Ogus 7/5/3
Mayhem

	Weight	Reps	1RM	90%
OHP	75	5	85	75
Deadlift	250	5	280	250
Bench	120	5	135	120
Squat	170	5	190	170

Increment/Cycle

OHP	5	<---- 5 for male, 2.5 for female
Deadlift	10	<---- 10 for male, 5 for female
Bench	5	<---- 5 for male, 2.5 for female
Squat	10	<---- 10 for male, 5 for female

Rounding

5	<--- Don't change this

MesoCycle 1

Microcycle 1	Percentage	Weight	Sets	Reps
Deadlift	75%	187.5	5	7
OHP	80%	60	7	5
Squat	70%	119	6	6
Bench	85%	102	10	3

Microcycle 2	Percentage	Weight	Sets	Reps
Deadlift	80%	200	7	5
OHP	70%	52.5	6	6
Squat	85%	144.5	10	3
Bench	75%	90	5	7

Microcycle 3	Percentage	Weight	Sets	Reps
Deadlift	70%	175	6	6
OHP	85%	63.75	10	3
Squat	75%	127.5	5	7
Bench	80%	96	7	5

Microcycle 4	Percentage	Weight	Sets	Reps
Deadlift	85%	212.5	10	3
OHP	75%	56.25	5	7
Squat	80%	136	7	5
Bench	70%	84	6	6

Deload Week

Deadlift	60%	150	3 to 5	5
OHP	60%	45	3 to 5	5
Squat	60%	102	3 to 5	5
Bench	60%	72	3 to 5	5

Mesocycle 2

Microcycle 1	Percentage	Weight	Sets	Reps
Deadlift	75%	195	5	7
OHP	80%	64	7	5
Squat	70%	126	6	6
Bench	85%	106.25	10	3

Microcycle 2	Percentage	Weight	Sets	Reps
Deadlift	80%	208	7	5
OHP	70%	56	6	6
Squat	85%	153	10	3
Bench	75%	93.75	5	7

Microcycle 3	Percentage	Weight	Sets	Reps
Deadlift	70%	182	6	6
OHP	85%	68	10	3
Squat	75%	135	5	7
Bench	80%	100	7	5

Microcycle 4	Percentage	Weight	Sets	Reps
Deadlift	85%	221	10	3
OHP	75%	60	5	7
Squat	80%	144	7	5
Bench	70%	87.5	6	6

Deload
Deadlift
OHP
Squat
Bench

Mesocycle 3

Microcycle 1	Percentage	Weight	Sets	Reps
Deadlift	75%	202.5	5	7
OHP	80%	68	7	5
Squat	70%	133	6	6
Bench	85%	110.5	10	3

Microcycle 2	Percentage	Weight	Sets	Reps
Deadlift	80%	216	7	5

OHP	70%	59.5	6	6
Squat	85%	161.5	10	3
Bench	75%	97.5	5	7

Microcycle 3	Percentage	Weight	Sets	Reps
Deadlift	70%	189	6	6
OHP	85%	72.25	10	3
Squat	75%	142.5	5	7
Bench	80%	104	7	5

Microcycle 4	Percentage	Weight	Sets	Reps
Deadlift	85%	229.5	10	3
OHP	75%	63.75	5	7
Squat	80%	152	7	5
Bench	70%	91	6	6

Deload
Deadlift
OHP
Squat
Bench

Mesocycle 4

Microcycle 1	Percentage	Weight	Sets	Reps
Deadlift	75%	210	5	7
OHP	80%	72	7	5
Squat	70%	140	6	6
Bench	85%	114.75	10	3

Microcycle 2	Percentage	Weight	Sets	Reps
Deadlift	80%	224	7	5
OHP	70%	63	6	6
Squat	85%	170	10	3
Bench	75%	101.25	5	7

Microcycle 3	Percentage	Weight	Sets	Reps
Deadlift	70%	196	6	6
OHP	85%	76.5	10	3
Squat	75%	150	5	7
Bench	80%	108	7	5

Microcycle 4	Percentage	Weight	Sets	Reps
Deadlift	85%	238	10	3
OHP	75%	67.5	5	7
Squat	80%	160	7	5
Bench	70%	94.5	6	6

Deload
Deadlift
OHP
Squat
Bench

Mesocycle 5

Microcycle 1	Percentage	Weight	Sets	Reps
Deadlift	75%	217.5	5	7
OHP	80%	76	7	5
Squat	70%	147	6	6
Bench	85%	119	10	3

Microcycle 2	Percentage	Weight	Sets	Reps
Deadlift	80%	232	7	5
OHP	70%	66.5	6	6
Squat	85%	178.5	10	3
Bench	75%	105	5	7

Microcycle 3	Percentage	Weight	Sets	Reps
Deadlift	70%	203	6	6
OHP	85%	80.75	10	3
Squat	75%	157.5	5	7
Bench	80%	112	7	5

Microcycle 4	Percentage	Weight	Sets	Reps
Deadlift	85%	246.5	10	3
OHP	75%	71.25	5	7
Squat	80%	168	7	5
Bench	70%	98	6	6

Deload
Deadlift
OHP
Squat
Bench

Mesocycle 6

Microcycle 1	Percentage	Weight	Sets	Reps
Deadlift	75%	225	5	7
OHP	80%	80	7	5
Squat	70%	154	6	6
Bench	85%	123.25	10	3

Microcycle 2	Percentage	Weight	Sets	Reps
Deadlift	80%	240	7	5
OHP	70%	70	6	6
Squat	85%	187	10	3
Bench	75%	108.75	5	7

Microcycle 3	Percentage	Weight	Sets	Reps
Deadlift	70%	210	6	6
OHP	85%	85	10	3
Squat	75%	165	5	7

Bench	80%	116	7	5

Microcycle 4	Percentage	Weight	Sets	Reps
Deadlift	85%	255	10	3
OHP	75%	75	5	7
Squat	80%	176	7	5
Bench	70%	101.5	6	6

Deload
Deadlift
OHP
Squat
Bench

Mesocycle 7

Microcycle 1	Percentage	Weight	Sets	Reps
Deadlift	75%	232.5	5	7
OHP	80%	84	7	5
Squat	70%	161	6	6
Bench	85%	127.5	10	3

Microcycle 2	Percentage	Weight	Sets	Reps
Deadlift	80%	248	7	5
OHP	70%	73.5	6	6
Squat	85%	195.5	10	3
Bench	75%	112.5	5	7

Microcycle 3	Percentage	Weight	Sets	Reps
Deadlift	70%	217	6	6
OHP	85%	89.25	10	3
Squat	75%	172.5	5	7
Bench	80%	120	7	5

Microcycle 4	Percentage	Weight	Sets	Reps
Deadlift	85%	263.5	10	3
OHP	75%	78.75	5	7
Squat	80%	184	7	5
Bench	70%	105	6	6

Deload
Deadlift
OHP
Squat
Bench

Mesocycle 8

Microcycle 1	Percentage	Weight	Sets	Reps
Deadlift	75%	240	5	7
OHP	80%	88	7	5
Squat	70%	168	6	6
Bench	85%	131.75	10	3

Microcycle 2	Percentage	Weight	Sets	Reps

Deadlift	80%	256	7	5
OHP	70%	77	6	6
Squat	85%	204	10	3
Bench	75%	116.25	5	7

Microcycle 3	Percentage	Weight	Sets	Reps
Deadlift	70%	224	6	6
OHP	85%	93.5	10	3
Squat	75%	180	5	7
Bench	80%	124	7	5

Microcycle 4	Percentage	Weight	Sets	Reps
Deadlift	85%	272	10	3
OHP	75%	82.5	5	7
Squat	80%	192	7	5
Bench	70%	108.5	6	6

Deload
Deadlift
OHP
Squat
Bench

Mesocycle 9

Microcycle 1	Percentage	Weight	Sets	Reps
Deadlift	75%	247.5	5	7
OHP	80%	92	7	5
Squat	70%	175	6	6
Bench	85%	136	10	3

Microcycle 2	Percentage	Weight	Sets	Reps
Deadlift	80%	264	7	5
OHP	70%	80.5	6	6
Squat	85%	212.5	10	3
Bench	75%	120	5	7

Microcycle 3	Percentage	Weight	Sets	Reps
Deadlift	70%	231	6	6
OHP	85%	97.75	10	3
Squat	75%	187.5	5	7
Bench	80%	128	7	5

Microcycle 4	Percentage	Weight	Sets	Reps
Deadlift	85%	280.5	10	3
OHP	75%	86.25	5	7
Squat	80%	200	7	5
Bench	70%	112	6	6

Deload
Deadlift
OHP
Squat
Bench

Mesocycle 10

Microcycle 1	Percentage	Weight	Sets	Reps
Deadlift	75%	255	5	7
OHP	80%	96	7	5
Squat	70%	182	6	6
Bench	85%	140.25	10	3

Microcycle 2	Percentage	Weight	Sets	Reps
Deadlift	80%	272	7	5
OHP	70%	84	6	6
Squat	85%	221	10	3
Bench	75%	123.75	5	7

Microcycle 3	Percentage	Weight	Sets	Reps
Deadlift	70%	238	6	6
OHP	85%	102	10	3
Squat	75%	195	5	7
Bench	80%	132	7	5

Microcycle 4	Percentage	Weight	Sets	Reps
Deadlift	85%	289	10	3
OHP	75%	90	5	7
Squat	80%	208	7	5
Bench	70%	115.5	6	6

Deload
Deadlift
OHP
Squat
Bench

Mesocycle 11

Microcycle 1	Percentage	Weight	Sets	Reps
Deadlift	75%	262.5	5	7
OHP	80%	100	7	5
Squat	70%	189	6	6
Bench	85%	144.5	10	3

Microcycle 2	Percentage	Weight	Sets	Reps
Deadlift	80%	280	7	5
OHP	70%	87.5	6	6
Squat	85%	229.5	10	3
Bench	75%	127.5	5	7

Microcycle 3	Percentage	Weight	Sets	Reps
Deadlift	70%	245	6	6
OHP	85%	106.25	10	3

Squat	75%	202.5	5	7
Bench	80%	136	7	5

Microcycle 4	Percentage	Weight	Sets	Reps
Deadlift	85%	297.5	10	3
OHP	75%	93.75	5	7
Squat	80%	216	7	5
Bench	70%	119	6	6

Deload
Deadlift
OHP
Squat
Bench

Mesocycle 12

Microcycle 1	Percentage	Weight	Sets	Reps
Deadlift	75%	270	5	7
OHP	80%	104	7	5
Squat	70%	196	6	6
Bench	85%	148.75	10	3

Microcycle 2	Percentage	Weight	Sets	Reps
Deadlift	80%	288	7	5
OHP	70%	91	6	6
Squat	85%	238	10	3
Bench	75%	131.25	5	7

Microcycle 3	Percentage	Weight	Sets	Reps
Deadlift	70%	252	6	6
OHP	85%	110.5	10	3
Squat	75%	210	5	7
Bench	80%	140	7	5

Microcycle 4	Percentage	Weight	Sets	Reps
Deadlift	85%	306	10	3
OHP	75%	97.5	5	7
Squat	80%	224	7	5
Bench	70%	122.5	6	6

Deload
Deadlift
OHP
Squat
Bench

Mesocycle 13

Microcycle 1	Percentage	Weight	Sets	Reps
Deadlift	75%	277.5	5	7
OHP	80%	108	7	5
Squat	70%	203	6	6
Bench	85%	153	10	3

Microcycle 2	Percentage	Weight	Sets	Reps
Deadlift	80%	296	7	5
OHP	70%	94.5	6	6
Squat	85%	246.5	10	3
Bench	75%	135	5	7

Microcycle 3	Percentage	Weight	Sets	Reps
Deadlift	70%	259	6	6
OHP	85%	114.75	10	3
Squat	75%	217.5	5	7
Bench	80%	144	7	5

Microcycle 4	Percentage	Weight	Sets	Reps
Deadlift	85%	314.5	10	3
OHP	75%	101.25	5	7
Squat	80%	232	7	5
Bench	70%	126	6	6

Deload
Deadlift
OHP
Squat
Bench

Mesocycle 14

Microcycle 1	Percentage	Weight	Sets	Reps
Deadlift	75%	285	5	7
OHP	80%	112	7	5
Squat	70%	210	6	6
Bench	85%	157.25	10	3

Microcycle 2	Percentage	Weight	Sets	Reps
Deadlift	80%	304	7	5
OHP	70%	98	6	6
Squat	85%	255	10	3
Bench	75%	138.75	5	7

Microcycle 3	Percentage	Weight	Sets	Reps
Deadlift	70%	266	6	6
OHP	85%	119	10	3
Squat	75%	225	5	7
Bench	80%	148	7	5

Microcycle 4	Percentage	Weight	Sets	Reps
Deadlift	85%	323	10	3
OHP	75%	105	5	7
Squat	80%	240	7	5
Bench	70%	129.5	6	6

Deload
Deadlift
OHP
Squat
Bench

Mesocycle 15

Microcycle 1	Percentage	Weight	Sets	Reps
Deadlift	75%	292.5	5	7
OHP	80%	116	7	5
Squat	70%	217	6	6
Bench	85%	161.5	10	3

Microcycle 2	Percentage	Weight	Sets	Reps
Deadlift	80%	312	7	5
OHP	70%	101.5	6	6
Squat	85%	263.5	10	3
Bench	75%	142.5	5	7

Microcycle 3	Percentage	Weight	Sets	Reps
Deadlift	70%	273	6	6
OHP	85%	123.25	10	3
Squat	75%	232.5	5	7
Bench	80%	152	7	5

Microcycle 4	Percentage	Weight	Sets	Reps
Deadlift	85%	331.5	10	3
OHP	75%	108.75	5	7
Squat	80%	248	7	5
Bench	70%	133	6	6

Deload
Deadlift
OHP
Squat
Bench

Mesocycle 16

Microcycle 1	Percentage	Weight	Sets	Reps
Deadlift	75%	300	5	7
OHP	80%	120	7	5
Squat	70%	224	6	6
Bench	85%	165.75	10	3

Microcycle 2	Percentage	Weight	Sets	Reps
Deadlift	80%	320	7	5
OHP	70%	105	6	6
Squat	85%	272	10	3
Bench	75%	146.25	5	7

Microcycle 3	Percentage	Weight	Sets	Reps
Deadlift	70%	280	6	6

OHP	85%	127.5	10	3
Squat	75%	240	5	7
Bench	80%	156	7	5

Microcycle 4	Percentage	Weight	Sets	Reps
Deadlift	85%	340	10	3
OHP	75%	112.5	5	7
Squat	80%	256	7	5
Bench	70%	136.5	6	6

Deload
Deadlift
OHP
Squat
Bench

Mesocycle 17

Microcycle 1	Percentage	Weight	Sets	Reps
Deadlift	75%	307.5	5	7
OHP	80%	124	7	5
Squat	70%	231	6	6
Bench	85%	170	10	3

Microcycle 2	Percentage	Weight	Sets	Reps
Deadlift	80%	328	7	5
OHP	70%	108.5	6	6
Squat	85%	280.5	10	3
Bench	75%	150	5	7

Microcycle 3	Percentage	Weight	Sets	Reps
Deadlift	70%	287	6	6
OHP	85%	131.75	10	3
Squat	75%	247.5	5	7
Bench	80%	160	7	5

Microcycle 4	Percentage	Weight	Sets	Reps
Deadlift	85%	348.5	10	3
OHP	75%	116.25	5	7
Squat	80%	264	7	5
Bench	70%	140	6	6

Deload
Deadlift
OHP
Squat
Bench

Mesocycle 18

Microcycle 1	Percentage	Weight	Sets	Reps
Deadlift	75%	315	5	7
OHP	80%	128	7	5
Squat	70%	238	6	6
Bench	85%	174.25	10	3

Microcycle 2	Percentage	Weight	Sets	Reps
Deadlift	80%	336	7	5
OHP	70%	112	6	6
Squat	85%	289	10	3
Bench	75%	153.75	5	7

Microcycle 3	Percentage	Weight	Sets	Reps
Deadlift	70%	294	6	6
OHP	85%	136	10	3
Squat	75%	255	5	7
Bench	80%	164	7	5

