



**P1 Day 1** Date

A1) SSB Squat- wk 1-3x5 1xAMAP (heels) 72.5 -77.5% wk 2- SSB 2x8 1xAMAP heels) 70-75%

Wk 3 5x5 Squat high bar 75-80% Wk 4 Reg Bar Sq 8RM comp stance go for PR OR 80% AMAP

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

A1) 3ct Pause Duffalo - wk 1-3x5 1xAMAP 72.5-77.5 % wk 2- Duffalo 2x8 1xAMAP 3 ct Pause 70-72.5%

Week 3 Long Pause Bench 5x5 3ct Paused 70-75% Week 4 Paused BB BP 8RM OR 80% AMAP then 1x10

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

C1) Short Side Plank Clamshell week 1- 3 x 6, week 2- 2 x 8 week 3 4x5 week 4 1x10

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

C2) GHR or Back Ext slow eccentric. - week 1- 3 x 8, week 2- 2 x 10, week 3 4x8, week 4 1x20

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

\*D1) Standing Abduction slow eccentric - week 1- 3x 15, week 2- 2 x 20 week 3 4x12 week 4 1x25

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

\*D2) Band Pull Apart or Rear Delt slow eccentric- wk 1- 3 x 15, wk 2- 2 x 20 wk 3 4x12 wk 4 1x25

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

Notes\*

Wk 1 If no special bars use a straight bar hit last set as many as possible with no misses or form breaks

Wk 2 If no special bars use a straight bar hit last set as many as possible with no misses or form breaks

Wk 3 Focus on getting quality work in leaving 2-3 reps in tank each set

Wk 4 Go for a new 8 RM Max or hit one set AMRAP with no misses!



**P1 Day 2** Date

B1) Tempo High Bar Heels Pause Squat wk 1 4x8 40%, wk 2- 3x8 45% wk 3 5x6 50% wk 4 2x8 45%

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
3-5 ct	1							
eccentr	2							
	3							
	4							

B1) Tempo CG Bench Paused wk 1- 5x 8 55%, wk 2- 4 x 6 60% wk 3 6x5 65% Wk 4 2x8 50%

Week	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
3-5 ct	1							
eccentr	2							
	3							
	4							

C1) DB Chest Supported Row Pause - week 1- 2 x 8, week 2- 3 x 12, week 3 4x10 week 4 1x20

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

C2) Two Way Delt Raise w/ Pause - week 1- 2 x 8, week 2- 3 x 12 week 3 4x6 week 4 1x10

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

\*D1) Band or Cable Curls slow eccentric week 1- 2 x 8, week 2- 3 x 10 week 3 4x8 week 4 1x20

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

\*D2) DB Flys slow eccentric week 1- 2 x 15, week 2- 3 x 12 week 3 4x10 Week 4 25

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

Notes\*

Focus on grooving your movement and muscles

Lower yourself with good form for a 3 to 5 count on the way down and explode up

Eccentric means lower slow



**P1 Day 3** Date

A1) Stiff bar DL opposite stance - wk 1-4x5 65-67.5 % week 2 Stiff Bar DL Opp. stance 3x5 67.5-72.5% week 3 5x5 speed stiff bar DL 70-75% week 4 Reverse Band Deads 6x3 speed 80%-85%

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

B1) Tempo RDL/ Stiff wk 1- 3x 8 60% wk 2- 2x 10 50% wk 3 4x8 60% wk wk 4 1x10 50%

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

B2) Side Plank Wk1 2x :20 Wk 2 1x:25 Wk 3 2x:20 Wk 4 1x :25

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

C2) DB Glute Bridge with 3ct Pause - week 1- 2 x 8, week 2- 3 x 12, week 3 4x10 week 4 1x20

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

\*D1) Sit Ups or Reverse Crunch slow eccentric week 1- 3 x 10 , week 2- 2 x 12 week 3 4x8 week 4 1x 12

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

\*\*D2) Goblet Reverse Lunge- week 1- 3 x 8, week 2- 2 x 12, week 3 4x6 week 4 1x15

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

Notes\*

Use stiff bar all weeks (no deadlift bar and if you compete USAPL use a harder barbell then comp)

Wk 1 Opposite stance means if you normally go sumo go conventional and vice versa

Wk 2 Opposite stance means if you normally go sumo go conventional and vice versa

Wk 3 Goal is good speed and form

Wk 4 Goal is to get around a 5RM weight in hands for top set



**P1 Day 4** Date

A1) Incline Press - wk 1-4x5 65-67.5 % week 2 Incline 3x5 67.5-72.5%  
 week 3 Incline Press 5x5 70-75% week 4 Incline 2x8 speed 60%-65%

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

B1) Overhead Press wk 1- 3x 8 40% wk 2- 2x 10 40% wk 3 4x8 45% wk wk 4 1x10 40%

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

B2) Pendlay Barbell Rows wk 1-4 x 8, 55% wk 2- 3x 12 45% Wk 3 5x10 50% Wk 4 2x12 45%

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

C1) Triceps Push Down slow eccentric - week 1- 2 x 8, week 2- 3 x 12, week 3 4x10 week 4 1x20

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

C2) One Arm DB Row with 3ct Pause - week 1- 2 x 8, week 2- 3 x 12, week 3 4x10 week 4 1x20

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

C3) DB Curls week 1- 2 x 8, week 2- 3 x 12, week 3 4x10 week 4 1x20

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.