

KIZEN 16 WEEK - POWERBUILDING

WEEK 1: FOUNDATION

DAY 1	Movement	Sets	Reps	%1RM	RPE	Journal			
	Superset x2	-	-	-	-				
	DB Shoulder Press	2	12	-	8				
	Wide Grip Pulldown	2	12	-	8				
	Superset x2	-	-	-	-				
	Cable Row	2	12	-	8				
	Cable Tricep Pushdown	2	12	-	8				
	DB Lateral Raise	2	12	-	8				
	Superset x2	-	-	-	-				
	DB French Press	2	12	-	8				
Hammer Curl	2	12	-	8					

DAY 2	Movement	Sets	Reps	%1RM	RPE	Journal			
	Deficit Deadlift	3	10	55%	-				
	Squat	3	10	60%	-				
	Bench	3	10	60%	-				
	Stiff Leg Deadlift	3	10	40%	-				

DAY 3	Movement	Sets	Reps	%1RM	RPE	Journal			
	Superset x2	-	-	-	-				
	Close Grip Pulldown	2	8	-	8				
	Skull Crusher	2	8	-	8				
	Superset x2	-	-	-	-				
	Chest Supported Row	2	8	-	8				
	One Arm Cable Tricep Pushdown	2	8	-	8				
Barbell Curl	2	8	-	8					

DAY 4	Movement	Sets	Reps	%1RM	RPE	Journal			
	Squat	3	5	70%	-				
	Close Grip Bench	3	5	70%	-				
	Incline Bench	3	5	-	8				
	Overhead Press	3	5	70%	-				

DAY 5	Movement	Sets	Reps	%1RM	RPE	Journal			
	Superset x2	-	-	-	-				
	Barbell Rows	2	15	-	8				
	Rope Tricep Pushdown	2	15	-	8				
	Superset x2	-	-	-	-				
	Chin Up (Use assistance if needed)	2	15	-	8				
	Decline Tricep Extension	2	15	-	8				
Cable Curl	2	15	-	8					

DAY 6	Movement	Sets	Reps	%1RM	RPE	Journal			
	Squat	3	7	55%	-				
	Pause Squat	3	7	50%	-				
	Bench	3	7	55%	-				
	Deadlifts	5	3	65%	-				
	Hamstring Curl / Glute Ham Raise	3	7	-	10				
	Planks	3	45 sec	-	-				

KIZEN 16 WEEK - POWERBUILDING

WEEK 2

DAY 1	Movement	Sets	Reps	%1RM	RPE	Journal			
	Superset x2	-	-	-	-				
	DB Shoulder Press	2	12	-	8				
	Wide Grip Pulldown	2	12	-	8				
	Superset x2	-	-	-	-				
	Cable Row	2	12	-	8				
	Cable Tricep Pushdown	2	12	-	8				
	DB Lateral Raise	2	12	-	8				
	Superset x2	-	-	-	-				
	DB French Press	2	12	-	8				
Hammer Curl	2	12	-	8					

DAY 2	Movement	Sets	Reps	%1RM	RPE	Journal			
	Deficit Deadlift	3	10	57.5%	-				
	Squat	3	10	62.5%	-				
	Bench	3	10	62.5%	-				
	Stiff Leg Deadlift	3	10	42.5%	-				

DAY 3	Movement	Sets	Reps	%1RM	RPE	Journal			
	Superset x2	-	-	-	-				
	Close Grip Pulldown	2	8	-	8				
	Skull Crusher	2	8	-	8				
	Superset x2	-	-	-	-				
	Chest Supported Row	2	8	-	8				
	One Arm Cable Tricep Pushdown	2	8	-	8				
Barbell Curl	2	8	-	8					

DAY 4	Movement	Sets	Reps	%1RM	RPE	Journal			
	Squat	3	5	72.5%	-				
	Close Grip Bench	3	5	72.5%	-				
	Incline Bench	3	5	-	8				
	Overhead Press	3	5	72.5%	-				

