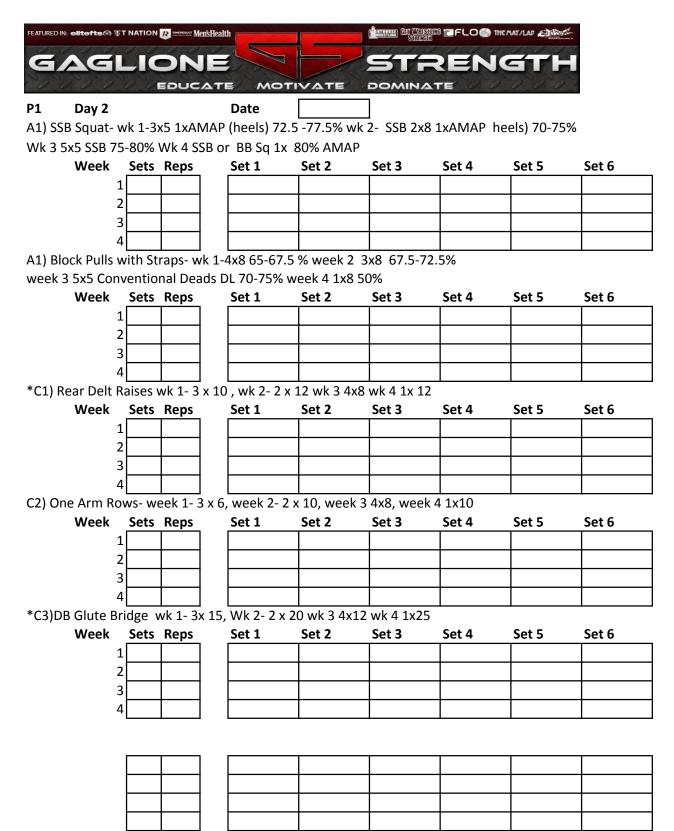
							BEILINE BEILERE TECHATILAP				
G/	AG	LIC	DN				STR	ENG	атн	PL/FL/SP	
00	0.0	0.0	EDUC	AT	MOTI	VATE	DOMINAT		0.0.0	BB/DB	
P1	Day 1				Date						
A1) 3ct Pause OHP - wk 1-3x5 1xAMAP 72.5-77.5 % wk 2- Bench 2x5 1xAMAP 3 ct Pause 75-80% Week 3 Pause OHP 5x5 3ct Paused 77.5-82.5% Week 4 OHP BB BP 5RM OR 87% AMAP											
Week 3				ause							
	Week		Reps		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	
		1									
		2									
		3									
B1) CG	Eloor F	·	t Pause	d Fo	et In wk 1.	<u> </u> - 5v & 55% ע	 NK 2- 1 X 6 6	 0% wk 3 6x	I 5 65% Wk 4	2x8 50%	
	Week		Reps	Jure	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	
3-5 ct		1									
eccent	r	2									
		3									
		4									
C1) DB Bench Feet Up - 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)wo	•			ise -			3 x 12 week				
	Week		Reps		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	
		1									
		2									
		3									
*(2) (-	abla Triv	·	$k_1 2$	V 15	wook 2 2 y	(12 wook 2	4x10 Week	4 1 1 2 0			
C5) C6	Week	•	Reps	х 13,	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	
	VVCCK	1	iveh?								
		2									
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Notes*

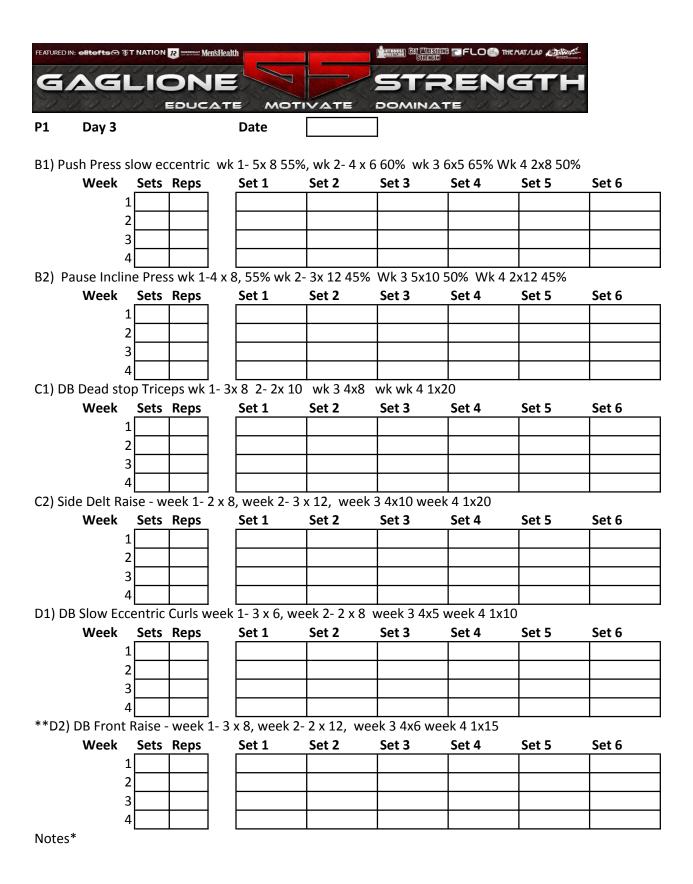
OHP= overhead press press. Pause at the start



Notes*

This day is assuming you aren't dong any other lower body work

If you have access to a SSB we recommend is as it will limit stress on shoudlers while trying to improve OHP press strength. You can use a straight bar or other variation if desired or don't have access to a SSB



FEATURED IN:	elitefts 🕀 🕉 T N		e owerenesses MenisHe	ealth	(" MEISTINE STRINGT								
G	AGL		DNE			STA	ENG	атн					
200	1000	00	DUCA	TE MOT	VATE	DOMINAT	and cine	0001					
P1	Day 4			Date]							
						1							
A1)Pen	A1)Pendlay Row 3 ct 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												
eccent													
	3												
12) Ch	4 All All All All All All All All All All	tod T	Bar Bow	with Dauco w	k 1 4 v 9 vu	 2 2 1 1 1		N/L 1 2v12					
A2) Chest Supported T Bar Row with Pause wk 1-4 x 8, wk 2- 3x 12 Wk 3 5x10 Wk 4 2x12 Week Sets Reps Set 1 Set 2 Set 3 Set 4 Set 5 Set 6													
	1												
	2												
	3												
	4												
B1) Lat	Pulls Down	ns or l	Pull Ups	wk 1- 3x 8 wł	< 2- 2x 10 w	/k 3 4x8 wk	wk 4 1x10	•					
	Week S	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6				
	1												
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C1) De	-			8, week 2-3				Cot C	Set C				
	1	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6				
	2												
	3												
	4												
C2) Sho	ort Side Pla	nk Cla	amshell v	week 1- 3 x 6,	week 2- 2 x	8 week 3 4	x5 week 4 1	x10					
	Week S	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6				
	1												
	2												
	3												
	4												
**C3) Goblet Revserse 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													
	. Г	Sets	керѕ	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6				
	12												
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