



PL/FL/SP

BB/DB

P3 Day 3 Date (advanced can use bands on speed days)

A1) SSB Squat - week 1-3RM 93% go for PR week 2 Sumo Dead w/ chains 5x3 60% , 3x2 70%
 week 3 SSB Reverse Band Dead Max Triple 100% wk 4 Sumo Dead with chains 6x2 65% , 2x1 75%

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

B1) 3ct Pause Squat week 3x6 55% week 2- 2x8 50% week 3 4x5 60% week 4 1x8 50%

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

C1) BB Seal Rows wk 1-3 x 8 55%, wk 2- 2 x 12 45% Wk 3 4x10 50% Wk 4 1x12 40%

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

C2) Meadow Row slow eccentric - 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						

*D1) Suit Case Holds week 1- 3 x :15 , week 2- 2 x :20 per side week 3 4x:15 week 4 1x :25

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

**D2) Single Leg Glute Bridge 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						

Notes*



P3 Day 2 Date

A1) Bench Long Pause 3ct Pause - week 1-5x3 82-87% week 2- 8x3 vs chains 55-60%
 Wk 3 Bench with Chains 5x3 65% 3x2 70,75,80% Wk 4 3RM comp pause 90-93% go for PR

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 3ct Pause Low Spotto week 1- 2x 8, week 2- 3 x 6 week 3 4x5 Week 4 2x10

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

C1) Chin Up or Band/Cable Pull Down/Row - 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) Dlb FB/DB OHP - 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) Seated 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) DB/KB Floor Dead Stop Triceps 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*



P3 Day 1 **Date**

A1) Squat-5x2 versus bands 60-70% week 2-DE 8x2 Box Squat w/ Chains Speed 55-65%
 Wk 3 Speed Box Squat with Bands 5x3 65% 3x2 70,75, 80% Wk 4 Box Squat 3 singles 90%

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

C1) SB Pike 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) Back Ext. /GHR with Pause- 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								

*D1) Hip Circle Seated Abduction/Ext. Rot. 3ct pause - wk 1- 3x 8, wk 2- 2 x 10 wk 3 4x8 wk 4 1x12

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

*D2) FB Bat Wing Holds - week 1- 3 x :25, week 2- 2 x :30 week 3 4x:20 week 4 1x:35

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

Notes*



P3 Day 1 **Date**

B1) Sumo Stiff Legs wk 1- 3x 6, 65% wk 2- 2x 8 60% wk 3 4x5 70% wk wk 4 1x8 55%

		We	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
use straps	1	<input type="text"/>	<input type="text"/>	<input type="text"/>	365					
	2	<input type="text"/>	<input type="text"/>	<input type="text"/>	315					
	3	<input type="text"/>	<input type="text"/>	<input type="text"/>	405					
	4	<input type="text"/>	<input type="text"/>	<input type="text"/>	315					

B1) Wide Grip Bench 1- 3x 6, 65% wk 2- 2x 8 60% wk 3 4x5 70% wk wk 4 1x8 55%

		We	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
use straps	1	<input type="text"/>	<input type="text"/>	<input type="text"/>						
	2	<input type="text"/>	<input type="text"/>	<input type="text"/>						
	3	<input type="text"/>	<input type="text"/>	<input type="text"/>						
	4	<input type="text"/>	<input type="text"/>	<input type="text"/>						

C1) DBE 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	<input type="text"/>	<input type="text"/>	<input type="text"/>						
	2	<input type="text"/>	<input type="text"/>	<input type="text"/>						
	3	<input type="text"/>	<input type="text"/>	<input type="text"/>						
	4	<input type="text"/>	<input type="text"/>	<input type="text"/>						

C2) trices 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	<input type="text"/>	<input type="text"/>	<input type="text"/>						
	2	<input type="text"/>	<input type="text"/>	<input type="text"/>						
	3	<input type="text"/>	<input type="text"/>	<input type="text"/>						
	4	<input type="text"/>	<input type="text"/>	<input type="text"/>						

*D1)arms - wk 1- 3x 8, wk 2- 2 x 10 wk 3 4x8 wk 4 1x12

		We	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	1	<input type="text"/>	<input type="text"/>	<input type="text"/>						
	2	<input type="text"/>	<input type="text"/>	<input type="text"/>						
	3	<input type="text"/>	<input type="text"/>	<input type="text"/>						
	4	<input type="text"/>	<input type="text"/>	<input type="text"/>						

*D2) FB Bat Wing Holds - week 1- 3 x :25, week 2- 2 x :30 week 3 4x:20 week 4 1x:35

		We	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	1	<input type="text"/>	<input type="text"/>	<input type="text"/>						
	2	<input type="text"/>	<input type="text"/>	<input type="text"/>						
	3	<input type="text"/>	<input type="text"/>	<input type="text"/>						
	4	<input type="text"/>	<input type="text"/>	<input type="text"/>						