Microcycle 4	Percentage	Weight	Sets	Reps
Deadlift	85%	357	10	3
OHP	75%	120	5	7
Squat	80%	272	7	5
Bench	70%	143.5	6	6

Deload
Deadlift
OHP
Squat
Bench

Mesocycle 19

Microcycle 1	Percentage	Weight	Sets	Reps
Deadlift	75%	322.5	5	7
OHP	80%	132	7	5
Squat	70%	245	6	6
Bench	85%	178.5	10	3

Microcycle 2	Percentage	Weight	Sets	Reps
Deadlift	80%	344	7	5
OHP	70%	115.5	6	6
Squat	85%	297.5	10	3
Bench	75%	157.5	5	7

Microcycle 3	Percentage	Weight	Sets	Reps
Deadlift	70%	301	6	6
OHP	85%	140.25	10	3
Squat	75%	262.5	5	7
Bench	80%	168	7	5

Microcycle 4	Percentage	Weight	Sets	Reps
Deadlift	85%	365.5	10	3
OHP	75%	123.75	5	7
Squat	80%	280	7	5

Deload
Deadlift
OHP
Squat

Bench	70%	147	6	6	Bench

Mesocycle 20

Microcycle 1	Percentage	Weight	Sets	Reps
Deadlift	75%	330	5	7
OHP	80%	136	7	5
Squat	70%	252	6	6
Bench	85%	182.75	10	3

Microcycle 2	Percentage	Weight	Sets	Reps
Deadlift	80%	352	7	5
OHP	70%	119	6	6
Squat	85%	306	10	3
Bench	75%	161.25	5	7

Microcycle 3	Percentage	Weight	Sets	Reps
Deadlift	70%	308	6	6
OHP	85%	144.5	10	3
Squat	75%	270	5	7
Bench	80%	172	7	5

Microcycle 4	Percentage	Weight	Sets	Reps	Deload
Deadlift	85%	374	10	3	Deadlift
OHP	75%	127.5	5	7	OHP
Squat	80%	288	7	5	Squat
Bench	70%	150.5	6	6	Bench

Mesocycle 21

Microcycle 1	Percentage	Weight	Sets	Reps
Deadlift	75%	337.5	5	7
OHP	80%	140	7	5
Squat	70%	259	6	6
Bench	85%	187	10	3

Microcycle 2	Percentage	Weight	Sets	Reps
Deadlift	80%	360	7	5
OHP	70%	122.5	6	6
Squat	85%	314.5	10	3
Bench	75%	165	5	7

Microcycle 3	Percentage	Weight	Sets	Reps

Deadlift	70%	315	6	6
OHP	85%	148.75	10	3
Squat	75%	277.5	5	7
Bench	80%	176	7	5

Microcycle 4	Percentage	Weight	Sets	Reps
Deadlift	85%	382.5	10	3
OHP	75%	131.25	5	7
Squat	80%	296	7	5
Bench	70%	154	6	6

Deload
Deadlift
OHP
Squat
Bench

Mesocycle 22

Microcycle 1	Percentage	Weight	Sets	Reps
Deadlift	75%	345	5	7
OHP	80%	144	7	5
Squat	70%	266	6	6
Bench	85%	191.25	10	3

Microcycle 2	Percentage	Weight	Sets	Reps
Deadlift	80%	368	7	5
OHP	70%	126	6	6
Squat	85%	323	10	3
Bench	75%	168.75	5	7

Microcycle 3	Percentage	Weight	Sets	Reps
Deadlift	70%	322	6	6
OHP	85%	153	10	3
Squat	75%	285	5	7
Bench	80%	180	7	5

Microcycle 4	Percentage	Weight	Sets	Reps
Deadlift	85%	391	10	3
OHP	75%	135	5	7
Squat	80%	304	7	5
Bench	70%	157.5	6	6

Deload
Deadlift
OHP
Squat
Bench

Mesocycle 23

Microcycle 1	Percentage	Weight	Sets	Reps
Deadlift	75%	352.5	5	7
OHP	80%	148	7	5
Squat	70%	273	6	6

Bench	85%	195.5	10	3

Microcycle 2	Percentage	Weight	Sets	Reps
Deadlift	80%	376	7	5
OHP	70%	129.5	6	6
Squat	85%	331.5	10	3
Bench	75%	172.5	5	7

Microcycle 3	Percentage	Weight	Sets	Reps
Deadlift	70%	329	6	6
OHP	85%	157.25	10	3
Squat	75%	292.5	5	7
Bench	80%	184	7	5

Microcycle 4	Percentage	Weight	Sets	Reps
Deadlift	85%	399.5	10	3
OHP	75%	138.75	5	7
Squat	80%	312	7	5
Bench	70%	161	6	6

Deload
Deadlift
OHP
Squat
Bench

Mesocycle 24

Microcycle 1	Percentage	Weight	Sets	Reps
Deadlift	75%	360	5	7
OHP	80%	152	7	5
Squat	70%	280	6	6
Bench	85%	199.75	10	3

Microcycle 2	Percentage	Weight	Sets	Reps
Deadlift	80%	384	7	5
OHP	70%	133	6	6
Squat	85%	340	10	3
Bench	75%	176.25	5	7

Microcycle 3	Percentage	Weight	Sets	Reps
Deadlift	70%	336	6	6
OHP	85%	161.5	10	3
Squat	75%	300	5	7
Bench	80%	188	7	5

Microcycle 4	Percentage	Weight	Sets	Reps
Deadlift	85%	408	10	3
OHP	75%	142.5	5	7

Deload
Deadlift
OHP

Squat	80%	320	7	5
Bench	70%	164.5	6	6

Squat
Bench

<---- Insert your best sets weight x reps

<----- The output is your 1RM and 90% of that will be your beginning training max. We will add wei

New Training	Maxes
Deadlift	260
OHP	80
Squat	180
Bench	125

Percentage	Weight	Sets	Reps
60%	156	3 to 5	5
60%	48	3 to 5	5
60%	108	3 to 5	5
60%	75	3 to 5	5

New Training	Maxes
Deadlift	270
OHP	85
Squat	190
Bench	130

Percentage	Weight	Sets	Reps
60%	162	3 to 5	5
60%	51	3 to 5	5
60%	114	3 to 5	5
60%	78	3 to 5	5

New Training	Maxes
Deadlift	280
OHP	90
Squat	200
Bench	135

Percentage	Weight	Sets	Reps
60%	168	3 to 5	5
60%	54	3 to 5	5
60%	120	3 to 5	5
60%	81	3 to 5	5

New Training	Maxes
Deadlift	290
OHP	95
Squat	210
Bench	140

Percentage	Weight	Sets	Reps
60%	174	3 to 5	5
60%	57	3 to 5	5
60%	126	3 to 5	5
60%	84	3 to 5	5

New Training	Maxes
Deadlift	300
OHP	100
Squat	220
Bench	145

Percentage	Weight	Sets	Reps
60%	180	3 to 5	5
60%	60	3 to 5	5
60%	132	3 to 5	5
60%	87	3 to 5	5

New Training	Maxes
Deadlift	310
OHP	105
Squat	230
Bench	150

Percentage	Weight	Sets	Reps
60%	186	3 to 5	5
60%	63	3 to 5	5
60%	138	3 to 5	5
60%	90	3 to 5	5

New Training	Maxes
Deadlift	320
OHP	110
Squat	240
Bench	155

Percentage	Weight	Sets	Reps
60%	192	3 to 5	5
60%	66	3 to 5	5
60%	144	3 to 5	5
60%	93	3 to 5	5

New Training	Maxes
Deadlift	330
OHP	115
Squat	250
Bench	160

Percentage	Weight	Sets	Reps
60%	198	3 to 5	5
60%	69	3 to 5	5
60%	150	3 to 5	5
60%	96	3 to 5	5

New Training	Maxes
Deadlift	340
OHP	120
Squat	260
Bench	165

Percentage	Weight	Sets	Reps
60%	204	3 to 5	5
60%	72	3 to 5	5
60%	156	3 to 5	5
60%	99	3 to 5	5

New Training	Maxes
Deadlift	350
OHP	125
Squat	270
Bench	170

Percentage	Weight	Sets	Reps
60%	210	3 to 5	5
60%	75	3 to 5	5
60%	162	3 to 5	5
60%	102	3 to 5	5

New Training	Maxes
Deadlift	360
OHP	130
Squat	280
Bench	175

Percentage	Weight	Sets	Reps
60%	216	3 to 5	5
60%	78	3 to 5	5
60%	168	3 to 5	5
60%	105	3 to 5	5

New Training	Maxes
Deadlift	370
OHP	135
Squat	290
Bench	180

Percentage	Weight	Sets	Reps
60%	222	3 to 5	5
60%	81	3 to 5	5
60%	174	3 to 5	5
60%	108	3 to 5	5

New Training	Maxes
Deadlift	380
OHP	140
Squat	300
Bench	185

Percentage	Weight	Sets	Reps
60%	228	3 to 5	5
60%	84	3 to 5	5
60%	180	3 to 5	5
60%	111	3 to 5	5

New Training	Maxes
Deadlift	390
OHP	145
Squat	310
Bench	190

Percentage	Weight	Sets	Reps
60%	234	3 to 5	5
60%	87	3 to 5	5
60%	186	3 to 5	5
60%	114	3 to 5	5

New Training	Maxes
Deadlift	400
OHP	150
Squat	320
Bench	195

Percentage	Weight	Sets	Reps
60%	240	3 to 5	5
60%	90	3 to 5	5
60%	192	3 to 5	5
60%	117	3 to 5	5

New Training	Maxes
Deadlift	410
OHP	155
Squat	330
Bench	200

Percentage	Weight	Sets	Reps
60%	246	3 to 5	5
60%	93	3 to 5	5
60%	198	3 to 5	5
60%	120	3 to 5	5

New Training	Maxes
Deadlift	420
OHP	160
Squat	340
Bench	205

Percentage	Weight	Sets	Reps
60%	252	3 to 5	5
60%	96	3 to 5	5
60%	204	3 to 5	5
60%	123	3 to 5	5

New Training	Maxes
Deadlift	430
OHP	165
Squat	350
Bench	210

Percentage	Weight	Sets	Reps
60%	258	3 to 5	5
60%	99	3 to 5	5
60%	210	3 to 5	5

60%	126	3 to 5	5

New Training	Maxes
Deadlift	440
OHP	170
Squat	360
Bench	215

Percentage	Weight	Sets	Reps
60%	264	3 to 5	5
60%	102	3 to 5	5
60%	216	3 to 5	5
60%	129	3 to 5	5

New Training	Maxes
Deadlift	450
OHP	175
Squat	370
Bench	220

Percentage	Weight	Sets	Reps
60%	270	3 to 5	5
60%	105	3 to 5	5
60%	222	3 to 5	5
60%	132	3 to 5	5

New Training	Maxes
Deadlift	460
OHP	180
Squat	380
Bench	225

Percentage	Weight	Sets	Reps
60%	276	3 to 5	5
60%	108	3 to 5	5
60%	228	3 to 5	5
60%	135	3 to 5	5

New Training	Maxes
Deadlift	470
OHP	185
Squat	390

Bench	230

Percentage	Weight	Sets	Reps
60%	282	3 to 5	5
60%	111	3 to 5	5
60%	234	3 to 5	5
60%	138	3 to 5	5

New Training	Maxes
Deadlift	480
OHP	190
Squat	400
Bench	235

Percentage	Weight	Sets	Reps
60%	288	3 to 5	5
60%	114	3 to 5	5

60%	240	3 to 5	5
60%	141	3 to 5	5

ght to that training max each mesocycle.

Mayhem 753

DEADLIFT DAY	Sets	Reps
Deadlift	XXX	XXX
Bulgarian Split Squat or Reverse Lunge	3	10 to 15
Seated Leg Curls	3	10 to 15
Standing Calf Raise	5	5 to 6
Standing Cable Crunches	3	10 to 12
"bad girls"	2 to 3	15-20
OHP DAY	**Sets**	**Reps**
Overhead Press	XXX	XXX
Pulldowns	2	10 to 12
CloseGripBenchpress or Flat DB Press	2to3	8 to 10
DB Row	2	10 to 15
Chest Supported Row	2	8 to 10
Triceps Pushdowns	3	12 to 15
DB Curls	3	8 to 12
Face Pulls	2 to 3	10 to 15
Rear Delt Flyes (only if you have extra time)	2 to 3	12 to 15
SQUAT DAY	**Sets**	**Reps**
Squat	XXX	XXX
Stiff Leg Deadlift	3	8 to 10
Seated Leg Curl	3	10 to 15
Seated Calf Raise	3 to 4	8 to 10
Hanging or Roman Chair Leg Lifts	3	10 to 15
"bad girls"	2 to 3	15-20
BENCH DAY	**Sets**	**Reps**
Benchpress	XXX	XXX
Pulldowns or Weighted Pullups	2	10 to 12
Seated Arnold or DB Press	2	8 to 12
DB Row	2	10 to 15
Chest Supported Row	2	8 to 10
Triceps Pushdowns	3	12 to 15
DB Curls	3	8 to 12
Face Pulls	2 to 3	10 to 15

Rear Delt Flyes (only if you have extra time)	2 to 3	12 to 15

For Deadlift, OHP, Squat, and Benchpress, Refer to the 7-5-3 Maxes Chart

Feel free to Change the "More Work" Exercises as you see fit.

Everything here is customizable, this is just a basic template that ought to v

	Mesocycle 1 (Introduction) **Microcycle 1**
example (weight x sets x reps	Date/Max:
75%, 251.25 x 5 sets of 7,	75%
50's x 12,12,10	
180x12,12,12	
300 x 5x5	
80x3x10	
50x3x20	
	Date/Max:
	80%
	Date/Max:
	70%
	Date/Max:
	85%

vork well for most people

Microcycle 2	Microcycle 3
Date/Max:	Date/Max:
80%	70%
Date/Max:	Date/Max:
70%	85%
Date/Max:	Date/Max:
85%	75%
Date/Max:	Date/Max:
75%	80%

Microcycle 4	Deload
Date/Max:	Date/Max:
85%	60%
Date/Max:	Date/Max:
75%	60%
Date/Max:	Date/Max:
80%	60%
Date/Max:	Date/Max:
70%	60%

Mesocycle 2	
Microcycle 1	**Microcycle 2**
Date/Max:	Date/Max:
75% x 5 sets of 7	80% x 7 sets of 5
Date/Max:	Date/Max:
80% x 7 sets of 5	70% x 6 sets of 6
Date/Max:	Date/Max:
70% x 6 sets of 6	85% x 10 sets of 3
Date/Max:	Date/Max:
85% x 10 sets of 3	75% x 5 sets of 7

Microcycle 3	Microcycle 4
Date/Max:	Date/Max:
70% x 6 sets of 6	85% x 10 sets of 3
Date/Max:	Date/Max:
85% x 10 sets of 3	75% x 5 sets of 7
Date/Max:	Date/Max:
75% x 5 sets of 7	80% x 7 sets of 5
Date/Max:	Date/Max:
80% x 7 sets of 5	70% x 6 sets of 6

Deload	Mesocycle 3 Microcycle 1
Date/Max:	Date/Max:
60%	75% x 5 sets of 7
Date/Max:	Date/Max:
60%	80% x 7 sets of 5
Date/Max:	Date/Max:
60%	70% x 6 sets of 6
Date/Max:	Date/Max:
60%	85% x 10 sets of 3

Microcycle 2	Microcycle 3
Date/Max:	Date/Max:
80% x 7 sets of 5	70% x 6 sets of 6
Date/Max:	Date/Max:
70% x 6 sets of 6	85% x 10 sets of 3
Date/Max:	Date/Max:
85% x 10 sets of 3	75% x 5 sets of 7
Date/Max:	Date/Max:
75% x 5 sets of 7	80% x 7 sets of 5

Microcycle 4	Deload
Date/Max:	Date/Max:
85% x 10 sets of 3	
Date/Max:	Date/Max:
75% x 5 sets of 7	
Date/Max:	Date/Max:
80% x 7 sets of 5	
Date/Max:	Date/Max:
70% x 6 sets of 6	

