



P0 Day 1 Date

A1) Beltless SSB Squat- wk 1-4x8 (high bar heels) 52.5 -57.5% wk 2- SSB 3x8(heels) 60-62.5%
 wk 3-Beltless Squat 5x8 (high bar heels) 52.5 -57.5% wk 4- Beltless Squat 2x8(high bar heels) 60-62.5%

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

A1) Long Pause 3ct Pause Duffalo - wk 1-4x8 52.5-57.5 % week 2- Duffalo 3x8 3 ct Pause 60-62.5%
 wk 3 Long Pause 3ct Benchn5x8 (high bar heels) 52.5 -57.5% wk 4- Paused Bench 2x8 60-62.5%

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

B2) Short Side Plank Clamshell week 1- 3 x 6, week 2- 2 x 8 week 3- 5 x 6, week 2- 2 x 8

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

C1) GHR or Back Ext. Wk 1 80 total Reps Wk 2 60 Total Reps80 Reps Wk 3 Wk4 20 reps

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

*C2) Standing Abduction - 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								

*C3) Band Pull Apart or Rear Delt - 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*

No belt this phase focus on form spine position and core strength
 If no special bars use straight bar



P0 Day 2 Date

B1) DB Squat wk 1 4x8 , wk 2- 3x8 Front Squat Week 3 5x5 50% Wk4 2x8 40%

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

B1)DB Palms IN BP 3 ct Paused wk 1- 5x 8 , wk 2- 4 x 10 Overhead Press Week 3 5x5 45% Wk 4 2x8 40%

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

B2) DB 1 Arm Row with Pause - 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) Rear Delt Raise - week 1- 60 Total Reps, week 2- 40 Total Reps week 3 60 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) Band Curls slow eccentric week 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) DB Neutral Deatstop Push Ups 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*

Wk 1 and Wk 2 goal is to ease you in slow to adjust for volume KB and DB only

Front Squat base % of squat training max

Overhead Press base % off bench training max

Leave 2-3 reps in tank all sets



P0 Day 3 Date

A1) Beltless Stiff bar DL opposite stance - wk 1-4x5 65-67.5 % wk 2 Stiff Bar DL Opp. 3x5 67.5-72.5%
 Wk 3 Beltless Deads 5x5 at 65-70% Wk4 Beltless deads 2x8 at 55%

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
11.2	1							
11.27	2							
12.4	3							
12.11	4							

B1) DB Belly Swing wk 1- 3x 8 wk 2- 2x 10 Wk 3 Double over RDL 50% 4X8 Wk 4 2X8 @45%

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 4:25 wk 4 2:20

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

C1) Two Arm Band Row w/ Pause - wk 1- 80 Total Reps wk 2- 60 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								

*C2) Sit Ups slow eccentric wk 1- 60 Total Reps , wk 2 40 Total Reps wk 3 wk 3 50 Reps wk 4 30 Reps

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

**C3) Reverse Lunge- wk 1- 60 Total Reps , wk 2 40 Total Reps wk 3 wk 3 50 Reps wk 4 30 Reps

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

Notes*

No belt this phase focus on spine position and core strength

Opposite stance means if you normally go sumo go conventional and vice versa



P0 Day 4 Date

A1) Wide Grip Feet Up Bench - wk 1-2x20-25 50% wk 2 . Wide Grip Bench 2x20-25 52.5%

Wk 3 Close Grip Bench Feet Up 3x18-25 at 45-50% Wk4 Close Grip Bench 1x20-25 at 55%

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

B1) DB Incline Press wk 1- 3x 8 wk 2- 2x 10 Wk 3 Incline Press 50% 4X8 Wk 4 2X8 @45%

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

B2)Barbell Chest Supported wk 1-3 x 20, wk 2- 2x25 wk 3-4 x 20, wk 2- 1x25

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

C1) Side Delt Raise - wk 1- 80 Total Reps, wk 2- 60 Total Reps wk 3-100 Total Reps, wk 2- 40 Total Reps

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

C2)Triceps Extension wk 1- 80 Total Reps, wk 2- 60 Total Reps wk 3-100 Total Reps, wk 2- 40 Total Reps

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

C3) Biceps Curls wk 1- 80 Total Reps, wk 2- 60 Total Reps wk 3-100 Total Reps, wk 2- 40 Total Reps

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

Notes*

For all barbell movement base % of training max for bench

Focus more like body builder and try to build muscle and increase time under tension

Don't go close to failure on this day.