DAY 5	Movement	Sets	Reps	%1RM	RPE	Journal			
	Superset x2	-	-	-	-				
	Barbell Rows	2	15	-	8				
	Rope Tricep Pushdown	2	15	-	8				
	Superset x2	-	-	-	-				
	Chin Up (Use assistance if needed)	2	15	-	8				
	Decline Tricep Extension	2	15	-	8				
Cable Curl	2	15	-	8					

DAY 6	Movement	Sets	Reps	%1RM	RPE	Journal			
	Squat	3	7	57.5%	-				
	Pause Squat	3	7	52.5%	-				
	Bench	3	7	52.5%	-				
	Deadlifts	5	3	67.5%	-				
	Hamstring Curl / Glute Ham Raise	3	7	-	10				
	Planks	3	45 sec	-	-				

KIZEN 16 WEEK - POWERBUILDING

WEEK 3

DAY 1	Movement	Sets	Reps	%1RM	RPE	Journal			
	Superset x2	-	-	-	-				
	DB Shoulder Press	2	12	-	8				
	Wide Grip Pulldown	2	12	-	8				
	Superset x2	-	-	-	-				
	Cable Row	2	12	-	8				
	Cable Tricep Pushdown	2	12	-	8				
	DB Lateral Raise	2	12	-	8				
	Superset x2	-	-	-	-				
	DB French Press	2	12	-	8				
Hammer Curl	2	12	-	8					

DAY 2	Movement	Sets	Reps	%1RM	RPE	Journal			
	Deficit Deadlift	3	10	60%	-				
	Squat	3	10	65%	-				
	Bench	3	10	65%	-				
	Stiff Leg Deadlift	3	10	45%	-				

DAY 3	Movement	Sets	Reps	%1RM	RPE	Journal			
	Superset x2	-	-	-	-				
	Close Grip Pulldown	2	8	-	8				
	Skull Crusher	2	8	-	8				
	Superset x2	-	-	-	-				
	Chest Supported Row	2	8	-	8				
	One Arm Cable Tricep Pushdown	2	8	-	8				
Barbell Curl	2	8	-	8					

DAY 4	Movement	Sets	Reps	%1RM	RPE	Journal			
	Squat	3	5	75%	-				
	Close Grip Bench	3	5	75%	-				
	Incline Bench	3	5	-	8				
	Overhead Press	3	5	75%	-				

DAY 5	Movement	Sets	Reps	%1RM	RPE	Journal			
	Superset x2	-	-	-	-				
	Barbell Rows	2	15	-	8				
	Rope Tricep Pushdown	2	15	-	8				
	Superset x2	-	-	-	-				
	Chin Up (Use assistance if needed)	2	15	-	8				
	Decline Tricep Extension	2	15	-	8				
Cable Curl	2	15	-	8					

DAY 6	Movement	Sets	Reps	%1RM	RPE	Journal			
	Squat	3	7	60%	-				
	Pause Squat	3	7	55%	-				
	Bench	3	7	55%	-				
	Deadlifts	5	3	70%	-				
	Hamstring Curl / Glute Ham Raise	3	7	-	10				
	Planks	3	45 sec	-	-				

KIZEN 16 WEEK - POWERBUILDING

WEEK 4

DAY 1	Movement	Sets	Reps	%1RM	RPE	Journal			
	Superset x2	-	-	-	-				
	DB Shoulder Press	2	12	-	8				
	Wide Grip Pulldown	2	12	-	8				
	Superset x2	-	-	-	-				
	Cable Row	2	12	-	8				
	Cable Tricep Pushdown	2	12	-	8				
	DB Lateral Raise	2	12	-	8				
	Superset x2	-	-	-	-				
	DB French Press	2	12	-	8				
Hammer Curl	2	12	-	8					

