

Week 1		
monday	thursday	
snatch grip conventional DL 8 rep Max [1]	front squat 2x10 w/ 2t pause	
90% of top set for 3 sets of 8	conv speed pull @ 50% 12 sets of 2	
hamstring curls to death 3 sets	30 seconds betwe sets ^	
pull ups to failure 3 sets	BB shruggs 5x15	
invereted rows w/ BW 3x failure	DB carry 100m heavy, 3 trips	
Week 2		
monday	thursday	
Stiff leg conventional DL 6 rep max	heavy BB shrugs 5x8reps	
90% of top set for 3 sets of 6	Bnt Ovr Rws 4x12	
pull ups amrap x3	conv speed pull 10x3 @50%	
glute bridge 3x12	30 second between sets	
hamstring curls amrap x 3	plank 3x 2mins	
Week 3		
monday	thursday	
statch grip conventional DL 8 rep max w/ 1.5 inch deficit	Bnt Ovr Rws 4x6 heavy	
the goal is to match the 8 rep max from wk 1	paused DL stance front squats 3x8	
then 90% of 8RM for 2 more sets of 8 reps	conv speed pull 5x3 @ 50%	
then repeat wk1 accessories	then 5x3 @60%	
hamstring curls to death 3 sets^		

pull ups to failure 3 sets^		
invereted rows w/ BW 3x failure ^		
Week 4		
monday	thursday	
Stiff leg DL w/1.5in deficit- 6 rep max	Bnt Ovr Rws 3x10	
match the 6rm from wk2	heavy ass shruggs 3 sets of 8	
then do 90% of 6rm for 3 more sets of 6	conv speed pull 8x2 @ 60%	
repeat wk 2 accessories	good mornings 3x10	
glute bridge 3x12 ^		
hamstring curls amrap x 3 ^		
don't forget to do some rear delt work and stretch		

Week 5	
monday	thursday
statch grip conv DL- 4 rep max	conventional deadlift 55% 10x3 (speed)
90% of 4rm- amrap x 1	pull ups to failure 3 sets
70% of 4rm- amrap x 1	dumbbell row 3x10 each arm
glute bridge 3x10	lat pulldown 3x12
lat pull down 3x15	DL stance 2ct paused squats 3x5
shrugs- 5x6 heavy af	
Week 6	
monday	thursday
snatch grip conv DL w/ 3in block- 4 rep max	speed deadlift 10x2 @ 60%
should be at least 10-15% more than wk5s 4rm	weighted pull ups 3x5
80% of 4rm- amrap x 2 sets	BOR 3x6
walking lunges w/dumbbells 4 sets of 30	close grip lat pulldown 3x10
hamstring curl 3 sets to failure	
stiff leg DL W/ dumbbells 4x25	
Week 7	
monday	thursday
stiff leg DL- 3 rep max w/ 3in deficit	speed pull 8x1 @ 65%
then 80% of 3rm amrap x 1	repeat wk 1 accessories
then 70 % of 3rm amrap x 1	
wk5 accessories	

Week 8	
monday	thursday
Stiff leg DL- 3 rep max no deficit	speed pull 7x2 @ 65%
should be at least 10-15% more than wk7s 3rm	repeat wk 2 accessories
70% of 3rm- amrap x 3 sets	
wk 6 accessories	

[illegible]

[1] work up to a 8 rep max here. Meaning the most possible weight you can do for 8 reps. it should be very very hard to get every rep.