00	00000	EDUCATE	MO	TIVATE	DON	MINATE	0.00	00	BB/DB	
Р3	Day 3	Date			(advanc	ced can us	e bands oi	n speed da	ays)	
A1) SS	B Squat - weel	k 1-3RM 93%	go for PR	week 2 Su	ımo Dead	d w/ chain	s 5x3 60%	6,3x2 70)%	
week 3 SSB Reverse Band Dead Max Triple 100% wk 4 Sumo Dead with chains 6x2 65%, 2x1 75%										
	We Sets Rep	s Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	
	1									
	2									
	3									
	4									
B1) 3c	t Pause Squat v	week 3x6 55%	week 2-	2x8 50%	week 3 4	x5 60% we	ek 4 1x8 !	50%	•	
	We Sets Rep	s 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% V	Vk 3 4x10	50% Wk	4 1x12 409	%		
	We Sets Rep	s Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	_		
	1									
	2									
	3	ļ <u> </u>								
	4									
C2) M	eadow Row slo							ek 4 1x20		
	We Sets Rep	s Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	7		
	1		1		1					
	2	┥			<u> </u>			_		
	3	┥								
*54\6	4		<u> </u>	2 2 20			45			
*D1) S	uit Case Holds				-			4 1x :25		
	We Sets Rep	s Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	7		
	1	<u> </u>								
	3	┨	+		+					
	4	┪	+		+		+			
**D2\	FLISingle Leg Glut	L Rridge wee	 	week 2- 3	 v 12 w		<u> </u> week /1 1v	_ ∕15		
DZ)	We Sets Rep	•	Set 2	Set 3	Set 4	Set 5	Set 6	.13		
	1	3 <u>3et 1</u>	Jet 2	1	 	1	1	1		
	2	 								
	3	-	1		+		+			
	4		1		+		+	-		
Notes'		J	1					_		

000	000	O OEC	DUCATE	MO	TIVATE	DOM	MINATE	200	000	7
Р3	Day 2		Date		\neg					
A1) Bei	-	Pause 3c	t Pause -	week 1-5	ユ 5x3 82-87%	6 week 2	- 8x3 vs ch	nains 55-6	0%	
Wk 3 B	ench with	Chains	5x3 65%	3x2 70,75	5,80% Wk	4 3RM co	omp 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,			-		x 8, week 2				2x10	
	We Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	_	
	1								4	
	2								4	
	3								-	
C1) Chi	in Un or B	 and/Cah	L Pull Do	l wn/Row	- week 1-	2 v 8 w/	ek 2- 3 v	 12 week	 3 /\v10 we	oek /1 1v20
CI) CIII	We Sets		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	2 4×10 WC	.CR 4 1X20
	1			1	1	1	1	1	7	
	2			1					7	
	3								7	
	4								7	
C2) DIb	FB/DB O	HP - wee	k 1- 2 x 8	, week 2-	3 x 12 we	ek 3 4x6	week 4 1x	(10	_	
	We Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6		
	1									
	2								4	
	3								4	
*54\6	4		L	1 1 2		2 2 42				
*D1) Se					x 8, week				1 1x20	
	We Sets	Keps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	7	
	1			1					\dashv	
	3								-	
	4			+					\dashv	
*D2) D	•	r Dead S	top Trice	ns week	1- 2 x 15, \	л week 2- 3	3 x 12 wee	k 3 4x10 \	∟ Neek 4 1x	20
,	We Sets		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6		
	1									
	2									
	3									
	4								7	

