



PL/FL/SP

BB/DB

P4 Day 1 Date

A1) Push Press- week 1 6x2 work up every two sets ,60,70,80 week 2- 4x3 at 87-92% OHP
 Wk 3 5 singles at 90-95% Go Wk 4 deload or TEST 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) 3ct at top Close Grip Three Board wk 1- 2x 8 60% wk 2- 3 x 6 65% wk 3 2x5 60%

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

C1) Cable Triceps 5 ct Pause - week 1- 2 x 8, week 2- 3 x 12, week 3 2x10

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

C2) DB Incline Press- 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 Pull Apart or Rear Delt week 1- 3 x 15, week 2- 3 x 12 week 3 2x10

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

Notes*