FEATURED IN: elitefts € \$	T NATION	12 ONERESULT Manie	Jealth		(Å:	SHING TELO(S)	THE MATILAD ETALWIN	æ
0000	00	00	Panti -		000	0000	0000	
GAGI	0	000			0000	REN		
	00	EDUCA		TIVATE	DOMIN	ATE	0.0.0	
P0 Day 1		400	Date					
A1) Low Rack Pu	II- WK	13x8 w	(2- 2x10 St	iff Leg Dead	Is 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 u	ps or L	at Pull D	own in as fe	ew sets as po	ossible - Wl	x 1 20 Total	Reps Wk 2 2	5 total Reps
wk 3 30 total Re	eps Do	wns wk 4	l- 15 Reps To	otal reps				
Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1								
2								
3								
4								
C1) Hammer Cui								
Week		Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1								
2								
3								
4 C2) DD Ch+ C						D. II da		
C2) DB Chest Su	-				Straignt Arm Set 3	Set 4		
Week 1		Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
2								
3								
4								
*D1) Barbell Cur		└─── /k 1 100 T	otal Rens W		 I Rens Wk 3	100 Rens W	 /k	<u> </u>
Week		Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1			5611			1		
2	—							
3								
4								
*D2) Lat Pull Do	wn - \	Wk 1 100	Total Reps 8	30 Total Rep	s Week 3 10	00 Reps Wk	4 60 Reps	<u> </u>
, Week			•	•		Set 4	Set 5	Set 6

2

	000	00	EDUC	ΔTI	E MOT	IVATE	DOMIN	ATE (0000	1
P0	Day 2				Date					
A1) In	cline Ben	ch wk 1	4x8,	wk 2	- 3x10 Paus	sed 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								
םח\חם	Incline P	ench v	uk 1. 5:	/ Q \	wk 2- 4 v 10	DR Ronch	Wook 2 5	x8 Wk 4 2x1	0	
טטונט	Week		Reps	(0,	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	Week	1				1				
		2								
		3								
		4								
B2) P	eck Deck	- week	1-2 x 8	3, we	ek 2- 3 x 12	., WK 3 5X	(10 Wk4 1x	20	<u>!</u>	•
	Week	Sets	Reps	_	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
		1								
		2								
		3								
	_	4								
C1) Tr	-			k 1- 8	-			-		s Wk 4 30 rep
	Week	Sets	Reps	i	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
		<u></u>								
		2 3				1				
		<u></u>								
*C2) S	ide Delt I	'L Raise 1-	80 Tot	ı tal Re	eps. week 2	60 Total R	 eps wk 3 80	l) reps wk 4 4	 40 reps	
, ,	Week		Reps		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
		1								
		2								
		3								
		4								
*C3) C		•		on w		•		•	0 reps wk 4	•
	Week	Sets	Reps	ī	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
		1				1				
		2				1				
		3				-				
		4		1						

GAGLIONE STRENGTH									
		JIN EDUC			VATE	DOMINAT			
PO Day 3			/	Date	V-72 =				
A1) Strict High B	ar squ	at or B	elt S		 3x10, 1x15	」 wk 2 . 2x8, 1:	x12		
Wk 3 SSB squat	•			•	- ,	•			
Week		•		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1									
2	2								
3	3								
4	1								
B1) Leg Press w	k 1- 3x	10-12	wk	2- 2x 10-15	Paused Hac	k Squat Wk	3 4x8 Wk 4	2X8	
Week	Sets	Reps		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1									
2	2								
3	3								
4	1								
B2) Plank wk 1-3	3 x :20,	wk 2-	2x:2	5 wk 3-4 x :	20, wk 4- 1	x:25			
Week	Sets	Reps		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1	L								
2	2								
3	3								
4	!								
C1) Lying Leg Cu			Tota	l Reps, wk 2	- 60 Total R	eps wk 3-100	O Total Reps	, wk 4- 40 T	otal Reps
Week	Sets	Reps		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1	L								
2	2								
3	3								
4	ļ								
C2)Back Extensi			1 80	Total Rep w		•		os wk 4- 40	Total Rep
Week	Sets	Reps		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1	-								
2	?								
3	3								
4									
C3) Calf Raises v			Rep		•		•		•
Week	Sets	Reps		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1	-								
2									
3	3							1	