Notes*

P3 Day 1 A1) Squat-5x2 w Wk 3 Speed Box									
We Sets	-	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1									
2									
3								 	
4									
C1) SB Pike wee	k1 2 v 6	wook 2	2 v 9 woo	ak 2 AvE v	100k / 1v	ın			
We Sets		, week 2- Set 1	Set 2	Set 3	Set 4	Set 5	Set 6		
1				1	1	1	1	7	
2								1	
3								1	
4									
C2) Back Ext. /G		Pause- w	eek 1- 3 x	15, week	2- 2 x 20,	week 3 4	x12, week	4 1x25	
We Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	_	
1								_	
2								4	
3			-		-			4	
4			Tyt Dot 3	Oct nauca)) v 10 v/k 1] 2. 4×8 ×4k /	1 1 1 1 2
*D1) Hip Cirlce S We Sets		Set 1	Set 2	Set 3	- wk 1- 5x Set 4	Set 5	Set 6	3 4XO WK 4	+ 1X1Z
1	T T			1		1		٦	
2								1	
3								7	
4								1	
*D2) FB Bat Wir	ng Holds -	week 1-	3 x :25, w	eek 2- 2 x	:30 week	3 4x:20 w	reek 4 1x:3	35	
We Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	<u></u>	
1								_	
2								_	
3	\square			1				1	
4								_	
Notes*									



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 365	Р3	Day 1	Date					
We Sets Reps Set 1 Set 2 Set 3 Set 4 Set 5 Set 6	B1) Sun	no Stiff Legs wk 1-	3x 6, 65%	wk 2- 2x	8 60% wl	< 3 4x5 70	% wk wk	4 1x8 55%
Straps 2 315 405 315 315 315 315 315 315 315 315 315 31		_						
3	use	1	365					
## Sets Reps Set 1 Set 2 Set 3 Set 4 Set 5 Set 6 ## Sets Reps Set 1 Set 2 Set 3 Set 4 Set 5 Set 6 ## Sets Reps Set 1 Set 2 Set 3 Set 4 Set 5 Set 6 ## Set 5 Set 6 ## Set 6 Set 6 Set 6 Set 6 ## Set 8 Set 1 Set 2 Set 3 Set 4 Set 5 Set 6 ## Set 8 Set 1 Set 2 Set 3 Set 4 Set 5 Set 6 ## Set 8 Set 1 Set 2 Set 3 Set 4 Set 5 Set 6 ## Set 9 Set 1 Set 2 Set 3 Set 4 Set 5 Set 6 ## Set 8 Set 1 Set 2 Set 3 Set 4 Set 5 Set 6 ## Set 9 Set 1 Set 2 Set 3 Set 4 Set 5 Set 6	straps	2	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 1		3	405					
We Sets Reps Set 1 Set 2 Set 3 Set 4 Set 5 Set 6 use straps 1 <		•						
Straps 2	B1) Wic	•			60% wk	3 4x5 70%	6 wk wk 4	1x8 55%
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		We Sets Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
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	use	1						
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	straps							
C1) DBE Bench 1- 3 x 6, week 2- 2 x 8 week 3 4x5 week 4 1x10 We Sets Reps								
We Sets Reps Set 1 Set 2 Set 3 Set 4 Set 5 Set 6 1 2 3 4		4						
We Sets Reps Set 1 Set 2 Set 3 Set 4 Set 5 Set 6 1 2 3 4	24) 555							
1	C1) DBE							
2			Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
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		-⊢-						
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		———						
C2) trices week 1- 3 x 15, week 2- 2 x 20, week 3 4x12, week 4 1x25 We Sets Reps		 						
We Sets Reps Set 1 Set 2 Set 3 Set 4 Set 5 Set 6 1 2 3 4 3 4 3 4 3 4 3 4 3 4 3 4 3 4	(2) tric	•		 	ok 2 4v12		 	
*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	CZ) trice							Sat 6
*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		. —	36(1	Jetz	3613	<u> 3eι 4</u>	Set 5	Set 6
*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		-						
*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								
*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		_ 						
We Sets Reps Set 1 Set 2 Set 3 Set 4 Set 5 Set 6 1 2 1	*D1\arr	·	(2- 2 v 10	wk 3 /1v8	<u> </u> wk /l 1 v 1 1	<u> </u>		
1 2	Dijan	·					Set 5	Set 6
2								
		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		2						
3		3						
4		4						