Mesocycle 4

Microcycle 1	**Microcycle 2**
Date/Max:	Date/Max:
75% x 5 sets of 7	80% x 7 sets of 5
Date/Max:	Date/Max:
80% x 7 sets of 5	70% x 6 sets of 6
Date/Max:	Date/Max:
70% x 6 sets of 6	85% x 10 sets of 3
Date/Max:	Date/Max:
85% x 10 sets of 3	75% x 5 sets of 7

Microcycle 3	Microcycle 4
Date/Max:	Date/Max:
70% x 6 sets of 6	85% x 10 sets of 3
Date/Max:	Date/Max:
85% x 10 sets of 3	75% x 5 sets of 7
Date/Max:	Date/Max:
75% x 5 sets of 7	80% x 7 sets of 5
Date/Max:	Date/Max:
80% x 7 sets of 5	70% x 6 sets of 6

Mesocycle 5 **Deload**	**Microcycle 1**
Date/Max:	Date/Max:
	75% x 5 sets of 7
Date/Max:	Date/Max:
	80% x 7 sets of 5
Date/Max:	Date/Max:
	70% x 6 sets of 6
Date/Max:	Date/Max:
	85% x 10 sets of 3

Microcycle 2	Microcycle 3
Date/Max:	Date/Max:
80% x 7 sets of 5	70% x 6 sets of 6
Date/Max:	Date/Max:
70% x 6 sets of 6	85% x 10 sets of 3
Date/Max:	Date/Max:
85% x 10 sets of 3	75% x 5 sets of 7
Date/Max:	Date/Max:
75% x 5 sets of 7	80% x 7 sets of 5

Microcycle 4	Deload
Date/Max:	Date/Max:
85% x 10 sets of 3	
Date/Max:	Date/Max:
75% x 5 sets of 7	
Date/Max:	Date/Max:
80% x 7 sets of 5	
Date/Max:	Date/Max:
70% x 6 sets of 6	

Mesocycle 6

Microcycle 1	**Microcycle 2**
Date/Max:	Date/Max:
75% x 5 sets of 7	80% x 7 sets of 5
Date/Max:	Date/Max:
80% x 7 sets of 5	70% x 6 sets of 6
Date/Max:	Date/Max:
70% x 6 sets of 6	85% x 10 sets of 3
Date/Max:	Date/Max:
85% x 10 sets of 3	75% x 5 sets of 7

Microcycle 3	Microcycle 4
Date/Max:	Date/Max:
70% x 6 sets of 6	85% x 10 sets of 3
Date/Max:	Date/Max:
85% x 10 sets of 3	75% x 5 sets of 7
Date/Max:	Date/Max:
75% x 5 sets of 7	80% x 7 sets of 5
Date/Max:	Date/Max:
80% x 7 sets of 5	70% x 6 sets of 6

Deload	Mesocycle 7 Microcycle 1
Date/Max:	Date/Max:
	75% x 5 sets of 7
Date/Max:	Date/Max:
	80% x 7 sets of 5
Date/Max:	Date/Max:
	70% x 6 sets of 6
Date/Max:	Date/Max:
	85% x 10 sets of 3

Microcycle 2	Microcycle 3
Date/Max:	Date/Max:
80% x 7 sets of 5	70% x 6 sets of 6
Date/Max:	Date/Max:
70% x 6 sets of 6	85% x 10 sets of 3
Date/Max:	Date/Max:
85% x 10 sets of 3	75% x 5 sets of 7
Date/Max:	Date/Max:
75% x 5 sets of 7	80% x 7 sets of 5

Microcycle 4	Deload
Date/Max:	Date/Max:
85% x 10 sets of 3	
Date/Max:	Date/Max:
75% x 5 sets of 7	
Date/Max:	Date/Max:
80% x 7 sets of 5	
Date/Max:	Date/Max:
70% x 6 sets of 6	

Mesocycle 8

Microcycle 1	**Microcycle 2**
Date/Max:	Date/Max:
75% x 5 sets of 7	80% x 7 sets of 5
Date/Max:	Date/Max:
80% x 7 sets of 5	70% x 6 sets of 6
Date/Max:	Date/Max:
70% x 6 sets of 6	85% x 10 sets of 3
Date/Max:	Date/Max:
85% x 10 sets of 3	75% x 5 sets of 7

Microcycle 3	Microcycle 4
Date/Max:	Date/Max:
70% x 6 sets of 6	85% x 10 sets of 3
Date/Max:	Date/Max:
85% x 10 sets of 3	75% x 5 sets of 7
Date/Max:	Date/Max:
75% x 5 sets of 7	80% x 7 sets of 5
Date/Max:	Date/Max:
80% x 7 sets of 5	70% x 6 sets of 6

Deload	Mesocycle 9 Microcycle 1
Date/Max:	Date/Max:
	75% x 5 sets of 7
Date/Max:	Date/Max:
	80% x 7 sets of 5
Date/Max:	Date/Max:
	70% x 6 sets of 6
Date/Max:	Date/Max:
	85% x 10 sets of 3

Microcycle 2	Microcycle 3
Date/Max:	Date/Max:
80% x 7 sets of 5	70% x 6 sets of 6
Date/Max:	Date/Max:
70% x 6 sets of 6	85% x 10 sets of 3
Date/Max:	Date/Max:
85% x 10 sets of 3	75% x 5 sets of 7
Date/Max:	Date/Max:
75% x 5 sets of 7	80% x 7 sets of 5

Microcycle 4	Deload
Date/Max:	Date/Max:
85% x 10 sets of 3	
Date/Max:	Date/Max:
75% x 5 sets of 7	
Date/Max:	Date/Max:
80% x 7 sets of 5	
Date/Max:	Date/Max:
70% x 6 sets of 6	

Mesocycle 10

Microcycle 1	**Microcycle 2**
Date/Max:	Date/Max:
75% x 5 sets of 7	80% x 7 sets of 5
Date/Max:	Date/Max:
80% x 7 sets of 5	70% x 6 sets of 6
Date/Max:	Date/Max:
70% x 6 sets of 6	85% x 10 sets of 3
Date/Max:	Date/Max:
85% x 10 sets of 3	75% x 5 sets of 7

Microcycle 3	Microcycle 4
Date/Max:	Date/Max:
70% x 6 sets of 6	85% x 10 sets of 3
Date/Max:	Date/Max:
85% x 10 sets of 3	75% x 5 sets of 7
Date/Max:	Date/Max:
75% x 5 sets of 7	80% x 7 sets of 5
Date/Max:	Date/Max:
80% x 7 sets of 5	70% x 6 sets of 6

Deload	Mesocycle 11 Microcycle 1
Date/Max:	Date/Max:
	75% x 5 sets of 7
Date/Max:	Date/Max:
	80% x 7 sets of 5
Date/Max:	Date/Max:
	70% x 6 sets of 6
Date/Max:	Date/Max:
	85% x 10 sets of 3

Microcycle 2	Microcycle 3
Date/Max:	Date/Max:
80% x 7 sets of 5	70% x 6 sets of 6
Date/Max:	Date/Max:
70% x 6 sets of 6	85% x 10 sets of 3
Date/Max:	Date/Max:
85% x 10 sets of 3	75% x 5 sets of 7
Date/Max:	Date/Max:
75% x 5 sets of 7	80% x 7 sets of 5

Microcycle 4	Deload
Date/Max:	Date/Max:
85% x 10 sets of 3	
Date/Max:	Date/Max:
75% x 5 sets of 7	
Date/Max:	Date/Max:
80% x 7 sets of 5	
Date/Max:	Date/Max:
70% x 6 sets of 6	

Mesocycle 12

Microcycle 1	**Microcycle 2**
Date/Max:	Date/Max:
75% x 5 sets of 7	80% x 7 sets of 5
Date/Max:	Date/Max:
80% x 7 sets of 5	70% x 6 sets of 6
Date/Max:	Date/Max:
70% x 6 sets of 6	85% x 10 sets of 3
Date/Max:	Date/Max:
85% x 10 sets of 3	75% x 5 sets of 7

Microcycle 3	Microcycle 4
Date/Max:	Date/Max:
70% x 6 sets of 6	85% x 10 sets of 3
Date/Max:	Date/Max:
85% x 10 sets of 3	75% x 5 sets of 7
Date/Max:	Date/Max:
75% x 5 sets of 7	80% x 7 sets of 5
Date/Max:	Date/Max:
80% x 7 sets of 5	70% x 6 sets of 6

Deload	Mesocycle 13 Microcycle 1
Date/Max:	Date/Max:
	75% x 5 sets of 7
Date/Max:	Date/Max:
	80% x 7 sets of 5
Date/Max:	Date/Max:
	70% x 6 sets of 6
Date/Max:	Date/Max:
	85% x 10 sets of 3

Microcycle 2	Microcycle 3
Date/Max:	Date/Max:
80% x 7 sets of 5	70% x 6 sets of 6
Date/Max:	Date/Max:
70% x 6 sets of 6	85% x 10 sets of 3
Date/Max:	Date/Max:
85% x 10 sets of 3	75% x 5 sets of 7
Date/Max:	Date/Max:
75% x 5 sets of 7	80% x 7 sets of 5

Microcycle 4	Deload
Date/Max:	Date/Max:
85% x 10 sets of 3	
Date/Max:	Date/Max:
75% x 5 sets of 7	
Date/Max:	Date/Max:
80% x 7 sets of 5	
Date/Max:	Date/Max:
70% x 6 sets of 6	

Mesocycle 14

Microcycle 1	**Microcycle 2**
Date/Max:	Date/Max:
75% x 5 sets of 7	80% x 7 sets of 5
Date/Max:	Date/Max:
80% x 7 sets of 5	70% x 6 sets of 6
Date/Max:	Date/Max:
70% x 6 sets of 6	85% x 10 sets of 3
Date/Max:	Date/Max:
85% x 10 sets of 3	75% x 5 sets of 7

Microcycle 3	Microcycle 4
Date/Max:	Date/Max:
70% x 6 sets of 6	85% x 10 sets of 3
Date/Max:	Date/Max:
85% x 10 sets of 3	75% x 5 sets of 7
Date/Max:	Date/Max:
75% x 5 sets of 7	80% x 7 sets of 5
Date/Max:	Date/Max:
80% x 7 sets of 5	70% x 6 sets of 6

Deload	Mesocycle 15 Microcycle 1
Date/Max:	Date/Max:
	75% x 5 sets of 7
Date/Max:	Date/Max:
	80% x 7 sets of 5
Date/Max:	Date/Max:
	70% x 6 sets of 6
Date/Max:	Date/Max:
	85% x 10 sets of 3

Microcycle 2	Microcycle 3
Date/Max:	Date/Max:
80% x 7 sets of 5	70% x 6 sets of 6
Date/Max:	Date/Max:
70% x 6 sets of 6	85% x 10 sets of 3
Date/Max:	Date/Max:
85% x 10 sets of 3	75% x 5 sets of 7
Date/Max:	Date/Max:
75% x 5 sets of 7	80% x 7 sets of 5

Microcycle 4	Deload
Date/Max:	Date/Max:
85% x 10 sets of 3	
Date/Max:	Date/Max:
75% x 5 sets of 7	
Date/Max:	Date/Max:
80% x 7 sets of 5	
Date/Max:	Date/Max:
70% x 6 sets of 6	

Mesocycle 16

Microcycle 1	**Microcycle 2**
Date/Max:	Date/Max:
75% x 5 sets of 7	80% x 7 sets of 5
Date/Max:	Date/Max:
80% x 7 sets of 5	70% x 6 sets of 6
Date/Max:	Date/Max:
70% x 6 sets of 6	85% x 10 sets of 3
Date/Max:	Date/Max:
85% x 10 sets of 3	75% x 5 sets of 7

Microcycle 3	Microcycle 4
Date/Max:	Date/Max:
70% x 6 sets of 6	85% x 10 sets of 3
Date/Max:	Date/Max:
85% x 10 sets of 3	75% x 5 sets of 7
Date/Max:	Date/Max:
75% x 5 sets of 7	80% x 7 sets of 5
Date/Max:	Date/Max:
80% x 7 sets of 5	70% x 6 sets of 6

Deload	Mesocycle 17 Microcycle 1
Date/Max:	Date/Max:
	75% x 5 sets of 7
Date/Max:	Date/Max:
	80% x 7 sets of 5
Date/Max:	Date/Max:
	70% x 6 sets of 6
Date/Max:	Date/Max:
	85% x 10 sets of 3

Microcycle 2	Microcycle 3
Date/Max:	Date/Max:
80% x 7 sets of 5	70% x 6 sets of 6
Date/Max:	Date/Max:
70% x 6 sets of 6	85% x 10 sets of 3
Date/Max:	Date/Max:
85% x 10 sets of 3	75% x 5 sets of 7
Date/Max:	Date/Max:
75% x 5 sets of 7	80% x 7 sets of 5

Microcycle 4	Deload
Date/Max:	Date/Max:
85% x 10 sets of 3	
Date/Max:	Date/Max:
75% x 5 sets of 7	
Date/Max:	Date/Max:
80% x 7 sets of 5	
Date/Max:	Date/Max:
70% x 6 sets of 6	

Mesocycle 18

Microcycle 1	**Microcycle 2**
Date/Max:	Date/Max:
75% x 5 sets of 7	80% x 7 sets of 5
Date/Max:	Date/Max:
80% x 7 sets of 5	70% x 6 sets of 6
Date/Max:	Date/Max:
70% x 6 sets of 6	85% x 10 sets of 3
Date/Max:	Date/Max:
85% x 10 sets of 3	75% x 5 sets of 7

Microcycle 3	Microcycle 4
Date/Max:	Date/Max:
70% x 6 sets of 6	85% x 10 sets of 3
Date/Max:	Date/Max:
85% x 10 sets of 3	75% x 5 sets of 7
Date/Max:	Date/Max:
75% x 5 sets of 7	80% x 7 sets of 5
Date/Max:	Date/Max:
80% x 7 sets of 5	70% x 6 sets of 6

Deload	Mesocycle 19 Microcycle 1
Date/Max:	Date/Max:
	75% x 5 sets of 7
Date/Max:	Date/Max:
	80% x 7 sets of 5
Date/Max:	Date/Max:
	70% x 6 sets of 6
Date/Max:	Date/Max:
	85% x 10 sets of 3

Microcycle 2	Microcycle 3
Date/Max:	Date/Max:
80% x 7 sets of 5	70% x 6 sets of 6
Date/Max:	Date/Max:
70% x 6 sets of 6	85% x 10 sets of 3
Date/Max:	Date/Max:
85% x 10 sets of 3	75% x 5 sets of 7
Date/Max:	Date/Max:
75% x 5 sets of 7	80% x 7 sets of 5

Microcycle 4	Deload
Date/Max:	Date/Max:
85% x 10 sets of 3	
Date/Max:	Date/Max:
75% x 5 sets of 7	
Date/Max:	Date/Max:
80% x 7 sets of 5	
Date/Max:	Date/Max:
70% x 6 sets of 6	

Mesocycle 20

Microcycle 1	**Microcycle 2**
Date/Max:	Date/Max:
75% x 5 sets of 7	80% x 7 sets of 5
Date/Max:	Date/Max:
80% x 7 sets of 5	70% x 6 sets of 6
Date/Max:	Date/Max:
70% x 6 sets of 6	85% x 10 sets of 3
Date/Max:	Date/Max:
85% x 10 sets of 3	75% x 5 sets of 7

Microcycle 3	Microcycle 4
Date/Max:	Date/Max:
70% x 6 sets of 6	85% x 10 sets of 3
Date/Max:	Date/Max:
85% x 10 sets of 3	75% x 5 sets of 7
Date/Max:	Date/Max:
75% x 5 sets of 7	80% x 7 sets of 5
Date/Max:	Date/Max:
80% x 7 sets of 5	70% x 6 sets of 6

Deload	Mesocycle 21 Microcycle 1
Date/Max:	Date/Max:
	75% x 5 sets of 7
Date/Max:	Date/Max:
	80% x 7 sets of 5
Date/Max:	Date/Max:
	70% x 6 sets of 6
Date/Max:	Date/Max:
	85% x 10 sets of 3

