



PL/FL/SP

BB/DB

P4 Day 3 Date

A1) s week 1 SSB Anderson Squat 3x1 week 2-Anderson SSB 6x1 with chains 50, 60, 70, 80%

Wk 3 Speed SSB Squats with chains 5x3 60% 2x2 70%, 80% Wk 4 Speed SSB Squats with chains 8x2 50%

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/KB 1ct Pause Squat wk 3x6 55% wk 2- 2x5 65% wk 3 2x5 60% wk 4 1x5 50%

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

C1) Goblet Squat wk 1-3 x 8 65%, wk 2- 2 x 12 55% Wk 3 2x10 70% Wk 4 1x12 50%

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

C2)Band/TRX Rows Holds - week 1- 2 x :30, week 2- 3 x :40, week 3 2x:35 week 4 1x:60

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

C3) Hanging Knee Raise with 3 ct pause week 1- 3 x 10 , week 2- 2 x 12 per side week 3 2x8 week 4 1x10

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

Notes\*



P4 Day 2 Date

A1) Bench- week 1 6x3 with chains 50, 60, 70, 80 2-Sling Shot 3RM 100%  
 Wk 3 Test Go for PR Wk 4 Opener or last warm up around 3RMx1

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 Wide Grip or Close wk 1- 2x 8 60% wk 2- 3 x 6 65% wk 3 2x5 60% Week 4 1x5 50%

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

C1) Chest Supported Row with 5 ct Pause - week 1- 2 x 8, week 2- 3 x 12, week 3 2x10 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 slow 5 ct eccentric - week 1- 3 x 8, week 2- 3 x 12 week 3 2x6 week 4 1x10

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

\*C3) Band/ Cable Triceps with 3ct pause week 1- 3 x 15, week 2- 3 x 12 week 3 2x10 Week 4 1x20

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

Notes\*



P4 Day 1 Date

A1) Squat- wk Box Sq1 6x2 with bands ,60,70,80 week 2- 90% single then reverse band goal weigh  
 Wk 3 Box squat versus band 5x2 75% Wk 4 Test New 1RM

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

B1) BB/KB Seal Row 3x 6 55% wk 2- 2x 5 65% wk 3 2x5 60% wk 4 1x5 50%

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

C1) Plank or KB Belly Breath Press Out week 1- 3 x :20 , week 2- 2 x :30 week 3 2x:30 week 4 1x:30

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

C2) GHR/Back Raise with 5 second eccentric - week 1- 3 x 15, week 2- 2 x 12, week 3 2x8, week 4 1x10

	We	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
USE	1								
Both	2								
GHRs	3								
	4								

C3) Hip Circle Wall Squat with 3ct pause- week 1- 3x 8, week 2- 2 x 10 week 3 2x8 week 4 1x12

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

Notes\*