



P0 Day 1 Date

A1) Low Rack Pull- wk 1 3x8 wk 2- 2x10 Stiff Leg Deads wk 3 4x8- wk 4-2x12

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

B1) Strict Chin ups or Lat Pull Down in as few sets as possible - Wk 1 20 Total Reps Wk 2 25 total Reps wk 3 30 total Reps Downs wk 4- 15 Reps Total reps

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

C1) Hammer Curls- wk 1 3x12 wk 2- 2x15 Cable Curls wk 3 4x10- wk 4-1x20

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

C2) DB Chest Supported Row. wk 1 3x12 wk 2- 2x15 Straight Arm Pull down wk 3 4x10- wk 4-1x20

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

*D1) Barbell Curls - Wk 1 100 Total Reps Wk 2 80 Total Reps Wk 3 100 Reps Wk 4 40 Reps

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

*D2) Lat Pull Down - Wk 1 100 Total Reps 80 Total Reps Week 3 100 Reps Wk 4 60 Reps

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

Notes*

Leave 2-3 reps in tank each set. Keep focus on muscle contraction over weight



P0 Day 2 Date

A1) Incline Bench wk 1 4x8 , wk 2- 3x10 Paused Incline Press Week 3 5x8 Wk4 2x10

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

B1)DB Incline Bench wk 1- 5x 8 , wk 2- 4 x 10 DB Bench Week 3 5x8 Wk 4 2x10

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

B2) Peck Deck - week 1- 2 x 8, week 2- 3 x 12, WK 3 5X10 Wk4 1x20

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

C1) Triceps Push Down - week 1- 80 Total Reps, week 2- 60 Total Reps week 3 80 Total Reps Wk 4 30 rep

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

*C2) Side Delt Raise 1- 80 Total Reps, week 2 60 Total Reps wk 3 80 reps wk 4 40 reps

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

*C3) Overhead Rope Extension wk 1- 50 total reps, wk 2 40 Total Reps wk 3 60 reps wk 4 40 reps

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

Notes*

Leave 2-3 reps in tank each set. Keep focus on muscle contraction over weight



P0 Day 3 Date

A1) Strict High Bar squat or Belt Squat - wk 1-3x10, 1x15 wk 2 . 2x8, 1x12

Wk 3 SSB squat or Belt Squat 5x8 Wk4 1x20-

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

B1) Leg Press wk 1- 3x 10-12 wk 2- 2x 10-15 Paused Hack Squat Wk 3 4x8 Wk 4 2X8

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

B2) Plank wk 1-3 x :20, wk 2- 2x:25 wk 3-4 x :20, wk 4- 1x:25

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

C1) Lying Leg Curl - wk 1- 80 Total Reps, wk 2- 60 Total Reps wk 3-100 Total Reps, wk 4- 40 Total Reps

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

C2) Back Extension or GHR wk1 80 Total Rep wk2- 60 Total Rep wk3-100 Total Reps wk 4- 40 Total Rep

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

C3) Calf Raises wk 1- 80 Total Reps, wk 2- 60 Total Reps wk 3-100 Total Reps, wk 4- 40 Total Reps

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

Notes*

Leave 2-3 reps in tank each set. Keep focus on muscle contraction over weight



P0 Day 4 Date

A1) Overhead Press or steep incline - wk 1-3x10, 1x15 wk 2 . 2x8, 1x12

Wk 3 Seated Overhead Press or steep incline 5x8 Wk4 2x20-

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

B1) Bent Rows- wk 1 3x8 wk 2- 2x10 Pendaly Rows wk 3 4x8- wk 4-2x12

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

B2) Push Ups wk 1- 80 Total Rep wk 2- 60 Total Rep wk 3-100 Total Reps wk 4- 40 Total Rep

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

C1) Rear Delt Fly - wk 1- 80 Total Reps, wk 2- 60 Total Reps wk 3-100 Total Reps, wk 4- 40 Total Reps

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

C2) Seated DB Curls wk 1- 80 Total Rep wk 2- 60 Total Rep wk 3-100 Total Reps wk 4- 40 Total Rep

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

C3) DB Triceps wk 1- 80 Total Reps, wk 2- 60 Total Reps wk 3-100 Total Reps, wk 4- 40 Total Reps

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

Notes*

Leave 2-3 reps in tank each set. Keep focus on muscle contraction over weight



P0 Day 1 Date

A1) Def. Stiff Leg Dead- wk 1 3x8 wk 2- 2x10 Snatch Grip Rack Pull wk 3 4x8- wk 4-2x12

