



PL/FL/SP

BB/DB

P2 Day 3 Date

A1) SSB Heels Squat - wk 1-5RM 87% AMAP wk 2 DE DL w/ chains 5x3 60%, 3x2 70%
 wk 3 SSB 2x3 1xAMAP 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								

B1) Hi Bar Paused Squat Heels wk 3x6 60% wk 2- 2x8 55% wk 3 4x5 65% wk 4 1x8 50%

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

C1)BB/KB 3ct Pendaly Row wk 1-4 x 8, 40% wk 2- 3 x 12 30% Wk 3 5x10 35% Wk 4 1x12 30%

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

C2) KB Goblet Squat- week 1- 3 x 8, week 2- 2 x 12, week 3 4x6 week 4 1x15

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

*D1) Dead Bugs Slow or HLR week 1- 3 x 10 , week 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
1						
2						
3						
4						

**D2) Band/Cable Pull Down.Row or Pull Ups - wk 1- 2 x 8, wk 2- 3 x 12, week 3 4x10 wk 4 1x20/Max

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

Notes*



P2 Day 2 Date

A1) Duffalo 3ct Pause BP- wk 1-5x5 75-80% wk 2- Duffalo 8x3 DE work w/ chains 55, 60, 65,70 %
 Wk 3 3x5 3 Ct Sling Shot or Reverse Mini 85-90% Wk 4 5RM Paused Bench go for PR 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								
4								

B1) BB/DB Low 3ct SS/TwoBoard wk 1- 4x 8 70 % week 2- 3 x 6 80% wk 3 5x5 85% Wk 4 2x10 65%

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

C1) 1 Arm Dead Stop KB Row w/ 3ct Pause - week 1- 2 x 8, week 2- 3 x 12, week 3 4x10 week 4 1x20

We Sets Reps	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	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 Triceps or Cable or Spud week 1- 2 x 15, week 2- 3 x 12 week 3 4x10 Week 4 1x20

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

Notes*





P2 Day 1 Date

A1) Box Squat- week 1 8x2 70-75% week 2- DE Box Squats w/ Chains 6x3 60% , 2x2 70%

Wk 3 5x2 versus chains 60-70% 70% Wk 4 3 singles 85% box squat

We Sets Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1								
2								
3								
4								

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

C1) SB Body Saw week 1- 3 x 6, week 2- 2 x 8 week 3 4x5 week 4 1x10

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

C2) DB Glute Bridge with Pause- week 1- 3 x 10, week 2- 2 x 12, 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						

*D1) Hip Circle Side Steps - week 1- 3x 15, week 2- 2 x 20 week 3 4x12 week 4 1x25

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

*D2) Band Rear Delt or Face Pull - week 1- 3 x 15, week 2- 2 x 20 week 3 4x12 week 4 1x25

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

Notes*



P2 Day 4 Date

B1) Snatch Grip Deadlift in Heels wk 1- 3x 6 55% wk 2- 2x 8 50% wk 3 4x5 60% wk 4 1x8 50%

		We	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
use straps	1									
	2									
	3									
	4									

C1) Close Grip Bench 1- 3 x 6, week 2- 2 x 8 week 3 4x5 week 4 1x10

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

C2) DB Bench- week 1- 3 x 10, week 2- 2 x 12, 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									

*D1) Triceps - week 1- 3x 15, week 2- 2 x 20 week 3 4x12 week 4 1x25

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

*D2) Band Rear Delt or Face Pull - week 1- 3 x 15, week 2- 2 x 20 week 3 4x12 week 4 1x25

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

Notes*