Microcycle 2	Microcycle 3
Date/Max:	Date/Max:
80% x 7 sets of 5	70% x 6 sets of 6
Date/Max:	Date/Max:
70% x 6 sets of 6	85% x 10 sets of 3
Date/Max:	Date/Max:
85% x 10 sets of 3	75% x 5 sets of 7
Date/Max:	Date/Max:
75% x 5 sets of 7	80% x 7 sets of 5

Microcycle 4	Deload
Date/Max:	Date/Max:
85% x 10 sets of 3	
Date/Max:	Date/Max:
75% x 5 sets of 7	
Date/Max:	Date/Max:
80% x 7 sets of 5	
Date/Max:	Date/Max:
70% x 6 sets of 6	

Mesocycle 22

Microcycle 1	**Microcycle 2**
Date/Max:	Date/Max:
75% x 5 sets of 7	80% x 7 sets of 5
Date/Max:	Date/Max:
80% x 7 sets of 5	70% x 6 sets of 6
Date/Max:	Date/Max:
70% x 6 sets of 6	85% x 10 sets of 3
Date/Max:	Date/Max:
85% x 10 sets of 3	75% x 5 sets of 7

Microcycle 3	Microcycle 4
Date/Max:	Date/Max:
70% x 6 sets of 6	85% x 10 sets of 3
Date/Max:	Date/Max:
85% x 10 sets of 3	75% x 5 sets of 7
Date/Max:	Date/Max:
75% x 5 sets of 7	80% x 7 sets of 5
Date/Max:	Date/Max:
80% x 7 sets of 5	70% x 6 sets of 6

Deload	Mesocycle 23 Microcycle 1
Date/Max:	Date/Max:
	75% x 5 sets of 7
Date/Max:	Date/Max:
	80% x 7 sets of 5
Date/Max:	Date/Max:
	70% x 6 sets of 6
Date/Max:	Date/Max:
	85% x 10 sets of 3

Microcycle 2	Microcycle 3
Date/Max:	Date/Max:
80% x 7 sets of 5	70% x 6 sets of 6
Date/Max:	Date/Max:
70% x 6 sets of 6	85% x 10 sets of 3
Date/Max:	Date/Max:
85% x 10 sets of 3	75% x 5 sets of 7
Date/Max:	Date/Max:
75% x 5 sets of 7	80% x 7 sets of 5

Microcycle 4	Deload
Date/Max:	Date/Max:
85% x 10 sets of 3	
Date/Max:	Date/Max:
75% x 5 sets of 7	
Date/Max:	Date/Max:
80% x 7 sets of 5	
Date/Max:	Date/Max:
70% x 6 sets of 6	

Mesocycle 24

Microcycle 1	**Microcycle 2**
Date/Max:	Date/Max:
75% x 5 sets of 7	80% x 7 sets of 5
Date/Max:	Date/Max:
80% x 7 sets of 5	70% x 6 sets of 6
Date/Max:	Date/Max:
70% x 6 sets of 6	85% x 10 sets of 3
Date/Max:	Date/Max:
85% x 10 sets of 3	75% x 5 sets of 7

Microcycle 3	Microcycle 4
Date/Max:	Date/Max:
70% x 6 sets of 6	85% x 10 sets of 3
Date/Max:	Date/Max:
85% x 10 sets of 3	75% x 5 sets of 7
Date/Max:	Date/Max:
75% x 5 sets of 7	80% x 7 sets of 5
Date/Max:	Date/Max:
80% x 7 sets of 5	70% x 6 sets of 6

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Ogus 7/5/3
Original

	Weight	Reps	1RM	90%
Squat	225	5	255	230
OHP	95	5	105	95
Deadlift	315	5	355	320
Bench	185	5	210	190

Increment/Cycle

Squat	10	<---- 10 for male, 5 for female
OHP	5	<---- 5 for male, 2.5 for female
Deadlift	10	<---- 10 for male, 5 for female
Bench	5	<---- 5 for male, 2.5 for female

Rounding

5	<--- Don't change this

(Intro) MesoCycle 1

Microcycle 1	Percentage	Weight	Sets	Reps
Squat	75%	172.5	4	7
OHP	75%	71.25	4	7
Deadlift	75%	240	4	7
Bench	75%	142.5	4	7

Microcycle 2	Percentage	Weight	Sets	Reps
Squat	80%	184	6	5
OHP	80%	76	6	5
Deadlift	80%	256	6	5
Bench	80%	152	6	5

Microcycle 3	Percentage	Weight	Sets	Reps
Squat	85%	195.5	8	3
OHP	85%	80.75	8	3
Deadlift	85%	272	8	3
Bench	85%	161.5	8	3

Deload Week	Percentage	Weight	Sets	Reps
Squat	60%	138	5	5
OHP	60%	57	5	5
Deadlift	60%	192	5	5
Bench	60%	114	5	5

<---On deloa

Mesocycle 2

Microcycle 1	Percentage	Weight	Sets	Reps
Squat	75%	180	5	7
OHP	75%	75	5	7
Deadlift	75%	247.5	5	7
Bench	75%	146.25	5	7

Microcycle 2	Percentage	Weight	Sets	Reps
Squat	80%	192	7	5
OHP	80%	80	7	5
Deadlift	80%	264	7	5
Bench	80%	156	7	5

Microcycle 3	Percentage	Weight	Sets	Reps
Squat	85%	204	10	3
OHP	85%	85	10	3
Deadlift	85%	280.5	10	3
Bench	85%	165.75	10	3

Deload	Percentage	Weight	Sets	Reps
Squat	60%	144	5	5
OHP	60%	60	5	5
Deadlift	60%	198	5	5
Bench	60%	117	5	5

Mesocycle 3

Microcycle 1	Percentage	Weight	Sets	Reps
Squat	75%	187.5	5	7
OHP	75%	78.75	5	7
Deadlift	75%	255	5	7
Bench	75%	150	5	7

Microcycle 2	Percentage	Weight	Sets	Reps
Squat	80%	200	7	5
OHP	80%	84	7	5
Deadlift	80%	272	7	5
Bench	80%	160	7	5

Microcycle 3	Percentage	Weight	Sets	Reps
Squat	85%	212.5	10	3
OHP	85%	89.25	10	3

Deadlift	85%	289	10	3
Bench	85%	170	10	3

Deload	Percentage	Weight	Sets	Reps
Squat	60%	150	5	5
OHP	60%	63	5	5
Deadlift	60%	204	5	5
Bench	60%	120	5	5

Mesocycle 4

Microcycle 1	Percentage	Weight	Sets	Reps
Squat	75%	195	5	7
OHP	75%	82.5	5	7
Deadlift	75%	262.5	5	7
Bench	75%	153.75	5	7

Microcycle 2	Percentage	Weight	Sets	Reps
Squat	80%	208	7	5
OHP	80%	88	7	5
Deadlift	80%	280	7	5
Bench	80%	164	7	5

Microcycle 3	Percentage	Weight	Sets	Reps
Squat	85%	221	10	3
OHP	85%	93.5	10	3
Deadlift	85%	297.5	10	3
Bench	85%	174.25	10	3

Deload	Percentage	Weight	Sets	Reps
Squat	60%	156	5	5
OHP	60%	66	5	5
Deadlift	60%	210	5	5
Bench	60%	123	5	5

Mesocycle 5

Microcycle 1	Percentage	Weight	Sets	Reps
Squat	75%	202.5	5	7
OHP	75%	86.25	5	7
Deadlift	75%	270	5	7
Bench	75%	157.5	5	7

Microcycle 2	Percentage	Weight	Sets	Reps
Squat	80%	216	7	5

OHP	80%	92	7	5
Deadlift	80%	288	7	5
Bench	80%	168	7	5

Microcycle 3	Percentage	Weight	Sets	Reps
Squat	85%	229.5	10	3
OHP	85%	97.75	10	3
Deadlift	85%	306	10	3
Bench	85%	178.5	10	3

Deload	Percentage	Weight	Sets	Reps
Squat	60%	162	5	5
OHP	60%	69	5	5
Deadlift	60%	216	5	5
Bench	60%	126	5	5

Mesocycle 6

Microcycle 1	Percentage	Weight	Sets	Reps
Squat	75%	210	5	7
OHP	75%	90	5	7
Deadlift	75%	277.5	5	7
Bench	75%	161.25	5	7

Microcycle 2	Percentage	Weight	Sets	Reps
Squat	80%	224	7	5
OHP	80%	96	7	5
Deadlift	80%	296	7	5
Bench	80%	172	7	5

Microcycle 3	Percentage	Weight	Sets	Reps
Squat	85%	238	10	3
OHP	85%	102	10	3
Deadlift	85%	314.5	10	3
Bench	85%	182.75	10	3

Deload	Percentage	Weight	Sets	Reps
Squat	60%	168	5	5
OHP	60%	72	5	5
Deadlift	60%	222	5	5
Bench	60%	129	5	5

Mesocycle 7

Microcycle 1	Percentage	Weight	Sets	Reps

Squat	75%	217.5	5	7
OHP	75%	93.75	5	7
Deadlift	75%	285	5	7
Bench	75%	165	5	7

Microcycle 2	Percentage	Weight	Sets	Reps
Squat	80%	232	7	5
OHP	80%	100	7	5
Deadlift	80%	304	7	5
Bench	80%	176	7	5

Microcycle 3	Percentage	Weight	Sets	Reps
Squat	85%	246.5	10	3
OHP	85%	106.25	10	3
Deadlift	85%	323	10	3
Bench	85%	187	10	3

Deload	Percentage	Weight	Sets	Reps
Squat	60%	174	5	5
OHP	60%	75	5	5
Deadlift	60%	228	5	5
Bench	60%	132	5	5

Mesocycle 8

Microcycle 1	Percentage	Weight	Sets	Reps
Squat	75%	225	5	7
OHP	75%	97.5	5	7
Deadlift	75%	292.5	5	7
Bench	75%	168.75	5	7

Microcycle 2	Percentage	Weight	Sets	Reps
Squat	80%	240	7	5
OHP	80%	104	7	5
Deadlift	80%	312	7	5
Bench	80%	180	7	5

Microcycle 3	Percentage	Weight	Sets	Reps
Squat	85%	255	10	3
OHP	85%	110.5	10	3
Deadlift	85%	331.5	10	3
Bench	85%	191.25	10	3

Deload	Percentage	Weight	Sets	Reps

Squat	60%	180	5	5
OHP	60%	78	5	5
Deadlift	60%	234	5	5
Bench	60%	135	5	5

Mesocycle 9

Microcycle 1	Percentage	Weight	Sets	Reps
Squat	75%	232.5	5	7
OHP	75%	101.25	5	7
Deadlift	75%	300	5	7
Bench	75%	172.5	5	7

Microcycle 2	Percentage	Weight	Sets	Reps
Squat	80%	248	7	5
OHP	80%	108	7	5
Deadlift	80%	320	7	5
Bench	80%	184	7	5

Microcycle 3	Percentage	Weight	Sets	Reps
Squat	85%	263.5	10	3
OHP	85%	114.75	10	3
Deadlift	85%	340	10	3
Bench	85%	195.5	10	3

Deload	Percentage	Weight	Sets	Reps
Squat	60%	186	5	5
OHP	60%	81	5	5
Deadlift	60%	240	5	5
Bench	60%	138	5	5

Mesocycle 10

Microcycle 1	Percentage	Weight	Sets	Reps
Squat	75%	240	5	7
OHP	75%	105	5	7
Deadlift	75%	307.5	5	7
Bench	75%	176.25	5	7

Microcycle 2	Percentage	Weight	Sets	Reps
Squat	80%	256	7	5
OHP	80%	112	7	5
Deadlift	80%	328	7	5
Bench	80%	188	7	5

Microcycle 3	Percentage	Weight	Sets	Reps
Squat	85%	272	10	3
OHP	85%	119	10	3
Deadlift	85%	348.5	10	3
Bench	85%	199.75	10	3

Deload	Percentage	Weight	Sets	Reps
Squat	60%	192	5	5
OHP	60%	84	5	5
Deadlift	60%	246	5	5
Bench	60%	141	5	5

Mesocycle 11

Microcycle 1	Percentage	Weight	Sets	Reps
Squat	75%	247.5	5	7
OHP	75%	108.75	5	7
Deadlift	75%	315	5	7
Bench	75%	180	5	7

Microcycle 2	Percentage	Weight	Sets	Reps
Squat	80%	264	7	5
OHP	80%	116	7	5
Deadlift	80%	336	7	5
Bench	80%	192	7	5

Microcycle 3	Percentage	Weight	Sets	Reps
Squat	85%	280.5	10	3
OHP	85%	123.25	10	3
Deadlift	85%	357	10	3
Bench	85%	204	10	3

Deload	Percentage	Weight	Sets	Reps
Squat	60%	198	5	5
OHP	60%	87	5	5
Deadlift	60%	252	5	5
Bench	60%	144	5	5

Mesocycle 12

Microcycle 1	Percentage	Weight	Sets	Reps
Squat	75%	255	5	7
OHP	75%	112.5	5	7
Deadlift	75%	322.5	5	7
Bench	75%	183.75	5	7

Microcycle 2	Percentage	Weight	Sets	Reps
Squat	80%	272	7	5
OHP	80%	120	7	5
Deadlift	80%	344	7	5
Bench	80%	196	7	5

Microcycle 3	Percentage	Weight	Sets	Reps
Squat	85%	289	10	3
OHP	85%	127.5	10	3
Deadlift	85%	365.5	10	3
Bench	85%	208.25	10	3

Deload	Percentage	Weight	Sets	Reps
Squat	60%	204	5	5
OHP	60%	90	5	5
Deadlift	60%	258	5	5
Bench	60%	147	5	5

Mesocycle 13

Microcycle 1	Percentage	Weight	Sets	Reps
Squat	75%	262.5	5	7
OHP	75%	116.25	5	7
Deadlift	75%	330	5	7
Bench	75%	187.5	5	7

Microcycle 2	Percentage	Weight	Sets	Reps
Squat	80%	280	7	5
OHP	80%	124	7	5
Deadlift	80%	352	7	5
Bench	80%	200	7	5

Microcycle 3	Percentage	Weight	Sets	Reps
Squat	85%	297.5	10	3
OHP	85%	131.75	10	3
Deadlift	85%	374	10	3
Bench	85%	212.5	10	3

Deload	Percentage	Weight	Sets	Reps
Squat	60%	210	5	5
OHP	60%	93	5	5
Deadlift	60%	264	5	5
Bench	60%	150	5	5

Mesocycle 14

Microcycle 1	Percentage	Weight	Sets	Reps
Squat	75%	270	5	7
OHP	75%	120	5	7
Deadlift	75%	337.5	5	7
Bench	75%	191.25	5	7

Microcycle 2	Percentage	Weight	Sets	Reps
Squat	80%	288	7	5
OHP	80%	128	7	5
Deadlift	80%	360	7	5
Bench	80%	204	7	5

Microcycle 3	Percentage	Weight	Sets	Reps
Squat	85%	306	10	3
OHP	85%	136	10	3
Deadlift	85%	382.5	10	3
Bench	85%	216.75	10	3

Deload	Percentage	Weight	Sets	Reps
Squat	60%	216	5	5
OHP	60%	96	5	5
Deadlift	60%	270	5	5
Bench	60%	153	5	5

Mesocycle 15

Microcycle 1	Percentage	Weight	Sets	Reps
Squat	75%	277.5	5	7
OHP	75%	123.75	5	7
Deadlift	75%	345	5	7
Bench	75%	195	5	7

Microcycle 2	Percentage	Weight	Sets	Reps
Squat	80%	296	7	5
OHP	80%	132	7	5
Deadlift	80%	368	7	5
Bench	80%	208	7	5

Microcycle 3	Percentage	Weight	Sets	Reps
Squat	85%	314.5	10	3
OHP	85%	140.25	10	3
Deadlift	85%	391	10	3

Bench	85%	221	10	3

Deload	Percentage	Weight	Sets	Reps
Squat	60%	222	5	5
OHP	60%	99	5	5
Deadlift	60%	276	5	5
Bench	60%	156	5	5