DAY 2	Movement	Sets	Reps	%1RM	RPE	Journal			
	Deficit Deadlift	3	10	62.5%	-				
	Squat	3	10	67.5%	-				
	Bench	3	10	67.5%	-				
	Stiff Leg Deadlift	3	10	47.5%	-				

DAY 3	Movement	Sets	Reps	%1RM	RPE	Journal			
	Superset x2	-	-	-	-				
	Close Grip Pulldown	2	8	-	8				
	Skull Crusher	2	8	-	8				
	Superset x2	-	-	-	-				
	Chest Supported Row	2	8	-	8				
	One Arm Cable Tricep Pushdown	2	8	-	8				
Barbell Curl	2	8	-	8					

DAY 4	Movement	Sets	Reps	%1RM	RPE	Journal			
	Squat	3	5	77.5%	-				
	Close Grip Bench	3	5	77.5%	-				
	Incline Bench	3	5	-	8				
	Overhead Press	3	5	77.5%	-				

DAY 5	Movement	Sets	Reps	%1RM	RPE	Journal			
	Superset x2	-	-	-	-				
	Barbell Rows	2	15	-	8				
	Rope Tricep Pushdown	2	15	-	8				
	Superset x2	-	-	-	-				
	Chin Up (Use assistance if needed)	2	15	-	8				
	Decline Tricep Extension	2	15	-	8				
Cable Curl	2	15	-	8					

DAY 6	Movement	Sets	Reps	%1RM	RPE	Journal			
	Squat	3	7	62.5%	-				
	Pause Squat	3	7	57.5%	-				
	Bench	3	7	57.5%	-				
	Deadlifts	5	3	72.5%	-				
	Hamstring Curl / Glute Ham Raise	3	7-10	-	8				
	Planks	3	45 sec	-	-				

KIZEN 16 WEEK - POWERBUILDING

WEEK 5

DAY 1	Movement	Sets	Reps	%1RM	RPE	Journal			
	Superset x4	-	-	-	-				
	DB Shoulder Press	4	15	-	8				
	Close Grip Pulldown	4	15	-	8				
	Superset x4	-	-	-	-				
	DB Row	4	15	-	8				
	French Press	4	15	-	8				
	DB Lateral Raise	4	15	-	8				
	Superset x4	-	-	-	-				
	DB Skull Crusher	4	15	-	9				
	DB Curl	4	15	-	9				
	Superset x4	-	-	-	-				
	Rope Tricep Pushdown	4	15	-	9				
Barbell Curl	4	15	-	9					

DAY 2	Movement	Sets	Reps	%1RM	RPE	Journal			
	Pause Deadlift	3	8	55%	-				
	Squat	3	8	65%	-				
	Bench	3	8	65%	-				
	Stiff Leg Deadlift	3	8	45%	-				

DAY 3	Movement	Sets	Reps	%1RM	RPE	Journal			
	Superset x4	-	-	-	-				
	Wide Grip Pulldown	4	10	-	9				
	JM Press	4	10	-	9				
	Superset x4	-	-	-	-				
	Barbell Row	4	10	-	9				
	One Arm Cable Tricep Pushdown	4	10	-	9				
	Hammer Curl	4	10	-	9				
	Superset x4	-	-	-	-				
	Machine Row	4	10	-	9				
Preacher Curl	4	10	-	9					

DAY 4	Movement	Sets	Reps	%1RM	RPE	Journal			
	Squat	3	4	72.5%	-				
	Close Grip Bench	3	4	72.5%	-				
	Incline Bench	3	5-8	-	8				
	Overhead Press	3	4	72.5%	-				

DAY 5	Movement	Sets	Reps	%1RM	RPE	Journal			
	Superset x4	-	-	-	-				
	Chest Supported Row	4	12	-	9				
	Barbell Skull Crusher	4	12	-	9				
	Superset x4	-	-	-	-				
	Pullup (Use assistance if needed)	4	12	-	9				
	Incline DB Tricep Extension	4	12	-	9				
	DB Hammer Curl	4	12	-	9				
	Superset x4	-	-	-	-				
	Close Grip Pushups	4	10-15	-	9				
Cable Curl	4	12	-	10					