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G	AGL	_10	ON	ΙŒ	7		STA	ENG	STH	
200	100		EDUC				DOMINAT		2000	
P0	Day 4				Date					
A1) Ov	erhead Pr	ess or	steep	inclir	ne - wk 1-3x	10, 1x15 wk	2 . 2x8, 1x1	2		
Wk 3 S	eated Ove	erhead	l Press	or st	eep incline	5x8 Wk4 2x	k20-			
	Week	Sets	Reps	_	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	1									
	2									
	3									
	4									
B1) Bei				2- 2		y Rows wk 3				
	Week	Sets	Reps	1	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	1									
	2									
	3									
B3\ D116	4 اس hine w		Total] Pan i	uk 2- 60 Tot	L Cal Rep wk 3	100 Total P	ons wk 1-1	O Total Pon	
DZ) Pus	Week	Sets		rep (Set 1	.ai kep wk 5 [.]	-100 TOTAL N	eps wk 4-4 Set 4	Set 5	Set 6
	1		INC P3	1	5001	JCL 2		JC1 4		
	2									
	3									
	4			1						
C1) Rea	ar Delt Fly	- wk	1- 80 T	otal	Reps, wk 2-	60 Total Rep	os wk 3-100	Total Reps,	wk 4- 40 To	tal Reps
	Week	Sets	Reps		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	1									
	2									
	3									
	4									
C2) Sea) Tota	•	60 Total Re	•	•		•
	Week	Sets	Reps	1	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	1									
	2									
	3									
C3/ DB	•	ılı 1 0	O Tota	l Bon	c wk 3 60.	Total Bons w	uk 2 100 Tot	al Bone July	4 40 Total	Pons
COLDR	Week		Reps	пкер	Set 1	Total Reps w Set 2	Set 3	Set 4	Set 5	Set 6
	week 1	Je13	veha]	JEL I	J C l <u>Z</u>	Jet 3	JEL 4	J C (J	Jet 0
	2									
	3									
	3		L	1		ļ				

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GAG	000	SNIE				SEN	GTH	
	20	000		TATE				
	0,0	EDUCA		IVATE	DOMINA	AIE	0.0.0	
PO Day 1 A1) Def. Stiff Le	a Dood		Date	Chatch C	 tip Back Bull	مار کابیدا	uk 4 2v12	
AI) Del. Still Le	g Deau	- WK I 3X	5 WK Z- ZXIU) Shatch Gi	ip Nack Pull	WK 3 4X0- V	VK 4-2X12	
Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
:	1							
;	2							
•	3							
4	4							
B1) Strict Chin ι	-			•	ossible - Wk	c 1 20 Total	Reps Wk 2 2	5 total Reps
wk 3 30 total R	•		- 15 Reps Tot	al reps				
Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
:	1							
:	2							
3	3							
4	4							
C1) Barbell Curl			2- 2x15 Cab	le 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	3							
	4	Ļ	L	1				
C2) Low Cable F								
Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	1							
	2							
	3							
4	4	<u> </u>						
*D1) DB Curls -			•			•	•	
Week		Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	1							
	2							
	3		<u> </u>					
	4		1 100 7 : : :			104005	14/1 4 6 5	
*D2) Chin Grip				-	-		-	-
Week		Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	1							
	2		1	1				

