| CE ATLINES | NIN - PROSECO TO NATION E   | Downson Markellooki                          |  |   | (Astronse)                            | erat (Mercenning 🕿                                | FLO  THE M                        | argan etable | 6       |
|------------|---|--|--|---|---------------------------------------|---|-----------------------------------|--------------|---------|
| FEATOREL   | DIN: elitefts@ &T NATION  | Mensheald                                    |  |   | antition !                            | STACEL  | 00                                | 000          |         |
| G          | AGLIC   | DNE  | 0.0  |   | 5                                     |   | ENG                               | E T          | 1       |
| 0          | 00000   | DUCATE                                       | MO   | TIVATE                                  | DON                                   | INATE   | 00                                | 000          | 1       |
| P2         | Day 1   | Date   |  | 7                                       |                                       |   |                                   |              |         |
| A1) S      | quat- week 1 5x5  | 70-75% we                                    | ek 2- DE S                                 | SSB/Spide                               | r Squats w                            | / Chains  | 6x3 60% ,                         | 2x2 70%      |         |
| Wk 3       | BB 3x5 Squat Rev  | erse Mini/I                                  | MM 85-90                                   | )% 70% V                                | Vk 4 BB So                            | quat 5RM  | go for PF                         | OR 87%       | AMAP    |
|            | We Sets Reps  | Set 1  | Set 2                                      | Set 3                                   | Set 4                                 | Set 5   | Set 6                             | Set 7        | Set 8   |
|            | 1   |  |  |   |                                       |   |                                   |              |         |
|            | 2   |  |  |   |                                       |   |                                   |              |         |
|            | 3   |  |  |   |                                       |   |                                   |              |         |
| ۸1\ ٦      | 4   | DD wk 1 F                                    |  | 2/                                      | Juffala 8v                            | 2 DE wor  | level chair                       | 20 55 60     | 6F 70 % |
| -          | ouffalo 3ct Pause 3x5 3 Ct Sling Sho  |  |  |   |                                       |   |                                   |              |         |
| VVKS       | We Sets Reps  | Set 1  | <b>Set 2</b>                               | Set 3                                   | Set 4                                 | Set 5   | <b>Set 6</b>                      | Set 7        | Set 8   |
|            | 1   |  | 1  | 1                                       | 1                                     | 1   |                                   | 1            |         |
|            | 2   |  |  |   |                                       |   |                                   |              |         |
|            | 3   |  |  |   |                                       |   |                                   |              |         |
|            | 4   |  |  |   |                                       |   |                                   |              |         |
| C1) S      | B Body Saw week   | 1- 3 x 6, we                                 | ek 2- 2 v                                  | 8 wook 3                                | AvE wook                              | 1 1 1 1 1 0                                       | •                                 | •            |         |
| 01,0       | b body saw week   | ± 0 × 0,                                     | CKZ ZX                                     | O WEEK 3                                | 4X3 WEEK                              | 4 1110  |                                   |              |         |
| 01,0       | We Sets Reps  | Set 1  | Set 2                                      | Set 3                                   | Set 4                                 | Set 5   | Set 6                             |              |         |
| 01,0       | •   |  |  |   |                                       |   | Set 6                             |              |         |
| 01/0       | We Sets Reps  |  |  |   |                                       |   | Set 6                             |              |         |
| 01,0       | We Sets Reps 1 2 3  |  |  |   |                                       |   | Set 6                             |              |         |