DAY 6	Movement	Sets	Reps	%1RM	RPE	Journal			
	Squat	3	5	65%	-				
	Pause Squat	3	5	55%	-				
	Bench	3	5	65%	-				
	Deadlifts	5	2	65%	-				
	Hamstring Curl / Glute Ham Raise	3	7-10	-	9				
	Planks	3	45 sec	-	-				

KIZEN 16 WEEK - POWERBUILDING

WEEK 6

DAY 1	Movement	Sets	Reps	%1RM	RPE	Journal			
	Superset x4	-	-	-	-				
	DB Shoulder Press	4	15	-	8				
	Close Grip Pulldown	4	15	-	8				
	Superset x4	-	-	-	-				
	DB Row	4	15	-	8				
	French Press	4	15	-	8				
	DB Lateral Raise	4	15	-	8				
	Superset x4	-	-	-	-				
	DB Skull Crusher	4	15	-	9				
DB Curl	4	15	-	9					
Superset x4	-	-	-	-					
Rope Tricep Pushdown	4	15	-	9					
Barbell Curl	4	15	-	9					

DAY 2	Movement	Sets	Reps	%1RM	RPE	Journal			
	Pause Deadlift	3	8	57.5%	-				
	Squat	3	8	67.5%	-				
	Bench	3	8	67.5%	-				
	Stiff Leg Deadlift	3	8	47.5%	-				

DAY 3	Movement	Sets	Reps	%1RM	RPE	Journal			
	Superset x4	-	-	-	-				
	Wide Grip Pulldown	4	10	-	8				
	JM Press	4	10	-	8				
	Superset x4	-	-	-	-				
	Barbell Row	4	10	-	8				
	One Arm Cable Tricep Pushdown	4	10	-	9				
	Hammer Curl	4	10	-	9				
	Superset x4	-	-	-	-				
	Machine Row	4	10	-	9				
Preacher Curl	4	10	-	9					

DAY 4	Movement	Sets	Reps	%1RM	RPE	Journal			
	Squat	3	4	75%	-				
	Close Grip Bench	3	4	75%	-				
	Incline Bench	3	5-8	-	8				
	Overhead Press	3	4	75%	-				

DAY 5	Movement	Sets	Reps	%1RM	RPE	Journal			
	Superset x4	-	-	-	-				
	Chest Supported Row	4	12	-	9				
	Barbell Skull Crusher	4	12	-	9				
	Superset x4	-	-	-	-				
	Pullup (Use assistance if needed)	4	12	-	9				
	Incline DB Tricep Extension	4	12	-	9				
	DB Hammer Curl	4	12	-	9				
	Superset x4	-	-	-	-				
	Close Grip Pushups	4	10-15	-	9				
Cable Curl	4	12	-	10					

DAY 6	Movement	Sets	Reps	%1RM	RPE	Journal			
	Squat	3	5	67.5%	-				
	Pause Squat	3	5	57.5%	-				
	Bench	3	5	67.5%	-				
	Deadlifts	5	2	67.5%	-				
	Hamstring Curl / Glute Ham Raise	3	7-10	-	9				
	Planks	3	45 sec	-	-				

KIZEN 16 WEEK - POWERBUILDING

WEEK 7

DAY 1	Movement	Sets	Reps	%1RM	RPE	Journal			
	Superset x4	-	-	-	-				
	DB Shoulder Press	4	15	-	8				
	Close Grip Pulldown	4	15	-	8				
	Superset x4	-	-	-	-				
	DB Row	4	15	-	8				
	French Press	4	15	-	8				
	DB Lateral Raise	4	15	-	8				
	Superset x4	-	-	-	-				
	DB Skull Crusher	4	15	-	9				
DB Curl	4	15	-	9					
Superset x4	-	-	-	-					
Rope Tricep Pushdown	4	15	-	9					
Barbell Curl	4	15	-	9					