000	000	00	EDUC	ΔΤΙ	E MC	TIVATE	DOMIN	ATE	0000	
P0	Day 2				Date					
A1) D	ecline Be	nch wk	1 4x8,	wk	2- 3x10 F	eet Up Wide	Grip Flat B	ench Week	3 5x8 Wk4 2	2x10
	Week	Sets	Reps		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
		1								
		2								
		3								
		4								
31)DB				2- 4		Incline Ben				
	Week	Sets	Reps	ı	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
		1								
		2								
		3								
)	D M	4		1. 4	2 0	-1-2 2 12	W// 2 FV/10	2.141-4.4-20		
32) D				K 1-		ek 2- 3 x 12,			Set 5	Sat 6
	Week	sets	Reps		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
		2								
		3								
		<u></u>								
C1) DI	B/BB Tric	TL ens - we	-ek 1- 8	1 30 Tc	tal Rens	week 2- 60	<u> </u>	<u> </u>	ntal Rens W	 k 4 30 rep
,	Week	•	Reps		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
		1								
		2								
		3								
		4								
'C2) S	Seated Sid	de Delt	Raise 1	- 80	Total Rep	s, week 2 60	Total Reps	wk 3 80 rep	s wk 4 40 re	ps
	Week	Sets	Reps		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
		1								
		2								
		3								
		4								
·C3)	•			0 to	•	wk 2 40 Tota	•	•	•	
	Week	Sets	Reps	1	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
		1								
		2								
		3								
		4	1							1

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0000	00	EDUC	ATE MO	DTIVATE	DOMINA	ATE /	0000	2
P0 Day 3			Date					
A1) Close Stanc			_	•	r Belt Squat	- wk 1-3x10), 1x15 wk 2	. 2x8, 1x12
Wk 3 Paused SS	•		•					
Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	1							
	2 3		-					
	<u></u>							
B1) Bulgarian S	TL plit Sau	at wk	ــــــــــا د 1- 3x 10-12	<u> </u>	5 Step Ups	<u> </u>	 /k	
Week		Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	1							
	2							
	3							
	4							
B2) Side Plank								
Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	1							
	² 3							
	<u>, </u>							
C1) Seated Leg	- ا Curl - ۱	vk 1- 80	L Total Reps.	wk 2- 60 Tot	tal Reps wk 3	 3-100 Total	I Reps. wk 4-	40 Total Reps
Week		Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	1							
	2							
	3							
	4				Щ.,,			
C2) Back Extens				•	•		•	•
Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	<u></u>							
	3							
	<u></u>							
C3) Seated Calf	Raises	wk 1- 8	O Total Rep	wk 2- 60 Tota	al Reps wk 3	-100 Total R	Leps, wk 4-4	 40 Total Reps
, Week		Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	1							
	2							
	3							
	4							

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G /	ΔGI		DN	ΙΞ			STR	ENG	STH	
00			EDUC		MOTI	VATE	DOMINAT		0000	
P0	Day 4				Date					
A1) Clo	-	ench-	wk 1-3	x10.	1x15 wk 2 .	2x8. 1x12				
	ncline Pre					,				
	Week	Sets	Reps		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	1									
	2									
	3									
	4	-								
B1) Yat	es or T-ba	ar Row	/s- wk 1	1 3x8	wk 2- 2x10	or DB//BB	Chest Supp	orted row w	vk 3 4x8- wk	4-2x12
	Week	Sets	Reps		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	1									
	2									
	3									
D2) DD	4) T l		1.2. CO.T.		400 Talal B		O Tabal Day	
B2) DB								-	10 Total Rep	C-+ C
	Week		Reps		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	1 2	-								
	3									
	Δ									
C1) Fac	7		L	l al Rer	ns wk 2- 60	Total Rens v	vk 3-100 To	tal Rens wi	∟ < 4- 40 Total	Rens
Cijiac	Week		Reps		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	1									
	2									
	3									
	4	-								
C2) Cab	le Curls	wk 1-	80 Tota	al Rep	wk 2- 60 T	otal Rep wk	3-100 Total	Reps wk 4-	40 Total Re	p
	Week	Sets	Reps		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	1									
	2									
	3									
>	4			_						
C3) Clos		•		rota	•		•	•	, wk 4- 40 T	•
	Week		Reps		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	1	<u> </u>								
	2									
	3 4									
	4									