|            | We Sets Reps  1   | Set 1  | Set 2                                      | Set 3                                   | Set 4                                 | Set 5   |                                   |              |         |
|            | We Sets Reps  1 2 3 4 DB Glute Bridge with  | Set 1  | Set 2<br>//eek 1- 3 >                      | Set 3                                   | Set 4                                 | Set 5   | 4x8, week                         | 4 1x20       |         |
|            | We Sets Reps  1 2 3 4 B Glute Bridge wit  We Sets Reps  | Set 1  | Set 2                                      | Set 3                                   | Set 4                                 | Set 5   |                                   | 4 1x20       |         |
|            | We Sets Reps  1 2 3 4 DB Glute Bridge with  We Sets Reps 1  | Set 1  | Set 2<br>//eek 1- 3 >                      | Set 3                                   | Set 4                                 | Set 5   | 4x8, week                         | 4 1x20       |         |
|            | We Sets Reps  1 2 3 4 DB Glute Bridge wit  We Sets Reps 1 2 1 2   | Set 1  | Set 2<br>//eek 1- 3 >                      | Set 3                                   | Set 4                                 | Set 5   | 4x8, week                         | 4 1x20       |         |
|            | We Sets Reps  1 2 3 4 DB Glute Bridge with  We Sets Reps 1 2 3 3 4 3 4 3 4 4 5 5 6 7 7 8 7 8 8 8 9 8 9 9 9 9 9 9 9 9 9 9 9  | Set 1  | Set 2<br>//eek 1- 3 >                      | Set 3                                   | Set 4                                 | Set 5   | 4x8, week                         | 4 1x20       |         |
| C2) D      | We Sets Reps  1 2 3 4 DB Glute Bridge wit  We Sets Reps 1 2 3 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4   | Set 1  th Pause- w Set 1                     | Set 2 /eek 1- 3 > Set 2                    | Set 3                                   | Set 4  (2-2 x 12)  Set 4              | Set 5<br>, week 3 4<br>Set 5                      | 4x8, week<br><b>Set 6</b>         |              |         |
| C2) D      | We Sets Reps  1 2 3 4 DB Glute Bridge wit  We Sets Reps 1 2 3 4 Hip Cirlce Side Ste   | Set 1  th Pause- w Set 1                     | Set 2<br>/eek 1- 3 ><br>Set 2              | Set 3  (10, week Set 3)  Veek 2- 2      | Set 4  ( 2- 2 x 12)  Set 4  x 20 week | Set 5<br>, week 3 4<br>Set 5                      | 4x8, week<br><b>Set 6</b>         |              |         |
| C2) D      | We Sets Reps  1 2 3 4 DB Glute Bridge wit  We Sets Reps 1 2 3 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4   | Set 1  th Pause- w Set 1                     | Set 2 /eek 1- 3 > Set 2                    | Set 3                                   | Set 4  (2-2 x 12)  Set 4              | Set 5<br>, week 3 4<br>Set 5                      | 4x8, week Set 6                   |              |         |
| C2) D      | We Sets Reps  1 2 3 4 B Glute Bridge wit  We Sets Reps 1 2 3 4 Hip Cirlce Side Ste  We Sets Reps  | Set 1  th Pause- w Set 1                     | Set 2<br>/eek 1- 3 ><br>Set 2              | Set 3  (10, week Set 3)  Veek 2- 2      | Set 4  ( 2- 2 x 12)  Set 4  x 20 week | Set 5<br>, week 3 4<br>Set 5                      | 4x8, week Set 6                   |              |         |
| C2) D      | We Sets Reps  1 2 3 4 DB Glute Bridge wit  We Sets Reps 1 2 3 4 Hip Cirlce Side Ste  We Sets Reps 1   | Set 1  th Pause- w Set 1                     | Set 2<br>/eek 1- 3 ><br>Set 2              | Set 3  (10, week Set 3)  Veek 2- 2      | Set 4  ( 2- 2 x 12)  Set 4  x 20 week | Set 5<br>, week 3 4<br>Set 5                      | 4x8, week Set 6                   |              |         |
| C2) D      | We Sets Reps  1 2 3 4 DB Glute Bridge wit  We Sets Reps 1 2 3 4 Hip Cirlce Side Ste  We Sets Reps 1 2 3 4 Hip Cirlce Side Ste  We Sets Reps 1 2 3 4 Hip Cirlce Side Ste  We Sets Reps 1 2 3 4 Hip Cirlce Side Ste | Set 1  th Pause- w Set 1  eps - week : Set 1 | Set 2 /eek 1- 3 x Set 2  1- 3x 15, v Set 2 | Set 3  (10, weel Set 3  veek 2- 2 Set 3 | Set 4  ( 2- 2 x 12,                   | Set 5<br>, week 3 4<br>Set 5<br>3 4x12 w<br>Set 5 | 4x8, week Set 6  veek 4 1x2 Set 6 | 25           |         |
| C2) D      | We Sets Reps  1 2 3 4 DB Glute Bridge wit  We Sets Reps 1 2 3 4 Hip Cirlce Side Ste  We Sets Reps 1 2 3 4  Hip Cirlce Side Ste  We Sets Reps 1 2 3 4  Hip Cirlce Side Ste   | Set 1  th Pause- w Set 1  eps - week : Set 1 | Set 2 /eek 1- 3 x Set 2  1- 3x 15, v Set 2 | Set 3  (10, weel Set 3  veek 2- 2 Set 3 | Set 4  ( 2- 2 x 12,                   | Set 5<br>, week 3 4<br>Set 5<br>3 4x12 w<br>Set 5 | 4x8, week Set 6  veek 4 1x2 Set 6 | 25           |         |