Mesocycle 16

Microcycle 1	Percentage	Weight	Sets	Reps
Squat	75%	285	5	7
OHP	75%	127.5	5	7
Deadlift	75%	352.5	5	7
Bench	75%	198.75	5	7

Microcycle 2	Percentage	Weight	Sets	Reps
Squat	80%	304	7	5
OHP	80%	136	7	5
Deadlift	80%	376	7	5
Bench	80%	212	7	5

Microcycle 3	Percentage	Weight	Sets	Reps
Squat	85%	323	10	3
OHP	85%	144.5	10	3
Deadlift	85%	399.5	10	3
Bench	85%	225.25	10	3

Deload	Percentage	Weight	Sets	Reps
Squat	60%	228	5	5
OHP	60%	102	5	5
Deadlift	60%	282	5	5
Bench	60%	159	5	5

Mesocycle 17

Microcycle 1	Percentage	Weight	Sets	Reps
Squat	75%	292.5	5	7
OHP	75%	131.25	5	7
Deadlift	75%	360	5	7
Bench	75%	202.5	5	7

Microcycle 2	Percentage	Weight	Sets	Reps
Squat	80%	312	7	5
OHP	80%	140	7	5

Deadlift	80%	384	7	5
Bench	80%	216	7	5

Microcycle 3	Percentage	Weight	Sets	Reps
Squat	85%	331.5	10	3
OHP	85%	148.75	10	3
Deadlift	85%	408	10	3
Bench	85%	229.5	10	3

Deload	Percentage	Weight	Sets	Reps
Squat	60%	234	5	5
OHP	60%	105	5	5
Deadlift	60%	288	5	5
Bench	60%	162	5	5

Mesocycle 18

Microcycle 1	Percentage	Weight	Sets	Reps
Squat	75%	300	5	7
OHP	75%	135	5	7
Deadlift	75%	367.5	5	7
Bench	75%	206.25	5	7

Microcycle 2	Percentage	Weight	Sets	Reps
Squat	80%	320	7	5
OHP	80%	144	7	5
Deadlift	80%	392	7	5
Bench	80%	220	7	5

Microcycle 3	Percentage	Weight	Sets	Reps
Squat	85%	340	10	3
OHP	85%	153	10	3
Deadlift	85%	416.5	10	3
Bench	85%	233.75	10	3

Deload	Percentage	Weight	Sets	Reps
Squat	60%	240	5	5
OHP	60%	108	5	5
Deadlift	60%	294	5	5
Bench	60%	165	5	5

Mesocycle 19

Microcycle 1	Percentage	Weight	Sets	Reps
Squat	75%	307.5	5	7

OHP	75%	138.75	5	7
Deadlift	75%	375	5	7
Bench	75%	210	5	7

Microcycle 2	Percentage	Weight	Sets	Reps
Squat	80%	328	7	5
OHP	80%	148	7	5
Deadlift	80%	400	7	5
Bench	80%	224	7	5

Microcycle 3	Percentage	Weight	Sets	Reps
Squat	85%	348.5	10	3
OHP	85%	157.25	10	3
Deadlift	85%	425	10	3
Bench	85%	238	10	3

Deload	Percentage	Weight	Sets	Reps
Squat	60%	246	5	5
OHP	60%	111	5	5
Deadlift	60%	300	5	5
Bench	60%	168	5	5

Mesocycle 20

Microcycle 1	Percentage	Weight	Sets	Reps
Squat	75%	315	5	7
OHP	75%	142.5	5	7
Deadlift	75%	382.5	5	7
Bench	75%	213.75	5	7

Microcycle 2	Percentage	Weight	Sets	Reps
Squat	80%	336	7	5
OHP	80%	152	7	5
Deadlift	80%	408	7	5
Bench	80%	228	7	5

Microcycle 3	Percentage	Weight	Sets	Reps
Squat	85%	357	10	3
OHP	85%	161.5	10	3
Deadlift	85%	433.5	10	3
Bench	85%	242.25	10	3

Deload	Percentage	Weight	Sets	Reps
Squat	60%	252	5	5

OHP	60%	114	5	5
Deadlift	60%	306	5	5
Bench	60%	171	5	5

Mesocycle 21

Microcycle 1	Percentage	Weight	Sets	Reps
Squat	75%	322.5	5	7
OHP	75%	146.25	5	7
Deadlift	75%	390	5	7
Bench	75%	217.5	5	7

Microcycle 2	Percentage	Weight	Sets	Reps
Squat	80%	344	7	5
OHP	80%	156	7	5
Deadlift	80%	416	7	5
Bench	80%	232	7	5

Microcycle 3	Percentage	Weight	Sets	Reps
Squat	85%	365.5	10	3
OHP	85%	165.75	10	3
Deadlift	85%	442	10	3
Bench	85%	246.5	10	3

Deload	Percentage	Weight	Sets	Reps
Squat	60%	258	5	5
OHP	60%	117	5	5
Deadlift	60%	312	5	5
Bench	60%	174	5	5

Mesocycle 22

Microcycle 1	Percentage	Weight	Sets	Reps
Squat	75%	330	5	7
OHP	75%	150	5	7
Deadlift	75%	397.5	5	7
Bench	75%	221.25	5	7

Microcycle 2	Percentage	Weight	Sets	Reps
Squat	80%	352	7	5
OHP	80%	160	7	5
Deadlift	80%	424	7	5
Bench	80%	236	7	5

Microcycle 3	Percentage	Weight	Sets	Reps

Squat	85%	374	10	3
OHP	85%	170	10	3
Deadlift	85%	450.5	10	3
Bench	85%	250.75	10	3

Deload	Percentage	Weight	Sets	Reps
Squat	60%	264	5	5
OHP	60%	120	5	5
Deadlift	60%	318	5	5
Bench	60%	177	5	5

Mesocycle 23

Microcycle 1	Percentage	Weight	Sets	Reps
Squat	75%	337.5	5	7
OHP	75%	153.75	5	7
Deadlift	75%	405	5	7
Bench	75%	225	5	7

Microcycle 2	Percentage	Weight	Sets	Reps
Squat	80%	360	7	5
OHP	80%	164	7	5
Deadlift	80%	432	7	5
Bench	80%	240	7	5

Microcycle 3	Percentage	Weight	Sets	Reps
Squat	85%	382.5	10	3
OHP	85%	174.25	10	3
Deadlift	85%	459	10	3
Bench	85%	255	10	3

Deload	Percentage	Weight	Sets	Reps
Squat	60%	270	5	5
OHP	60%	123	5	5
Deadlift	60%	324	5	5
Bench	60%	180	5	5

Mesocycle 24

Microcycle 1	Percentage	Weight	Sets	Reps
Squat	75%	345	5	7
OHP	75%	157.5	5	7
Deadlift	75%	412.5	5	7
Bench	75%	228.75	5	7

Microcycle 2	Percentage	Weight	Sets	Reps
Squat	80%	368	7	5
OHP	80%	168	7	5
Deadlift	80%	440	7	5
Bench	80%	244	7	5

Microcycle 3	Percentage	Weight	Sets	Reps
Squat	85%	391	10	3
OHP	85%	178.5	10	3
Deadlift	85%	467.5	10	3
Bench	85%	259.25	10	3

Deload	Percentage	Weight	Sets	Reps
Squat	60%	276	5	5
OHP	60%	126	5	5
Deadlift	60%	330	5	5
Bench	60%	183	5	5

<---- Insert your best sets weight x reps

<----- The output is your 1RM and 90% of that will be your beginning training max. We will add weig

In programming, we will be using Pounds.
Divide by 2.205 to convert LB's to kilos
Multiply by 2.205 to convert kilos to LB's

Initial Training Maxes	
Squat	230
OHP	95
Deadlift	320
Bench	190

Increment for Future Cycle	
Squat	10
OHP	5
Deadlift	10
Bench	5

ıd weeks, if feeling crappy, you can reduce sets from 5 to 3.

New Training Maxes	
Squat	240
OHP	100
Deadlift	330
Bench	195

Increment for Future Cycle	
Squat	10
OHP	5
Deadlift	10
Bench	5

New Training Maxes	
Squat	250
OHP	105
Deadlift	340
Bench	200

Increment for Future Cycle	
Squat	10
OHP	5

Deadlift	10
Bench	5

New Training Maxes	
Squat	260
OHP	110
Deadlift	350
Bench	205

Increment for Future Cycle	
Squat	10
OHP	5
Deadlift	10
Bench	5

New Training Maxes	
Squat	270
OHP	115
Deadlift	360
Bench	210

Increment for Future Cycle	
Squat	10
OHP	5
Deadlift	10
Bench	5

New Training Maxes	
Squat	280
OHP	120
Deadlift	370
Bench	215

Increment for Future Cycle	
Squat	10
OHP	5
Deadlift	10
Bench	5

New Training Maxes	

Squat	290
OHP	125
Deadlift	380
Bench	220

Increment for Future Cycle	
Squat	10
OHP	5
Deadlift	10
Bench	5

New Training Maxes	
Squat	300
OHP	130
Deadlift	390
Bench	225

Increment for Future Cycle	
Squat	10
OHP	5
Deadlift	10
Bench	5

New Training Maxes	
Squat	310
OHP	135
Deadlift	400
Bench	230

Increment for Future Cycle	
Squat	10
OHP	5
Deadlift	10
Bench	5

New Training Maxes	
Squat	320
OHP	140
Deadlift	410
Bench	235

Increment for Future Cycle	
Squat	10
OHP	5
Deadlift	10
Bench	5

New Training Maxes	
Squat	330
OHP	145
Deadlift	420
Bench	240

Increment for Future Cycle	
Squat	10
OHP	5
Deadlift	10
Bench	5

New Training Maxes	
Squat	340
OHP	150
Deadlift	430
Bench	245

Increment for Future Cycle	
Squat	10
OHP	5
Deadlift	10
Bench	5

New Training Maxes	
Squat	350
OHP	155
Deadlift	440
Bench	250

Increment for Future Cycle	
Squat	10
OHP	5
Deadlift	10
Bench	5

New Training Maxes	
Squat	360
OHP	160
Deadlift	450
Bench	255

Increment for Future Cycle	
Squat	10
OHP	5
Deadlift	10
Bench	5

New Training Maxes	
Squat	370
OHP	165
Deadlift	460
Bench	260

Increment for Future Cycle	
Squat	10
OHP	5
Deadlift	10

Bench	5

New Training Maxes	
Squat	380
OHP	170
Deadlift	470
Bench	265

Increment for Future Cycle	
Squat	10
OHP	5
Deadlift	10
Bench	5

New Training Maxes	
Squat	390
OHP	175
Deadlift	480
Bench	270

Increment for Future Cycle	
Squat	10
OHP	5
Deadlift	10
Bench	5

New Training Maxes	
Squat	400
OHP	180
Deadlift	490
Bench	275

Increment for Future Cycle	
Squat	10
OHP	5
Deadlift	10
Bench	5

New Training Maxes	
Squat	410

OHP	185
Deadlift	500
Bench	280

Increment for Future Cycle	
Squat	10
OHP	5
Deadlift	10
Bench	5

New Training Maxes	
Squat	420
OHP	190
Deadlift	510
Bench	285

Increment for Future Cycle	
Squat	10
OHP	5
Deadlift	10
Bench	5

New Training Maxes	
Squat	430
OHP	195
Deadlift	520
Bench	290

Increment for Future Cycle	
Squat	10
OHP	5
Deadlift	10
Bench	5

New Training Maxes	
Squat	440
OHP	200
Deadlift	530
Bench	295

Increment for Future Cycle

Squat	10
OHP	5
Deadlift	10
Bench	5

New Training Maxes	
Squat	450
OHP	205
Deadlift	540
Bench	300

Increment for Future Cycle	
Squat	10
OHP	5
Deadlift	10
Bench	5

New Training Maxes	
Squat	460
OHP	210
Deadlift	550
Bench	305

Increment for Future Cycle	
Squat	10
OHP	5
Deadlift	10
Bench	5

ht to that training max each mesocycle.

"Original" 7/5/3

SQUAT DAY	Sets	Reps
Squat	XXX	XXX
Stiff Leg Deadlift	3	10 to 15
Seated Leg Curl	3	10 to 15
Seated Calf Raise	3 to 4	8 to 10
Hanging or Roman Chair Leg Lifts	3	10 to 12
"bad girls" (optional)	2 to 3	15-20
"good girls" (optional)	2 to 3	15-20
OHP DAY	**Sets**	**Reps**
Overhead Press	XXX	XXX
Pulldowns	2	10 to 12
CloseGripBenchpress or Flat DB Press	2to3	8 to 10
DB Row	2	10 to 15
Chest Supported Row	2	8 to 10
Triceps Pushdowns	3	12 to 15
DB Curls	3	8 to 12
Face Pulls	2 to 3	10 to 15
Rear Delt Flyes (only if you have extra time)	2 to 3	12 to 15
DEADLIFT DAY	**Sets**	**Reps**
Deadlift	XXX	XXX
Bulgarian Split Squat or Reverse Lunge	3	8 to 10
Seated Leg Curls	3	10 to 15
Standing Calf Raise	3 to 4	8 to 10
Ab Exercise of Choice	3	10 to 15
"bad girls"	2 to 3	15-20
"good girls" (optional)	2 to 3	15-20
BENCH DAY	**Sets**	**Reps**
Barbell Benchpress	XXX	XXX
Weighted Pullups	2	8 to 12
Incline DB Press	3	8 to 12
Neutral Grip Pulldown	2	10 to 15
Chest Supported Row (seal, Incline, mach)	2	8 to 10
Preacher Bench Triceps Extensions	3	12 to 15

Seated Hammer Curls	3	8 to 12
Face Pulls	2 to 3	10 to 15
Rear Delt Flyes (if you have extra time)	2 to 3	12 to 15

Everything here is customizable, this is just a basic template that ought to v

On "Top Set PR Week" go for a new Rep Max. Whether it's a new 1 Rep ma
Decide to attempt your Top Set PR's based on previous Top Set PR's, try to
One simple way to go about it… Let's say this mesocycle you hit a deadlift c
Try to Leave 1 "Rep In Reserve" on your Top set, of course unless you're att

What to do after your "Top Set". (Pick your Drop %)
If You did Multiple Reps:
Decide the Rate of Perceived Exertion of that Top Set, or in other words… H
If you felt like you could have EASILY done 1 more rep, or "you had 1.5 re
If you feel like you most likely had exactly or around1 rep left in the tank, c
If you end up hitting a set where you feel like you didn't have 1 more rep ir

If you did a 1 rep Max:
If it was relatively easy, drop the weight by 10% and do triples, 2-5 sets unt
If it was moderate difficulty, drop the weight 15% and do triples, 2-5 sets u
If it was EXTREMELY Hard: consider moving on to the next exercise. If you f

Focus More on the 3-5 Rep PR's… up to even 8 or 10 reps on days you are

For Microcycle 1, Microcycle 2, and Microcycle 3…
Check the sheet "Top 753" and input your current Top Set Weight and Rep
(if unknown guestimate what you *could* do realistically on a top set)
The form populates itself out through 24 cycles.
At any point, at any mesocycle, you can change the Training max of that cy
At any point, at any mesocycle, you can change the increment at which you
On this tracking sheet, simply look onto the "Top 753" sheet to see what y

Accessory Lift Progression:
Double Progression Method: 3 sets, 8-10 reps (just an example)
Week 1 – Lunges – 50lbs x 8, 8, 8
Week 2 – Lunges – 50lbs x 10, 9, 8
Week 3 – Lunges – 50lbs x 10, 10, 10 (this means next time increase weight and decrease
Week 4 – Lunges – 55lbs x 9, 8, 8
Week 5 – Lunges – 55lbs x 10, 9, 8
Week 6 – Lunges – 55lbs x 10, 10, 9

Week 7 – Lunges – 55lbs x 10, 10, 10 (this means next time increase weight and decrease
Week 8 – Lunges – 60lbs x 8, 8 (ex: deload… Feel free to drop a set OR Drop weight 10-15
Week 9 – Lunges – 60lbs x 9, 8, 8

SCHEDULE: You have a Choice
Lower/Upper/Off, Repeat or a set in stone schedule like Monday/Wed/Fr
If you can make it to the gym any day of the week, feel free to try the low
If possible, try to put the day(s) off before your leg day(s). If you'd rather

	Mesocycle 1 (Introduction)
	Top Set PR Week
example (weight x sets x reps	Date/Max
75%, 251.25 x 5 sets of 7,	
50's x 12,12,10	
180x12,12,12	
135x3x8	
80x3x10	
100x3x20	
100x3x15	
	Date/Max
	Date/Max
	Date/Max

work well for most people

x or whatever. Generally I'd recommend shooting in the 3-5 rep range, with it
beat old records (of any rep count). Good place to start may be 90% of your cu
of 400 x 3. Next Top Set PR week go for 4-6 reps. You may even surprise yourse
empting a new 1 Rep Max.

