



P3 Day 1 Date

A1) Squat-

Wk 1 Sq with chains 5x3 65% 3x2 70,75, 80% Speed Wk 2 3RM OR 90-93% AMAP go for PR

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

B1) Bench

Wk 3 Bench with chains 5x3 65% 3x2 70,75,80% Wk 4 3RM comp pause or 90-93% AMAP go for PR

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

C1) Band/Cable Face Pulls - week 1- 2 x 15, week 2- 3 x 12,

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

C2) Cable /Band Pull Through with Pause- week 1- 3 x 15, week 2- 2 x 20,

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

\*D1) Hip Circle/Band Seated Abduction 3ct pause - wk 1- 3x 8, wk 2- 2 x 10

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

\*D2) Body weight or Cable Row Holds - week 1- 3 x :25, week 2- 2 x :30

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

Notes

**Wk 1** For squat and Bench First 5 sets keep it explosive. Goal is perfect form and speed

For 3x2 Wrapped Lifters can use Knee wraps here

Goal is to have a 3RM load on back during final sets

**Wk 2** Advanced Lifters look to hit a 5-10 lb 3RM PR or a weight that projects to goal weight

Novice and Intermediates should take 90-93% of training max and do as many as possible



**P3 Day 2** Date

A1) BB 3ct Pause Squat or Double Pause wk1 4x5 60% week 2 2x5 55%

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

B1) 3ct Pause Close or Wide Grip Feet Up Bench wk1 4x5 60-65% Wk 2 2x8 55%

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

C1) Chest Supported Row week 1- 3 x 6, week 2- 2 x 8

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

C2) DB Incline Press - week 1- 2 x 8, week 2- 3 x 12

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

\*D1) Chin Grip Pull Downs week 1- 2 x 8, week 2- 3 x 10

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

\*D2) DB/KB Floor Dead Stop Triceps week 1- 2 x 15, week 2- 3 x 12

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

Notes  
 Pick variation based on sticking point  
 For Lockout weakness use double pause squat and close grip bench  
 For Bottom Weakness use pause squat and wide grip bench  
 Leave 2-3 reps in tank every set and keep perfect form



P3 Day 3 Date

A1) Deadlift

week 3-3RM OR 90-93% AMAP go for PR week 4 6x2 65% , 2x1 75% with chains

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

B1) Deficit or Block Pulls wk 3 4x5 60-70% wk 4 2x5 50- 60%

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

C1) Low or Mid Spotto Press Week 1 4x10 60% Week 2 1x12 50%

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

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

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

\*D1) Suit Case Holds week 1- 3 x :20 per side, week 2- 2 x :25 per side

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

D2) Single Leg Glute Bridge week 1- 3 x 8, week 2- 2 x 12

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

Notes

**Wk 1** Advanced Lifters look to hit a 5-10 lb 3RM PR or a weight that projects to goal weight  
 Novice and Intermediates should take 90-93% of training max and do as many as possible

**Wk 2** For speed deads keep it explosive. Dead stop all reps. Goal is perfect form and speed  
 Pick variation based on sticking point

Lockout Weakness use block pulls (sumo use low blocks) and Mid Spotto Press (fist distance)  
 Bottom Weakness use deficit deadlifts Low Spotto Press (hovering over chest)