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

B1) Strict Chin ups or Lat Pull Down in as few sets as possible - Wk 1 20 Total Reps Wk 2 25 total Reps wk 3 30 total Reps Downs wk 4- 15 Reps Total reps

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

C1) Barbell Curls wk 1 3x12 wk 2- 2x15 Cable Curls wk 3 4x10- wk 4-1x20

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

C2) Low Cable Row. wk 1 3x12 wk 2- 2x15 Straight Arm Pull down wk 3 4x10- wk 4-1x20

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

*D1) DB Curls - Wk 1 100 Total Reps Wk 2 80 Total Reps Wk 3 100 Reps Wk 4 40 Reps

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

*D2) Chin Grip Pull Down - Wk 1 100 Total Reps 80 Total Reps Week 3 100 Reps Wk 4 60 Reps

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

Notes*

Leave 2-3 reps in tank each set. Keep focus on muscle contraction over weight



P0 Day 2 Date

A1) Decline Bench wk 1 4x8 , wk 2- 3x10 Feet Up Wide Grip Flat Bench Week 3 5x8 Wk4 2x10

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

B1)DB Bench wk 1- 5x 8 , wk 2- 4 x 10 DB Incline Bench Week 3 5x8 Wk 4 2x10

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

B2) DB or Machine Fly - week 1- 2 x 8, week 2- 3 x 12, WK 3 5X10 Wk4 1x20

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

C1) DB/BB Triceps - week 1- 80 Total Reps, week 2- 60 Total Reps week 3 80 Total Reps Wk 4 30 rep

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

*C2) Seated Side Delt Raise 1- 80 Total Reps, week 2 60 Total Reps wk 3 80 reps wk 4 40 reps

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

*C3) Rope Extension wk 1- 50 total reps, wk 2 40 Total Reps wk 3 60 reps wk 4 40 reps

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

Notes*

Leave 2-3 reps in tank each set. Keep focus on muscle contraction over weight



P0 Day 3 Date

A1) Close Stance Heels Elevated Strict High Bar squat or Belt Squat - wk 1-3x10, 1x15 wk 2 . 2x8, 1x12
Wk 3 Paused SSB squat or Belt Squat 5x8 Wk4 1x20

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

B1) Bulgarian Split Squat wk 1- 3x 10-12 wk 2- 2x 10-15 Step Ups Wk 3 4x8 Wk 4 2X8

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

B2) Side Plank wk 1-3 x :20 per side, wk 2- 2x:25 per side wk 3-4 x :20 per side wk 2- 1x:25 per side

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

C1) Seated Leg Curl - wk 1- 80 Total Reps, wk 2- 60 Total Reps wk 3-100 Total Reps, wk 4- 40 Total Reps

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

C2) Back Extension or GHR wk1- 80 Total Rep wk2- 60 Total Rep wk3-100 Total Reps wk 4- 40 Total Rep

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

C3) Seated Calf Raises wk 1- 80 Total Rep wk 2- 60 Total Reps wk 3-100 Total Reps, wk 4- 40 Total Reps

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

Notes*

Leave 2-3 reps in tank each set. Keep focus on muscle contraction over weight



P0 Day 4 Date

A1) Close Grip Bench- wk 1-3x10, 1x15 wk 2 . 2x8, 1x12

Wk 3 lincline Press 5x8 Wk4 2x20-

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

B1) Yates or T-bar Rows- wk 1 3x8 wk 2- 2x10 or DB//BB Chest Supported row wk 3 4x8- wk 4-2x12

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

B2) DB Bench wk 1- 80 Total Rep wk 2- 60 Total Rep wk 3-100 Total Reps wk 4- 40 Total Rep

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

C1) Face Pulls - wk 1- 80 Total Reps, wk 2- 60 Total Reps wk 3-100 Total Reps, wk 4- 40 Total Reps

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

C2) Cable Curls wk 1- 80 Total Rep wk 2- 60 Total Rep wk 3-100 Total Reps wk 4- 40 Total Rep

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

C3) Close Push Ups wk 1- 80 Total Reps, wk 2- 60 Total Reps wk 3-100 Total Reps, wk 4- 40 Total Reps

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

Notes*

Leave 2-3 reps in tank each set. Keep focus on muscle contraction over weight