How many Reps you had in Reserve.
ps left in the tank", drop the weight by 5% and do 2-5 sets until you hit a set
drop the weight by 7.5% and do 2-5 sets until you hit a set where you feel like
the tank, drop the weight by 10% and do 2-5 sets until you hit a set where yo

il you hit a set where you feel like you only have 1 rep left in the tank
ntil you hit a set where you feel like you only have 1 rep left in the tank.
eel like CRAP but want to do work, do 2-3 sets of deload weight. If you still fee

feeling incredible

Record for the Squat, Bench, Deadlift, and Overhead Press. If you have multip

cle and it will automatically affect the future training maxes. (Perfect for resets
u increase the weights of your training maxes and it will automatically affect th
ou need to do for a given mesocycle or microcycle, in terms of weight, sets, an

reps next workout)

e reps next workout)
%)

ri/Sat… or Mon/Tues/Thurs/Fri… etc.
ver/upper/off/repeat. If you have a limiting schedule, set your 4 day workout
prioritize your upper days, you can put the day(s) off before them instead.

Squat T-Max:

Microcycle 1 (7's Week)	**Microcycle 2 (5's Week)**
Date/Max	Date/Max
75%	80%
Date/Max	Date/Max
75%	80%
Date/Max	Date/Max
75%	80%
Date/Max	Date/Max
75%	80%

being okay if you "accidentally" get more than that.
ırrent Training max for as many reps as you can get.
ılf with 7-8

where you feel like you only have 1 rep left in the tank.
you only have 1 rep left in the tank.
ıu feel like you only have 1 rep left in the tank.

ıl okay and want to work, drop the weight by 20-25% and do triples, 2-5 sets u

le sets in mind, see which yields the greater max.

; or small bumps along the road)
ıe future training maxes. (useful for when things start getting rough, and can b
d reps on the big 4 Lifts.

t week in stone, however works best for you.

Microcycle 3 (3's Week)	Deload
Date/Max	Date/Max
85%	60%
Date/Max	Date/Max
85%	60%
Date/Max	Date/Max
85%	60%
Date/Max	Date/Max
85%	60%

ntil you hit a set where you feel like you only have 1 rep left in the tank

e used alongside resets for long-term scope)

Mesocycle 2	
Top Set PR Week	**Microcycle 1 (7's Week)**
Date/Max	Date/Max
	75%
Date/Max	Date/Max
	75%
Date/Max	Date/Max
	75%
Date/Max	Date/Max
	75%

Microcycle 2 (5's Week)	Microcycle 3 (3's Week)
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%

Deload	Mesocycle 3 Top Set PR Week
Date/Max	Date/Max
60%	
Date/Max	Date/Max
60%	
Date/Max	Date/Max
60%	
Date/Max	Date/Max
60%	

Microcycle 1 (7's Week)	Microcycle 2 (5's Week)
Date/Max	Date/Max
75%	80%
Date/Max	Date/Max
75%	80%
Date/Max	Date/Max
75%	80%
Date/Max	Date/Max
75%	80%

Microcycle 3 (3's Week)	Deload
Date/Max	Date/Max
85%	60%
Date/Max	Date/Max
85%	60%
Date/Max	Date/Max
85%	60%
Date/Max	Date/Max
85%	60%

Mesocycle 4	
Top Set PR Week	**Microcycle 1 (7's Week)**
Date/Max	Date/Max
	75%
Date/Max	Date/Max
	75%
Date/Max	Date/Max
	75%
Date/Max	Date/Max
	75%

Microcycle 2 (5's Week)	Microcycle 3 (3's Week)
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%

Deload	Mesocycle 5 Top Set PR Week
Date/Max	Date/Max
60%	
Date/Max	Date/Max
60%	
Date/Max	Date/Max
60%	
Date/Max	Date/Max
60%	

Microcycle 1 (7's Week)	Microcycle 2 (5's Week)
Date/Max	Date/Max
75%	80%
Date/Max	Date/Max
75%	80%
Date/Max	Date/Max
75%	80%
Date/Max	Date/Max
75%	80%

Microcycle 3 (3's Week)	Deload
Date/Max	Date/Max
85%	60%
Date/Max	Date/Max
85%	60%
Date/Max	Date/Max
85%	60%
Date/Max	Date/Max
85%	60%

Mesocycle 6	
Top Set PR Week	**Microcycle 1 (7's Week)**
Date/Max	Date/Max
	75%
Date/Max	Date/Max
	75%
Date/Max	Date/Max
	75%
Date/Max	Date/Max
	75%

Microcycle 2 (5's Week)	Microcycle 3 (3's Week)
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%

Deload	Mesocycle 7 Top Set PR Week
Date/Max	Date/Max
60%	
Date/Max	Date/Max
60%	
Date/Max	Date/Max
60%	
Date/Max	Date/Max
60%	

Microcycle 1 (7's Week)	Microcycle 2 (5's Week)
Date/Max	Date/Max
75%	80%
Date/Max	Date/Max
75%	80%
Date/Max	Date/Max
75%	80%
Date/Max	Date/Max
75%	80%

Microcycle 3 (3's Week)	Deload
Date/Max	Date/Max
85%	60%
Date/Max	Date/Max
85%	60%
Date/Max	Date/Max
85%	60%
Date/Max	Date/Max
85%	60%

Mesocycle 8	
Top Set PR Week	**Microcycle 1 (7's Week)**
Date/Max	Date/Max
	75%
Date/Max	Date/Max
	75%
Date/Max	Date/Max
	75%
Date/Max	Date/Max
	75%

Microcycle 2 (5's Week)	Microcycle 3 (3's Week)
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%

Deload	Mesocycle 9 Top Set PR Week
Date/Max	Date/Max
60%	
Date/Max	Date/Max
60%	
Date/Max	Date/Max
60%	
Date/Max	Date/Max
60%	

Microcycle 1 (7's Week)	Microcycle 2 (5's Week)
Date/Max	Date/Max
75%	80%
Date/Max	Date/Max
75%	80%
Date/Max	Date/Max
75%	80%
Date/Max	Date/Max
75%	80%

Microcycle 3 (3's Week)	Deload
Date/Max	Date/Max
85%	60%
Date/Max	Date/Max
85%	60%
Date/Max	Date/Max
85%	60%
Date/Max	Date/Max
85%	60%

Mesocycle 10	
Top Set PR Week	**Microcycle 1 (7's Week)**
Date/Max	Date/Max
	75%
Date/Max	Date/Max
	75%
Date/Max	Date/Max
	75%
Date/Max	Date/Max
	75%

Microcycle 2 (5's Week)	Microcycle 3 (3's Week)
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%

Deload	Mesocycle 11 Top Set PR Week
Date/Max	Date/Max
60%	
Date/Max	Date/Max
60%	
Date/Max	Date/Max
60%	
Date/Max	Date/Max
60%	

Microcycle 1 (7's Week)	Microcycle 2 (5's Week)
Date/Max	Date/Max
75%	80%
Date/Max	Date/Max
75%	80%
Date/Max	Date/Max
75%	80%
Date/Max	Date/Max
75%	80%

Microcycle 3 (3's Week)	Deload
Date/Max	Date/Max
85%	60%
Date/Max	Date/Max
85%	60%
Date/Max	Date/Max
85%	60%
Date/Max	Date/Max
85%	60%

Mesocycle 12	
Top Set PR Week	**Microcycle 1 (7's Week)**
Date/Max	Date/Max
	75%
Date/Max	Date/Max
	75%
Date/Max	Date/Max
	75%
Date/Max	Date/Max
	75%

Microcycle 2 (5's Week)	Microcycle 3 (3's Week)
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%

Deload	Mesocycle 13 Top Set PR Week
Date/Max	Date/Max
60%	
Date/Max	Date/Max
60%	
Date/Max	Date/Max
60%	
Date/Max	Date/Max
60%	

Microcycle 1 (7's Week)	Microcycle 2 (5's Week)
Date/Max	Date/Max
75%	80%
Date/Max	Date/Max
75%	80%
Date/Max	Date/Max
75%	80%
Date/Max	Date/Max
75%	80%

Microcycle 3 (3's Week)	Deload
Date/Max	Date/Max
85%	60%
Date/Max	Date/Max
85%	60%
Date/Max	Date/Max
85%	60%
Date/Max	Date/Max
85%	60%

Mesocycle 14	
Top Set PR Week	**Microcycle 1 (7's Week)**
Date/Max	Date/Max
	75%
Date/Max	Date/Max
	75%
Date/Max	Date/Max
	75%
Date/Max	Date/Max
	75%

Microcycle 2 (5's Week)	Microcycle 3 (3's Week)
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%

Deload	Mesocycle 15 Top Set PR Week
Date/Max	Date/Max
60%	
Date/Max	Date/Max
60%	
Date/Max	Date/Max
60%	
Date/Max	Date/Max
60%	

Microcycle 1 (7's Week)	Microcycle 2 (5's Week)
Date/Max	Date/Max
75%	80%
Date/Max	Date/Max
75%	80%
Date/Max	Date/Max
75%	80%
Date/Max	Date/Max
75%	80%

Microcycle 3 (3's Week)	Deload
Date/Max	Date/Max
85%	60%
Date/Max	Date/Max
85%	60%
Date/Max	Date/Max
85%	60%
Date/Max	Date/Max
85%	60%

Mesocycle 16	
Top Set PR Week	**Microcycle 1 (7's Week)**
Date/Max	Date/Max
	75%
Date/Max	Date/Max
	75%
Date/Max	Date/Max
	75%
Date/Max	Date/Max
	75%

Microcycle 2 (5's Week)	Microcycle 3 (3's Week)
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%

Deload	Mesocycle 17 Top Set PR Week
Date/Max	Date/Max
60%	
Date/Max	Date/Max
60%	
Date/Max	Date/Max
60%	
Date/Max	Date/Max
60%	

Microcycle 1 (7's Week)	Microcycle 2 (5's Week)
Date/Max	Date/Max
75%	80%
Date/Max	Date/Max
75%	80%
Date/Max	Date/Max
75%	80%
Date/Max	Date/Max
75%	80%

Microcycle 3 (3's Week)	Deload
Date/Max	Date/Max
85%	60%
Date/Max	Date/Max
85%	60%
Date/Max	Date/Max
85%	60%
Date/Max	Date/Max
85%	60%

Mesocycle 18	
Top Set PR Week	**Microcycle 1 (7's Week)**
Date/Max	Date/Max
	75%
Date/Max	Date/Max
	75%
Date/Max	Date/Max
	75%
Date/Max	Date/Max
	75%

Microcycle 2 (5's Week)	Microcycle 3 (3's Week)
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%

Deload	Mesocycle 19 Top Set PR Week
Date/Max	Date/Max
60%	
Date/Max	Date/Max
60%	
Date/Max	Date/Max
60%	
Date/Max	Date/Max
60%	

Microcycle 1 (7's Week)	Microcycle 2 (5's Week)
Date/Max	Date/Max
75%	80%
Date/Max	Date/Max
75%	80%
Date/Max	Date/Max
75%	80%
Date/Max	Date/Max
75%	80%

Microcycle 3 (3's Week)	Deload
Date/Max	Date/Max
85%	60%
Date/Max	Date/Max
85%	60%
Date/Max	Date/Max
85%	60%
Date/Max	Date/Max
85%	60%

Mesocycle 20	
Top Set PR Week	**Microcycle 1 (7's Week)**
Date/Max	Date/Max
	75%
Date/Max	Date/Max
	75%
Date/Max	Date/Max
	75%
Date/Max	Date/Max
	75%

Microcycle 2 (5's Week)	Microcycle 3 (3's Week)
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%

Deload	Mesocycle 21 Top Set PR Week
Date/Max	Date/Max
60%	
Date/Max	Date/Max
60%	
Date/Max	Date/Max
60%	
Date/Max	Date/Max
60%	

Microcycle 1 (7's Week)	Microcycle 2 (5's Week)
Date/Max	Date/Max
75%	80%
Date/Max	Date/Max
75%	80%
Date/Max	Date/Max
75%	80%
Date/Max	Date/Max
75%	80%

Microcycle 3 (3's Week)	Deload
Date/Max	Date/Max
85%	60%
Date/Max	Date/Max
85%	60%
Date/Max	Date/Max
85%	60%
Date/Max	Date/Max
85%	60%

Mesocycle 22

Top Set PR Week	**Microcycle 1 (7's Week)**
Date/Max	Date/Max
	75%
Date/Max	Date/Max
	75%
Date/Max	Date/Max
	75%
Date/Max	Date/Max
	75%

Microcycle 2 (5's Week)	Microcycle 3 (3's Week)
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%

Deload	Mesocycle 23 Top Set PR Week
Date/Max	Date/Max
60%	
Date/Max	Date/Max
60%	
Date/Max	Date/Max
60%	
Date/Max	Date/Max
60%	

Microcycle 1 (7's Week)	Microcycle 2 (5's Week)
Date/Max	Date/Max
75%	80%
Date/Max	Date/Max
75%	80%
Date/Max	Date/Max
75%	80%
Date/Max	Date/Max
75%	80%

Microcycle 3 (3's Week)	Deload
Date/Max	Date/Max
85%	60%
Date/Max	Date/Max
85%	60%
Date/Max	Date/Max
85%	60%
Date/Max	Date/Max
85%	60%

Mesocycle 24	
Top Set PR Week	**Microcycle 1 (7's Week)**
Date/Max	Date/Max
	75%
Date/Max	Date/Max
	75%
Date/Max	Date/Max
	75%
Date/Max	Date/Max
	75%

Microcycle 2 (5's Week)	Microcycle 3 (3's Week)
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%

Deload

Date/Max
60%

Date/Max
60%

Date/Max
60%

Date/Max
60%

Ogus 7/5/3
Original

	Weight	Reps	1RM	90%
Squat	225	5	255	230
OHP	95	5	105	95
Deadlift	315	5	355	320
Bench	185	5	210	190

Increment/Cycle

Squat	10	<---- 10 for male, 5 for female
OHP	5	<---- 5 for male, 2.5 for female
Deadlift	10	<---- 10 for male, 5 for female
Bench	5	<---- 5 for male, 2.5 for female

Rounding

5	<--- Don't change this

(Intro) MesoCycle 1

Microcycle 1	Percentage	Weight	Sets	Reps
Squat	75%	172.5	4	7
OHP	75%	71.25	4	7
Deadlift	75%	240	4	7
Bench	75%	142.5	4	7

Microcycle 2	Percentage	Weight	Sets	Reps
Squat	80%	184	6	5
OHP	80%	76	6	5
Deadlift	80%	256	6	5
Bench	80%	152	6	5

Microcycle 3	Percentage	Weight	Sets	Reps
Squat	85%	195.5	8	3
OHP	85%	80.75	8	3
Deadlift	85%	272	8	3
Bench	85%	161.5	8	3

Deload Week	Percentage	Weight	Sets	Reps
Squat	60%	138	5	5
OHP	60%	57	5	5
Deadlift	60%	192	5	5
Bench	60%	114	5	5

<---On deloa

Mesocycle 2

Microcycle 1	Percentage	Weight	Sets	Reps
Squat	75%	180	5	7
OHP	75%	75	5	7
Deadlift	75%	247.5	5	7
Bench	75%	146.25	5	7

