd attempt, and then reverse band goal for 3rd attempt
 - Wk 4** Novice & Intermediate hit Opener. Advanced Lifters can take their last warm up
Walked out lifters can do walk out w/ around 3rd attempt weight. Mono lifters perform an unrack & hold
- Pick B1) Variation Based on ROM lockout or bottom weakness



P4 Day 2 Date

A1) Bench- week 1 6x3 vs Bands 50, 60, 70, 2- Sling Shot 3RM 100%

Wk 3 Test or SS attempts Wk 4 Opener (if banged up use loose sling) around 3RMx1

	We	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
10.2	1	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
10.9	2	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
10.16	3	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
10.23	4	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

B1) 3ct Low or Mid Spotto Press wk 1- 2x 8 70% wk 2- 3 x 6 75% wk 3 2x5 70% Week 4 1x5 50%

	We	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
2	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
3	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
4	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

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	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
2	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
3	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
4	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

C2) DB Bench slow 5 ct eccentric - 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	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
2	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
3	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
4	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

*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	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
2	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
3	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
4	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Notes

Wk 1 First 3-4 sets should be explosive. Goal for last two sets is to get around a 1RM weight at lockout

Wk 2 Objective is to hit your goal weight for the meet with Reverse Bands or loose Sling Shot

Wk 3 Novice & intermediate lifters can take heavy singles here & go to a near max. Try for 5-10 lb PR
Advanced lifters should take their opener & 2nd attempt, and then reverse band or SS for 3rd attempt

Wk 4 Novices can hit their opener and 2nd attempt. Intermediate and Advanced take opener
Intermediate lifters can take a 2nd attempt with a loose sling shot and or Unrack and hold around 3rd
Pick B1) Variation Based on ROM lockout or bottom weakness



P4 Day 3 Date

A1) Dead- week 1 Reverse Band Dead Max Triple 100% week 2- Test or RB Third Attempts
 Wk 3 Last Warm Up (reverse band if banged up) around 5RM Wk 4 Speed work 6x1 easy 50%

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

B1) 3ct Pause low shin or below knees DL wk 1- 3x 6 45% wk 2- 2x 5 55% wk 3 2x5 50% wk 4 1x5 40%

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

C1) Wide or CG Bench Feet up wk 1-3 x 8 40%, wk 2- 2 x 12 30% Wk 3 2x10 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)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) Hanging Knee Raise with 1 ct pause week 1- 3 x 10 , week 2- 2 x 12 per side 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

- Wk 1** Objective is to hit goal weight with reverse bands
- Wk 2** Novice & intermediate lifters can take heavy singles here & go to a near max. Try for 5-10 lb PR
Advanced lifters should take their opener and 2nd attempt, and then reverse band goal for 3rd attempt
- Wk 3** Advanced Lifters can take their last warm up with or without a reverse band depending on feel
Novice and Intermediates shoulder take their opener here.
- Wk 4** Just perform so easy technique work around 60% nothing crazy here
Pick B1) and C1) Variation Based on ROM lockout or bottom weakness