



PL/FL/SP

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

B1) CG Floor Press 3 ct Paused Feet Up 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
1								
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 Way Delt Raise w/ Pause - week 1- 2 x 8, week 2- 3 x 12 week 3 4x6 week 4 1x10

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

\*C3) Cable Triceps week 1- 2 x 15, 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								

Notes\*

OHP= overhead press press. Pause at the start



**P1 Day 2** Date

A1) SSB Squat- wk 1-3x5 1xAMAP (heels) 72.5 -77.5% wk 2- SSB 2x8 1xAMAP heels) 70-75%  
 Wk 3 5x5 SSB 75-80% Wk 4 SSB or BB Sq 1x 80% AMAP

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

A1) Block Pulls with Straps- wk 1-4x8 65-67.5 % week 2 3x8 67.5-72.5%  
 week 3 5x5 Conventional Deads DL 70-75% week 4 1x8 50%

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

\*C1) Rear Delt Raises wk 1- 3 x 10 , wk 2- 2 x 12 wk 3 4x8 wk 4 1x 12

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

C2) One Arm Rows- week 1- 3 x 6, week 2- 2 x 10, week 3 4x8, week 4 1x10

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

\*C3)DB Glute Bridge wk 1- 3x 15, Wk 2- 2 x 20 wk 3 4x12 wk 4 1x25

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


**Notes\***

This day is assuming you aren't doing any other lower body work  
 If you have access to a SSB we recommend it as it will limit stress on shoulders 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



P1 Day 3 Date

B1) Push Press slow eccentric 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
1								
2								
3								
4								

B2) Pause Incline Press wk 1-4 x 8, 55% wk 2- 3x 12 45% Wk 3 5x10 50% Wk 4 2x12 45%

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

C1) DB Dead stop Triceps wk 1- 3x 8 2- 2x 10 wk 3 4x8 wk wk 4 1x20

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

C2) Side Delt Raise - 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								

D1) DB Slow Eccentric Curls week 1- 3 x 6, week 2- 2 x 8 week 3 4x5 week 4 1x10

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

\*\*D2) DB Front Raise - 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
1								
2								
3								
4								

Notes\*



P1 Day 4 Date

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							
eccentr	2							
	3							
	4							

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 Downs or Pull Ups wk 1- 3x 8 wk 2- 2x 10 wk 3 4x8 wk wk 4 1x10

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

C1) Decline Sit Ups - 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) Short Side Plank Clamshell week 1- 3 x 6, week 2- 2 x 8 week 3 4x5 week 4 1x10

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

\*\*C3) Goblet Reverse 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
	1							
	2							
	3							
	4							

Notes\*