Microcycle 2	Percentage	Weight	Sets	Reps
Squat	80%	192	7	5
OHP	80%	80	7	5
Deadlift	80%	264	7	5
Bench	80%	156	7	5

Microcycle 3	Percentage	Weight	Sets	Reps
Squat	85%	204	10	3
OHP	85%	85	10	3
Deadlift	85%	280.5	10	3
Bench	85%	165.75	10	3

Deload	Percentage	Weight	Sets	Reps
Squat	60%	144	5	5
OHP	60%	60	5	5
Deadlift	60%	198	5	5
Bench	60%	117	5	5

Mesocycle 3

Microcycle 1	Percentage	Weight	Sets	Reps
Squat	75%	187.5	5	7
OHP	75%	78.75	5	7
Deadlift	75%	255	5	7
Bench	75%	150	5	7

Microcycle 2	Percentage	Weight	Sets	Reps
Squat	80%	200	7	5
OHP	80%	84	7	5
Deadlift	80%	272	7	5
Bench	80%	160	7	5

Microcycle 3	Percentage	Weight	Sets	Reps
Squat	85%	212.5	10	3
OHP	85%	89.25	10	3

Deadlift	85%	289	10	3
Bench	85%	170	10	3

Deload	Percentage	Weight	Sets	Reps
Squat	60%	150	5	5
OHP	60%	63	5	5
Deadlift	60%	204	5	5
Bench	60%	120	5	5

Mesocycle 4

Microcycle 1	Percentage	Weight	Sets	Reps
Squat	75%	195	5	7
OHP	75%	82.5	5	7
Deadlift	75%	262.5	5	7
Bench	75%	153.75	5	7

Microcycle 2	Percentage	Weight	Sets	Reps
Squat	80%	208	7	5
OHP	80%	88	7	5
Deadlift	80%	280	7	5
Bench	80%	164	7	5

Microcycle 3	Percentage	Weight	Sets	Reps
Squat	85%	221	10	3
OHP	85%	93.5	10	3
Deadlift	85%	297.5	10	3
Bench	85%	174.25	10	3

Deload	Percentage	Weight	Sets	Reps
Squat	60%	156	5	5
OHP	60%	66	5	5
Deadlift	60%	210	5	5
Bench	60%	123	5	5

Mesocycle 5

Microcycle 1	Percentage	Weight	Sets	Reps
Squat	75%	202.5	5	7
OHP	75%	86.25	5	7
Deadlift	75%	270	5	7
Bench	75%	157.5	5	7

Microcycle 2	Percentage	Weight	Sets	Reps
Squat	80%	216	7	5

OHP	80%	92	7	5
Deadlift	80%	288	7	5
Bench	80%	168	7	5

Microcycle 3	Percentage	Weight	Sets	Reps
Squat	85%	229.5	10	3
OHP	85%	97.75	10	3
Deadlift	85%	306	10	3
Bench	85%	178.5	10	3

Deload	Percentage	Weight	Sets	Reps
Squat	60%	162	5	5
OHP	60%	69	5	5
Deadlift	60%	216	5	5
Bench	60%	126	5	5

Mesocycle 6

Microcycle 1	Percentage	Weight	Sets	Reps
Squat	75%	210	5	7
OHP	75%	90	5	7
Deadlift	75%	277.5	5	7
Bench	75%	161.25	5	7

Microcycle 2	Percentage	Weight	Sets	Reps
Squat	80%	224	7	5
OHP	80%	96	7	5
Deadlift	80%	296	7	5
Bench	80%	172	7	5

Microcycle 3	Percentage	Weight	Sets	Reps
Squat	85%	238	10	3
OHP	85%	102	10	3
Deadlift	85%	314.5	10	3
Bench	85%	182.75	10	3

Deload	Percentage	Weight	Sets	Reps
Squat	60%	168	5	5
OHP	60%	72	5	5
Deadlift	60%	222	5	5
Bench	60%	129	5	5

Mesocycle 7

Microcycle 1	Percentage	Weight	Sets	Reps

Squat	75%	217.5	5	7
OHP	75%	93.75	5	7
Deadlift	75%	285	5	7
Bench	75%	165	5	7

Microcycle 2	Percentage	Weight	Sets	Reps
Squat	80%	232	7	5
OHP	80%	100	7	5
Deadlift	80%	304	7	5
Bench	80%	176	7	5

Microcycle 3	Percentage	Weight	Sets	Reps
Squat	85%	246.5	10	3
OHP	85%	106.25	10	3
Deadlift	85%	323	10	3
Bench	85%	187	10	3

Deload	Percentage	Weight	Sets	Reps
Squat	60%	174	5	5
OHP	60%	75	5	5
Deadlift	60%	228	5	5
Bench	60%	132	5	5

Mesocycle 8

Microcycle 1	Percentage	Weight	Sets	Reps
Squat	75%	225	5	7
OHP	75%	97.5	5	7
Deadlift	75%	292.5	5	7
Bench	75%	168.75	5	7

Microcycle 2	Percentage	Weight	Sets	Reps
Squat	80%	240	7	5
OHP	80%	104	7	5
Deadlift	80%	312	7	5
Bench	80%	180	7	5

Microcycle 3	Percentage	Weight	Sets	Reps
Squat	85%	255	10	3
OHP	85%	110.5	10	3
Deadlift	85%	331.5	10	3
Bench	85%	191.25	10	3

Deload	Percentage	Weight	Sets	Reps

Squat	60%	180	5	5
OHP	60%	78	5	5
Deadlift	60%	234	5	5
Bench	60%	135	5	5

Mesocycle 9

Microcycle 1	Percentage	Weight	Sets	Reps
Squat	75%	232.5	5	7
OHP	75%	101.25	5	7
Deadlift	75%	300	5	7
Bench	75%	172.5	5	7

Microcycle 2	Percentage	Weight	Sets	Reps
Squat	80%	248	7	5
OHP	80%	108	7	5
Deadlift	80%	320	7	5
Bench	80%	184	7	5

Microcycle 3	Percentage	Weight	Sets	Reps
Squat	85%	263.5	10	3
OHP	85%	114.75	10	3
Deadlift	85%	340	10	3
Bench	85%	195.5	10	3

Deload	Percentage	Weight	Sets	Reps
Squat	60%	186	5	5
OHP	60%	81	5	5
Deadlift	60%	240	5	5
Bench	60%	138	5	5

Mesocycle 10

Microcycle 1	Percentage	Weight	Sets	Reps
Squat	75%	240	5	7
OHP	75%	105	5	7
Deadlift	75%	307.5	5	7
Bench	75%	176.25	5	7

Microcycle 2	Percentage	Weight	Sets	Reps
Squat	80%	256	7	5
OHP	80%	112	7	5
Deadlift	80%	328	7	5
Bench	80%	188	7	5

Microcycle 3	Percentage	Weight	Sets	Reps
Squat	85%	272	10	3
OHP	85%	119	10	3
Deadlift	85%	348.5	10	3
Bench	85%	199.75	10	3

Deload	Percentage	Weight	Sets	Reps
Squat	60%	192	5	5
OHP	60%	84	5	5
Deadlift	60%	246	5	5
Bench	60%	141	5	5

Mesocycle 11

Microcycle 1	Percentage	Weight	Sets	Reps
Squat	75%	247.5	5	7
OHP	75%	108.75	5	7
Deadlift	75%	315	5	7
Bench	75%	180	5	7

Microcycle 2	Percentage	Weight	Sets	Reps
Squat	80%	264	7	5
OHP	80%	116	7	5
Deadlift	80%	336	7	5
Bench	80%	192	7	5

Microcycle 3	Percentage	Weight	Sets	Reps
Squat	85%	280.5	10	3
OHP	85%	123.25	10	3
Deadlift	85%	357	10	3
Bench	85%	204	10	3

Deload	Percentage	Weight	Sets	Reps
Squat	60%	198	5	5
OHP	60%	87	5	5
Deadlift	60%	252	5	5
Bench	60%	144	5	5

Mesocycle 12

Microcycle 1	Percentage	Weight	Sets	Reps
Squat	75%	255	5	7
OHP	75%	112.5	5	7
Deadlift	75%	322.5	5	7
Bench	75%	183.75	5	7

Microcycle 2	Percentage	Weight	Sets	Reps
Squat	80%	272	7	5
OHP	80%	120	7	5
Deadlift	80%	344	7	5
Bench	80%	196	7	5

Microcycle 3	Percentage	Weight	Sets	Reps
Squat	85%	289	10	3
OHP	85%	127.5	10	3
Deadlift	85%	365.5	10	3
Bench	85%	208.25	10	3

Deload	Percentage	Weight	Sets	Reps
Squat	60%	204	5	5
OHP	60%	90	5	5
Deadlift	60%	258	5	5
Bench	60%	147	5	5

Mesocycle 13

Microcycle 1	Percentage	Weight	Sets	Reps
Squat	75%	262.5	5	7
OHP	75%	116.25	5	7
Deadlift	75%	330	5	7
Bench	75%	187.5	5	7

Microcycle 2	Percentage	Weight	Sets	Reps
Squat	80%	280	7	5
OHP	80%	124	7	5
Deadlift	80%	352	7	5
Bench	80%	200	7	5

Microcycle 3	Percentage	Weight	Sets	Reps
Squat	85%	297.5	10	3
OHP	85%	131.75	10	3
Deadlift	85%	374	10	3
Bench	85%	212.5	10	3

Deload	Percentage	Weight	Sets	Reps
Squat	60%	210	5	5
OHP	60%	93	5	5
Deadlift	60%	264	5	5
Bench	60%	150	5	5

Mesocycle 14

Microcycle 1	Percentage	Weight	Sets	Reps
Squat	75%	270	5	7
OHP	75%	120	5	7
Deadlift	75%	337.5	5	7
Bench	75%	191.25	5	7

Microcycle 2	Percentage	Weight	Sets	Reps
Squat	80%	288	7	5
OHP	80%	128	7	5
Deadlift	80%	360	7	5
Bench	80%	204	7	5

Microcycle 3	Percentage	Weight	Sets	Reps
Squat	85%	306	10	3
OHP	85%	136	10	3
Deadlift	85%	382.5	10	3
Bench	85%	216.75	10	3

Deload	Percentage	Weight	Sets	Reps
Squat	60%	216	5	5
OHP	60%	96	5	5
Deadlift	60%	270	5	5
Bench	60%	153	5	5

Mesocycle 15

Microcycle 1	Percentage	Weight	Sets	Reps
Squat	75%	277.5	5	7
OHP	75%	123.75	5	7
Deadlift	75%	345	5	7
Bench	75%	195	5	7

Microcycle 2	Percentage	Weight	Sets	Reps
Squat	80%	296	7	5
OHP	80%	132	7	5
Deadlift	80%	368	7	5
Bench	80%	208	7	5

Microcycle 3	Percentage	Weight	Sets	Reps
Squat	85%	314.5	10	3
OHP	85%	140.25	10	3
Deadlift	85%	391	10	3

Bench	85%	221	10	3

Deload	Percentage	Weight	Sets	Reps
Squat	60%	222	5	5
OHP	60%	99	5	5
Deadlift	60%	276	5	5
Bench	60%	156	5	5

Mesocycle 16

Microcycle 1	Percentage	Weight	Sets	Reps
Squat	75%	285	5	7
OHP	75%	127.5	5	7
Deadlift	75%	352.5	5	7
Bench	75%	198.75	5	7

Microcycle 2	Percentage	Weight	Sets	Reps
Squat	80%	304	7	5
OHP	80%	136	7	5
Deadlift	80%	376	7	5
Bench	80%	212	7	5

Microcycle 3	Percentage	Weight	Sets	Reps
Squat	85%	323	10	3
OHP	85%	144.5	10	3
Deadlift	85%	399.5	10	3
Bench	85%	225.25	10	3

Deload	Percentage	Weight	Sets	Reps
Squat	60%	228	5	5
OHP	60%	102	5	5
Deadlift	60%	282	5	5
Bench	60%	159	5	5

Mesocycle 17

Microcycle 1	Percentage	Weight	Sets	Reps
Squat	75%	292.5	5	7
OHP	75%	131.25	5	7
Deadlift	75%	360	5	7
Bench	75%	202.5	5	7

Microcycle 2	Percentage	Weight	Sets	Reps
Squat	80%	312	7	5
OHP	80%	140	7	5

Deadlift	80%	384	7	5
Bench	80%	216	7	5

Microcycle 3	Percentage	Weight	Sets	Reps
Squat	85%	331.5	10	3
OHP	85%	148.75	10	3
Deadlift	85%	408	10	3
Bench	85%	229.5	10	3

Deload	Percentage	Weight	Sets	Reps
Squat	60%	234	5	5
OHP	60%	105	5	5
Deadlift	60%	288	5	5
Bench	60%	162	5	5

Mesocycle 18

Microcycle 1	Percentage	Weight	Sets	Reps
Squat	75%	300	5	7
OHP	75%	135	5	7
Deadlift	75%	367.5	5	7
Bench	75%	206.25	5	7

Microcycle 2	Percentage	Weight	Sets	Reps
Squat	80%	320	7	5
OHP	80%	144	7	5
Deadlift	80%	392	7	5
Bench	80%	220	7	5

Microcycle 3	Percentage	Weight	Sets	Reps
Squat	85%	340	10	3
OHP	85%	153	10	3
Deadlift	85%	416.5	10	3
Bench	85%	233.75	10	3

Deload	Percentage	Weight	Sets	Reps
Squat	60%	240	5	5
OHP	60%	108	5	5
Deadlift	60%	294	5	5
Bench	60%	165	5	5

Mesocycle 19

Microcycle 1	Percentage	Weight	Sets	Reps
Squat	75%	307.5	5	7

OHP	75%	138.75	5	7
Deadlift	75%	375	5	7
Bench	75%	210	5	7

Microcycle 2	Percentage	Weight	Sets	Reps
Squat	80%	328	7	5
OHP	80%	148	7	5
Deadlift	80%	400	7	5
Bench	80%	224	7	5

Microcycle 3	Percentage	Weight	Sets	Reps
Squat	85%	348.5	10	3
OHP	85%	157.25	10	3
Deadlift	85%	425	10	3
Bench	85%	238	10	3

Deload	Percentage	Weight	Sets	Reps
Squat	60%	246	5	5
OHP	60%	111	5	5
Deadlift	60%	300	5	5
Bench	60%	168	5	5

Mesocycle 20

Microcycle 1	Percentage	Weight	Sets	Reps
Squat	75%	315	5	7
OHP	75%	142.5	5	7
Deadlift	75%	382.5	5	7
Bench	75%	213.75	5	7

Microcycle 2	Percentage	Weight	Sets	Reps
Squat	80%	336	7	5
OHP	80%	152	7	5
Deadlift	80%	408	7	5
Bench	80%	228	7	5

Microcycle 3	Percentage	Weight	Sets	Reps
Squat	85%	357	10	3
OHP	85%	161.5	10	3
Deadlift	85%	433.5	10	3
Bench	85%	242.25	10	3

Deload	Percentage	Weight	Sets	Reps
Squat	60%	252	5	5

OHP	60%	114	5	5
Deadlift	60%	306	5	5
Bench	60%	171	5	5

Mesocycle 21

Microcycle 1	Percentage	Weight	Sets	Reps
Squat	75%	322.5	5	7
OHP	75%	146.25	5	7
Deadlift	75%	390	5	7
Bench	75%	217.5	5	7

Microcycle 2	Percentage	Weight	Sets	Reps
Squat	80%	344	7	5
OHP	80%	156	7	5
Deadlift	80%	416	7	5
Bench	80%	232	7	5

Microcycle 3	Percentage	Weight	Sets	Reps
Squat	85%	365.5	10	3
OHP	85%	165.75	10	3
Deadlift	85%	442	10	3
Bench	85%	246.5	10	3

Deload	Percentage	Weight	Sets	Reps
Squat	60%	258	5	5
OHP	60%	117	5	5
Deadlift	60%	312	5	5
Bench	60%	174	5	5

Mesocycle 22

Microcycle 1	Percentage	Weight	Sets	Reps
Squat	75%	330	5	7
OHP	75%	150	5	7
Deadlift	75%	397.5	5	7
Bench	75%	221.25	5	7