## Notes\*

1. Use wraps all weeks

3

Use loose wraps for 5x5 on week 1 If no special bars use straight bar
Week 2 wrap up last two sets If no special bars use straight bar
Week 3 wrap up working sets Goal is to get above a 5RM weight on back
Week 4 Wrap up last warm up and working set Hit a new 5RM or perform AMRAP

| C1) | 1 Arm Dead Stop KI | B Row w/ 3ct Pause | - week 1- 2 x 8, wee | k 2- 3 x 12,  wee | k 3 4x10 wee | k 4 1x20 |
|-----|--------------------|--------------------|----------------------|-------------------|--------------|----------|
|-----|--------------------|--------------------|----------------------|-------------------|--------------|----------|

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

Notes\*

Focus on form and leave 2-3 reps in tank each set

Focus on control and stability

Focus on power out of the hole after pausing

| FEATURED IN: | elitefts@ &T NATION 12   | Men's Health   |            |                |          | ET WHISTUNG TO F  | LOS THE MAT    | TAD CONTRACT |       |  |  |  |
|--------------|--|----------------|------------|----------------|----------|---|----------------|--------------|-------|--|--|--|
| G            | AGLIO  | NE             |            |                |          |   | NG             |              |       |  |  |  |
| 000          | 00000  | DUCATE         | MOT        | TVATE          | DOM      | INATE   | 000            | 000          |       |  |  |  |
| P2           | Day 3  | Date           |            | 1              |          |   |                |              | •     |  |  |  |
| A1) Dea      | •  | go for PR      | or 87% Al  | MAP wk 2       | DE DL w/ | chains 5  | x3 60%, 3      | k2 70%       |       |  |  |  |
| wk 3 2x      | A1) Deadlift - wk 1-5RM go for PR or 87% AMAP wk 2DE DL w/ chains 5x3 60%, 3x2 70% wk 3 2x3 then 1xAMAP moderate 82-85% around 5RM wk 4 DE DL w/ Chains 6x2 70%, 2x1 80% |                |            |                |          |   |                |              |       |  |  |  |
|              | We Sets Reps   | Set 1          | Set 2      | Set 3          | Set 4    | Set 5   | Set 6          | Set 7        | Set 8 |  |  |  |
|              | 1  |                |            |                |          |   |                |              |       |  |  |  |
|              | 2  |                |            |                |          |   | -              |              |       |  |  |  |
|              | 3 4  |                | 1          |                |          |   |                |              |       |  |  |  |
| R1) Dof      | 4<br>icit Dead wk 1- 3x  | <br>  6 55% wl | <br>       | 1<br>0% wk 3 / | V5 60% W | <br> k /l 1v8 5   | <u> </u><br>   |              |       |  |  |  |
| DI) Dei      | We Sets Reps   | Set 1          | Set 2      | Set 3          | Set 4    | Set 5   | Set 6          |              |       |  |  |  |
| use          | 1  |                | 1          |                |          | 1   | 1              | 1            |       |  |  |  |
| straps       | 2  |                |            |                |          |   |                | 1            |       |  |  |  |
| •            | 3  |                |            |                |          |   |                | 1            |       |  |  |  |
|              | 4  |                |            |                |          |   |                | ]            |       |  |  |  |
| C1)3ct \     | Wide Grip Feet U   | wk 1-4 x       | 8, 40% w   | k 2- 3 x 12    | 30% Wk   | 3 5x10 3  | 5% Wk 4 1      | x12 30%      |       |  |  |  |
|              | We Sets Reps   | Set 1          | Set 2      | Set 3          | Set 4    | Set 5   | Set 6          | ,            |       |  |  |  |
|              | 1  |                |            |                |          |   |                | 1            |       |  |  |  |
|              | 2  |                | 1          |                |          |   | 1              | 1            |       |  |  |  |
|              | 3 4  |                | 1          |                |          |   | 1              | 1            |       |  |  |  |
| C3) KB       | 4 Goblet Squat- we   |                | 2 wook 2   | 2 v 12 .w      | <br>     | J<br>Sweek 4 1  | <br> v15       | ]            |       |  |  |  |
| CZ) KB       | We Sets Reps   | Set 1          | Set 2      | Set 3          | Set 4    | Set 5   | Set 6          |              |       |  |  |  |
|              | 1  |                | 1          |                |          | 1   | T              | 1            |       |  |  |  |
|              | 2  |                |            |                |          |   |                | 1            |       |  |  |  |
|              | 3  |                |            |                |          |   |                | 1            |       |  |  |  |
|              | 4  |                |            |                |          |   |                |              |       |  |  |  |
| *D1) Ha      | anging Leg Raise v   | veek 1- 3      | x 10 , wee | k 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          | 7            |       |  |  |  |
|              | 1  |                |            |                |          |   |                | 1            |       |  |  |  |
|              | 2  |                |            |                |          |   | <u> </u>       | -            |       |  |  |  |
|              | 3  |                |            |                |          |   | 1              | -            |       |  |  |  |
| **D3/D       | 4  | or Bull Hr     | <u> </u>   | 2 v 9 .w/v '   | ) 2 v 12 | <br>  2 /1 /2 | 1<br>0 wk 4 1v | ]<br>20/May  |       |  |  |  |

Notes\*

Wk 1 Go for a new 5RM or hit one set AMRAP

Set 1

**We Sets Reps** 

1 2 3

Wk 2 Focus on speed and technique. Work up a bit heavier on doubles

Set 2

Set 3

Set 4

Set 5

Set 6

Wk 3 Leave 1-2 reps in tank first two sets then go all out on last set with no misses!