FEATURED IN: <b>elitefts</b> 会 <b>多T NATIC</b>	M (1) correction Mondallocalt	h		- Manthouse	OF WEISTUNG	IEL O	AT CAR ENGINE	C .
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GAGLI	ONE	0 0		5	LES!	ENG		ų.
00000	EDUCATI	E MO	TIVATI	DOM	MINATE	00	000	1
P3 Day 1	Date							
A1) Squat-								
Wk 1 Sq with chains			-				_	
We Sets Rep	s Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	┨							
2	┨ ├──					_		
	1 -							
 31) Bench								
Wk 1 Bench with cha	ins 5x3 65%	3x2 70,7	5,80% Wk	2 3RM co	mp pause	e or 90-93	% AMAP	go for PR
We Sets Rep		Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1								
2								
	<u> </u>	<u> </u>						
C1) Band/Cable Face					6.1.5	6.1.6		
We Sets Rep	s Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	_	
2	1						_	
3	1 -						$\dashv$	
4	1						$\neg$	
C2) Cable /Band Pull	Through wit	h Pause-	week 1- 3	x 15, wee	k 2- 2 x 2	0,		
We Sets Rep	s Set 1	Set 2	Set 3	Set 4	Set 5	Set 6		
1								
2							_	
3	┨							
4	Cootod Alad	lation 2 = t				10		
D1) Hip Cirlce/Band* We Sets Rep		Set 2	: pause - v <b>Set 3</b>	VK 1- 3X 8, <b>Set 4</b>	WK 2- 2 X Set 5	Set 6		
1	3611	Jel 2	<u> </u>	Jet 4	<u> </u>	3610	7	
2	┨ ├───	+					$\dashv$	
-1 1	1 1	- 1			1	1	1	
3								

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

We Sets Re	eps	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 a many as possible

FEATURED IN	d: <b>elitefts</b> ⊛ <b>\$</b> T NATION	MensHealt			<u> </u>	CHI WHISTURE TO STREET	IFLO THE MATULA
G	AGLIC	ONE			5	TRI	ENG
00	00000	EDUCATE	MO	TIVATE	E DOM	MINATE	000
Р3	Day 2	Date					
A1) BB	3 3ct Pause Squat	or Double	Pause wk	(1 4x5 60)	% week 2	2x5 55%	
	We Sets Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	1						
	2						
D1\ 2c	t Dauca Clasa or	Wido Grip I	Eggt IIn P	onch wk	1 Ave 60 6	SEO/ W/L 2	2v0 EE0/
D1) 3C	t Pause Close or We Sets Reps	<b>Set 1</b>	-еет ор в Set 2	Set 3	Set 4	Set 5	Set 6
	1 T	56(1	1	1	<u> </u>		
	2		+				
			+				
C1) Ch	est Supported R	ow week 1-	3 x 6, we	ek 2- 2 x	8		
	We Sets Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	1						
	2						
	3						
	4						
C2) DE	B Incline Press - w						
	We Sets Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	1		_				
	2						
	3						
*D1) C	Chin Grip Pull Dov	wns week 1	<u> </u> -2 x 8 w	 eek 2- 3 v	<u> </u>		
D1) C	We Sets Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	1		1		1		
	2						
	3						
	4		1	1			
*D2) [	DB/KB Floor Dead	Stop Trice	ps week	1- 2 x 15,	week 2- 3	3 x 12	
	We Sets Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	1						
	2						
	-1 1 1						1 1

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Notes

Pick varaition 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 1-3RM OR 90-93% AMAP go for PR Week 2 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
P3 Day 3 Date  A1) Deadlift  week 1-3RM OR 90-93% AMAP go for PR week 2 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
P3
A1) Deadlift  week 1-3RM OR 90-93% AMAP go for PR week 2 6x2 65%, 2x1 75% with chains  We Sets Reps
week 1-3RM OR 90-93% AMAP go for PR week 2 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         B1) Deficit or Block Pulls wk 1 4x5 60-70% wk 2 2x5 50- 60%         We Sets Reps       Set 1       Set 2       Set 3       Set 4       Set 5       Set 6         W/ 1       Set 1       Set 2       Set 3       Set 4       Set 5       Set 6         We Sets Reps       Set 1       Set 2       Set 3       Set 4       Set 5       Set 6         1       Deficit or Block Pulls wk 1 4x5 60-70% wk 2 2x5 50-60%         We Sets Reps       Set 1       Set 2       Set 3       Set 4       Set 5       Set 6         We Sets Reps       Set 1       Set 2       Set 3       Set 4       Set 5       Set 6         C2) One Arm DB Row with Pause - week 1- 3 x 12, w
We Sets Reps         Set 1         Set 2         Set 3         Set 4         Set 5         Set 6         Set 7         Set 8           1         2         3         4         1         4         1
1
2 3 4 B1) Deficit or Block Pulls wk 1 4x5 60-70% wk 2 2x5 50- 60%  We Sets Reps Set 1 Set 2 Set 3 Set 4 Set 5 Set 6  W/ 1 Straps 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  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  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
3
We Sets Reps         Set 1         Set 2         Set 3         Set 4         Set 5         Set 6           w/         1
We Sets Reps         Set 1         Set 2         Set 3         Set 4         Set 5         Set 6           w/         1
w/       1         straps       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         1       1         2       1         3       4         4       1         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         1         2         1         2         3         4         4         5         5         6         1         2         1         2         1         2         1         2         1         2         3         4         4         5         6         7         8
Straps 2
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
C1) Low or Mid Spotto Press Week 1 4x10 60% Week 2 1x12 50%  We Sets Reps
We Sets Reps         Set 1         Set 2         Set 3         Set 4         Set 5         Set 6           1
We Sets Reps         Set 1         Set 2         Set 3         Set 4         Set 5         Set 6           1
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 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
We Sets Reps
We Sets Reps
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
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

## 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 a 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)