Microcycle 2	Percentage	Weight	Sets	Reps
Squat	80%	352	7	5
OHP	80%	160	7	5
Deadlift	80%	424	7	5
Bench	80%	236	7	5

Microcycle 3	Percentage	Weight	Sets	Reps

Squat	85%	374	10	3
OHP	85%	170	10	3
Deadlift	85%	450.5	10	3
Bench	85%	250.75	10	3

Deload	Percentage	Weight	Sets	Reps
Squat	60%	264	5	5
OHP	60%	120	5	5
Deadlift	60%	318	5	5
Bench	60%	177	5	5

Mesocycle 23

Microcycle 1	Percentage	Weight	Sets	Reps
Squat	75%	337.5	5	7
OHP	75%	153.75	5	7
Deadlift	75%	405	5	7
Bench	75%	225	5	7

Microcycle 2	Percentage	Weight	Sets	Reps
Squat	80%	360	7	5
OHP	80%	164	7	5
Deadlift	80%	432	7	5
Bench	80%	240	7	5

Microcycle 3	Percentage	Weight	Sets	Reps
Squat	85%	382.5	10	3
OHP	85%	174.25	10	3
Deadlift	85%	459	10	3
Bench	85%	255	10	3

Deload	Percentage	Weight	Sets	Reps
Squat	60%	270	5	5
OHP	60%	123	5	5
Deadlift	60%	324	5	5
Bench	60%	180	5	5

Mesocycle 24

Microcycle 1	Percentage	Weight	Sets	Reps
Squat	75%	345	5	7
OHP	75%	157.5	5	7
Deadlift	75%	412.5	5	7
Bench	75%	228.75	5	7

Microcycle 2	Percentage	Weight	Sets	Reps
Squat	80%	368	7	5
OHP	80%	168	7	5
Deadlift	80%	440	7	5
Bench	80%	244	7	5

Microcycle 3	Percentage	Weight	Sets	Reps
Squat	85%	391	10	3
OHP	85%	178.5	10	3
Deadlift	85%	467.5	10	3
Bench	85%	259.25	10	3

Deload	Percentage	Weight	Sets	Reps
Squat	60%	276	5	5
OHP	60%	126	5	5
Deadlift	60%	330	5	5
Bench	60%	183	5	5

<---- Insert your best sets weight x reps

<----- The output is your 1RM and 90% of that will be your beginning training max. We will add weig

In programming, we will be using Pounds.
Divide by 2.205 to convert LB's to kilos
Multiply by 2.205 to convert kilos to LB's

Initial Training Maxes	
Squat	230
OHP	95
Deadlift	320
Bench	190

Increment for Future Cycle	
Squat	10
OHP	5
Deadlift	10
Bench	5

ıd weeks, if feeling crappy, you can reduce sets from 5 to 3.

New Training Maxes	
Squat	240
OHP	100
Deadlift	330
Bench	195

Increment for Future Cycle	
Squat	10
OHP	5
Deadlift	10
Bench	5

New Training Maxes	
Squat	250
OHP	105
Deadlift	340
Bench	200

Increment for Future Cycle	
Squat	10
OHP	5

Deadlift	10
Bench	5

New Training Maxes	
Squat	260
OHP	110
Deadlift	350
Bench	205

Increment for Future Cycle	
Squat	10
OHP	5
Deadlift	10
Bench	5

New Training Maxes	
Squat	270
OHP	115
Deadlift	360
Bench	210

Increment for Future Cycle	
Squat	10
OHP	5
Deadlift	10
Bench	5

New Training Maxes	
Squat	280
OHP	120
Deadlift	370
Bench	215

Increment for Future Cycle	
Squat	10
OHP	5
Deadlift	10
Bench	5

New Training Maxes	

Squat	290
OHP	125
Deadlift	380
Bench	220

Increment for Future Cycle	
Squat	10
OHP	5
Deadlift	10
Bench	5

New Training Maxes	
Squat	300
OHP	130
Deadlift	390
Bench	225

Increment for Future Cycle	
Squat	10
OHP	5
Deadlift	10
Bench	5

New Training Maxes	
Squat	310
OHP	135
Deadlift	400
Bench	230

Increment for Future Cycle	
Squat	10
OHP	5
Deadlift	10
Bench	5

New Training Maxes	
Squat	320
OHP	140
Deadlift	410
Bench	235

Increment for Future Cycle	
Squat	10
OHP	5
Deadlift	10
Bench	5

New Training Maxes	
Squat	330
OHP	145
Deadlift	420
Bench	240

Increment for Future Cycle	
Squat	10
OHP	5
Deadlift	10
Bench	5

New Training Maxes	
Squat	340
OHP	150
Deadlift	430
Bench	245

Increment for Future Cycle	
Squat	10
OHP	5
Deadlift	10
Bench	5

New Training Maxes	
Squat	350
OHP	155
Deadlift	440
Bench	250

Increment for Future Cycle	
Squat	10
OHP	5
Deadlift	10
Bench	5

New Training Maxes	
Squat	360
OHP	160
Deadlift	450
Bench	255

Increment for Future Cycle	
Squat	10
OHP	5
Deadlift	10
Bench	5

New Training Maxes	
Squat	370
OHP	165
Deadlift	460
Bench	260

Increment for Future Cycle	
Squat	10
OHP	5
Deadlift	10

Bench	5

New Training Maxes	
Squat	380
OHP	170
Deadlift	470
Bench	265

Increment for Future Cycle	
Squat	10
OHP	5
Deadlift	10
Bench	5

New Training Maxes	
Squat	390
OHP	175
Deadlift	480
Bench	270

Increment for Future Cycle	
Squat	10
OHP	5
Deadlift	10
Bench	5

New Training Maxes	
Squat	400
OHP	180
Deadlift	490
Bench	275

Increment for Future Cycle	
Squat	10
OHP	5
Deadlift	10
Bench	5

New Training Maxes	
Squat	410

OHP	185
Deadlift	500
Bench	280

Increment for Future Cycle	
Squat	10
OHP	5
Deadlift	10
Bench	5

New Training Maxes	
Squat	420
OHP	190
Deadlift	510
Bench	285

Increment for Future Cycle	
Squat	10
OHP	5
Deadlift	10
Bench	5

New Training Maxes	
Squat	430
OHP	195
Deadlift	520
Bench	290

Increment for Future Cycle	
Squat	10
OHP	5
Deadlift	10
Bench	5

New Training Maxes	
Squat	440
OHP	200
Deadlift	530
Bench	295

Increment for Future Cycle

Squat	10
OHP	5
Deadlift	10
Bench	5

New Training Maxes	
Squat	450
OHP	205
Deadlift	540
Bench	300

Increment for Future Cycle	
Squat	10
OHP	5
Deadlift	10
Bench	5

New Training Maxes	
Squat	460
OHP	210
Deadlift	550
Bench	305

Increment for Future Cycle	
Squat	10
OHP	5
Deadlift	10
Bench	5

ht to that training max each mesocycle.

"Original" 7/5/3

SQUAT DAY	Sets	Reps
Squat	XXX	XXX
Stiff Leg Deadlift	3	10 to 15
Seated Leg Curl	3	10 to 15
Seated Calf Raise	3 to 4	8 to 10
Hanging or Roman Chair Leg Lifts	3	10 to 12
"bad girls" (optional)	2 to 3	15-20
"good girls" (optional)	2 to 3	15-20
OHP DAY	**Sets**	**Reps**
Overhead Press	XXX	XXX
Pulldowns	2	10 to 12
CloseGripBenchpress or Flat DB Press	2to3	8 to 10
DB Row	2	10 to 15
Chest Supported Row	2	8 to 10
Triceps Pushdowns	3	12 to 15
DB Curls	3	8 to 12
Face Pulls	2 to 3	10 to 15
Rear Delt Flyes (only if you have extra time)	2 to 3	12 to 15
DEADLIFT DAY	**Sets**	**Reps**
Deadlift	XXX	XXX
Bulgarian Split Squat or Reverse Lunge	3	8 to 10
Seated Leg Curls	3	10 to 15
Standing Calf Raise	3 to 4	8 to 10
Ab Exercise of Choice	3	10 to 15
"bad girls"	2 to 3	15-20
"good girls" (optional)	2 to 3	15-20
BENCH DAY	**Sets**	**Reps**
Barbell Benchpress	XXX	XXX
Weighted Pullups	2	8 to 12
Incline DB Press	3	8 to 12
Neutral Grip Pulldown	2	10 to 15
Chest Supported Row (seal, Incline, mach)	2	8 to 10
Preacher Bench Triceps Extensions	3	12 to 15
Seated Hammer Curls	3	8 to 12
Face Pulls	2 to 3	10 to 15
Rear Delt Flyes (if you have extra time)	2 to 3	12 to 15

Everything here is customizable, this is just a basic template that ought to v

For Microcycle 1, Microcycle 2, and Microcycle 3…
Check the sheet "Top 753" and input your current Top Set Weight and Rep
(if unknown guestimate what you *could* do realistically on a top set)
The form populates itself out through 24 cycles.
At any point, at any mesocycle, you can change the Training max of that cy
At any point, at any mesocycle, you can change the increment at which you
On this tracking sheet, simply look onto the "Top 753" sheet to see what y

Accessory Lift Progression:
Double Progression Method: 3 sets, 8-10 reps (just an example)
Week 1 – Lunges – 50lbs x 8, 8, 8
Week 2 – Lunges – 50lbs x 10, 9, 8
Week 3 – Lunges – 50lbs x 10, 10, 10 (this means next time increase weight and decrease
Week 4 – Lunges – 55lbs x 9, 8, 8
Week 5 – Lunges – 55lbs x 10, 9, 8
Week 6 – Lunges – 55lbs x 10, 10, 9
Week 7 – Lunges – 55lbs x 10, 10, 10 (this means next time increase weight and decrease
Week 8 – Lunges – 60lbs x 8, 8 (ex: deload… Feel free to drop a set OR Drop weight 10-15
Week 9 – Lunges – 60lbs x 9, 8, 8

SCHEDULE: You have a Choice
Lower/Upper/Off, Repeat or a set in stone schedule like Monday/Wed/F
If you can make it to the gym any day of the week, feel free to try the low
If possible, try to put the day(s) off before your leg day(s). If you'd rather

	Mesocycle 1 (Introduction) Microcycle 1 (7's Week)
example (weight x sets x reps	Date/Max
75%, 251.25 x 5 sets of 7,	75%
50's x 12,12,10	
180x12,12,12	
135x3x8	
80x3x10	
100x3x20	
100x3x15	
	Date/Max
	75%
	Date/Max
	75%
	Date/Max
	75%

work well for most people

Record for the Squat, Bench, Deadlift, and Overhead Press. If you have multip

cle and it will automatically affect the future training maxes. (Perfect for resets
u increase the weights of your training maxes and it will automatically affect th
ou need to do for a given mesocycle or microcycle, in terms of weight, sets, an

reps next workout)

e reps next workout)
%)

i/Sat… or Mon/Tues/Thurs/Fri… etc.
ver/upper/off/repeat. If you have a limiting schedule, set your 4 day workou
prioritize your upper days, you can put the day(s) off before them instead.

Microcycle 2 (5's Week)	Microcycle 3 (3's Week)
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%

le sets in mind, see which yields the greater max.

; or small bumps along the road)
ıe future training maxes. (useful for when things start getting rough, and can b
d reps on the big 4 Lifts.

t week in stone, however works best for you.

Deload	Mesocycle 2 Microcycle 1 (7's Week)
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%

e used alongside resets for long-term scope)

Microcycle 2 (5's Week)	Microcycle 3 (3's Week)
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%

Deload	Mesocycle 3 Microcycle 1 (7's Week)
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%

Microcycle 2 (5's Week)	Microcycle 3 (3's Week)
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%

Deload	Mesocycle 4 Microcycle 1 (7's Week)
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%

Microcycle 2 (5's Week)	Microcycle 3 (3's Week)
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%

Deload	Mesocycle 5 Microcycle 1 (7's Week)
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%

Microcycle 2 (5's Week)	Microcycle 3 (3's Week)
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%

Deload	Mesocycle 6 Microcycle 1 (7's Week)
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%

Microcycle 2 (5's Week)	Microcycle 3 (3's Week)
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%

Deload	Mesocycle 7 Microcycle 1 (7's Week)
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%

Microcycle 2 (5's Week)	Microcycle 3 (3's Week)
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%

Deload	Mesocycle 8 Microcycle 1 (7's Week)
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%

Microcycle 2 (5's Week)	Microcycle 3 (3's Week)
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%

Deload	Mesocycle 9 Microcycle 1 (7's Week)
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%

Microcycle 2 (5's Week)	Microcycle 3 (3's Week)
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%

Deload	Mesocycle 10 Microcycle 1 (7's Week)
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%

Microcycle 2 (5's Week)	Microcycle 3 (3's Week)
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%

Deload	Mesocycle 11 Microcycle 1 (7's Week)
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%

Microcycle 2 (5's Week)	Microcycle 3 (3's Week)
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%

Deload	Mesocycle 12 Microcycle 1 (7's Week)
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%

Microcycle 2 (5's Week)	Microcycle 3 (3's Week)
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%

Deload	Mesocycle 13 Microcycle 1 (7's Week)
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%

Microcycle 2 (5's Week)	Microcycle 3 (3's Week)
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%

Deload	Mesocycle 14 Microcycle 1 (7's Week)
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%

Microcycle 2 (5's Week)	Microcycle 3 (3's Week)
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%

Deload	Mesocycle 15 Microcycle 1 (7's Week)
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%

Microcycle 2 (5's Week)	Microcycle 3 (3's Week)
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%

Deload	Mesocycle 16 Microcycle 1 (7's Week)
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%

Microcycle 2 (5's Week)	Microcycle 3 (3's Week)
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%

Deload	Mesocycle 17 Microcycle 1 (7's Week)
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%

Microcycle 2 (5's Week)	Microcycle 3 (3's Week)
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%

Deload	Mesocycle 18 Microcycle 1 (7's Week)
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%

Microcycle 2 (5's Week)	Microcycle 3 (3's Week)
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%

Deload	Mesocycle 19 Microcycle 1 (7's Week)
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%

Microcycle 2 (5's Week)	Microcycle 3 (3's Week)
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%

Deload	Mesocycle 20 Microcycle 1 (7's Week)
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%

Microcycle 2 (5's Week)	Microcycle 3 (3's Week)
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%

Deload	Mesocycle 21 Microcycle 1 (7's Week)
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%

Microcycle 2 (5's Week)	Microcycle 3 (3's Week)
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%

Deload	Mesocycle 22 Microcycle 1 (7's Week)
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%

Microcycle 2 (5's Week)	Microcycle 3 (3's Week)
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%

Deload	Mesocycle 23 Microcycle 1 (7's Week)
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%

Microcycle 2 (5's Week)	Microcycle 3 (3's Week)
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%

Deload	Mesocycle 24 Microcycle 1 (7's Week)
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%

Microcycle 2 (5's Week)	Microcycle 3 (3's Week)
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%

Deload	Mesocycle 25 Microcycle 1 (7's Week)
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%

Microcycle 2 (5's Week)	Microcycle 3 (3's Week)
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%

Deload	Mesocycle 26 Microcycle 1 (7's Week)
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%

Microcycle 2 (5's Week)	Microcycle 3 (3's Week)
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%

Deload	Mesocycle 27 Microcycle 1 (7's Week)
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%

Microcycle 2 (5's Week)	Microcycle 3 (3's Week)
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%

Deload	Mesocycle 28 Microcycle 1 (7's Week)
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%

Microcycle 2 (5's Week)	Microcycle 3 (3's Week)
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%

Deload	Mesocycle 29 Microcycle 1 (7's Week)
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%

Microcycle 2 (5's Week)	Microcycle 3 (3's Week)
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%

Deload	Mesocycle 30 Microcycle 1 (7's Week)
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%
Date/Max	Date/Max
60%	75%

Microcycle 2 (5's Week)	Microcycle 3 (3's Week)
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%
Date/Max	Date/Max
80%	85%

Deload

Date/Max
60%
Date/Max
60%
Date/Max
60%
Date/Max
60%