DAY 2	Movement	Sets	Reps	%1RM	RPE	Journal			
	Pause Deadlift	3	8	60%	-				
	Squat	3	8	70%	-				
	Bench	3	8	70%	-				
	Stiff Leg Deadlift	3	8	50%	-				

DAY 3	Movement	Sets	Reps	%1RM	RPE	Journal			
	Superset x4	-	-	-	-				
	Wide Grip Pulldown	4	10	-	8				
	JM Press	4	10	-	8				
	Superset x4	-	-	-	-				
	Barbell Row	4	10	-	8				
	One Arm Cable Tricep Pushdown	4	10	-	9				
	Hammer Curl	4	10	-	9				
	Superset x4	-	-	-	-				
	Machine Row	4	10	-	9				
Preacher Curl	4	10	-	9					

DAY 4	Movement	Sets	Reps	%1RM	RPE	Journal			
	Squat	3	4	77.5%	-				
	Close Grip Bench	3	4	77.5%	-				
	Incline Bench	3	5-8	-	8				
	Overhead Press	3	4	77.5%	-				

DAY 5	Movement	Sets	Reps	%1RM	RPE	Journal			
	Superset x4	-	-	-	-				
	Chest Supported Row	4	12	-	9				
	Barbell Skull Crusher	4	12	-	9				
	Superset x4	-	-	-	-				
	Pullup (Use assistance if needed)	4	12	-	9				
	Incline DB Tricep Extension	4	12	-	9				
	DB Hammer Curl	4	12	-	9				
	Superset x 4	-	-	-	-				
	Close Grip Pushups	4	10-15	-	9				
Cable Curl	4	12	-	10					

DAY 6	Movement	Sets	Reps	%1RM	RPE	Journal			
	Squat	3	5	70%	-				
	Pause Squat	3	5	60%	-				
	Bench	3	5	70%	-				
	Deadlifts	5	2	70%	-				
	Hamstring Curl / Glute Ham Raise	3	7-10	-	9				
	Planks	3	45 sec	-	-				

KIZEN 16 WEEK - POWERBUILDING

WEEK 8

DAY 1	Movement	Sets	Reps	%1RM	RPE	Journal			
	Superset x4	-	-	-	-				
	DB Shoulder Press	4	15	-	8				
	Close Grip Pulldown	4	15	-	8				
	Superset x4	-	-	-	-				
	DB Row	4	15	-	8				
	French Press	4	15	-	8				
	DB Lateral Raise	4	15	-	8				
	Superset x4	-	-	-	-				
	DB Skull Crusher	4	15	-	9				
DB Curl	4	15	-	9					
Superset x4	-	-	-	-					
Rope Tricep Pushdown	4	15	-	9					
Barbell Curl	4	15	-	9					

DAY 2	Movement	Sets	Reps	%1RM	RPE	Journal			
	Pause Deadlift	3	8	62.6%	-				
	Squat	3	8	72.5%	-				
	Bench	3	8	72.5%	-				
	Stiff Leg Deadlift	3	8	52.5%	-				

DAY 3	Movement	Sets	Reps	%1RM	RPE	Journal			
	Superset x4	-	-	-	-				
	Wide Grip Pulldown	4	10	-	8				
	JM Press	4	10	-	8				
	Superset x4	-	-	-	-				
	Barbell Row	4	10	-	8				
	One Arm Cable Tricep Pushdown	4	10	-	9				
	Hammer Curl	4	10	-	9				
	Superset x4	-	-	-	-				
	Machine Row	4	10	-	9				
Preacher Curl	4	10	-	9					

DAY 4	Movement	Sets	Reps	%1RM	RPE	Journal			
	Squat	3	4	80%	-				
	Close Grip Bench	3	4	80%	-				
	Incline Bench	3	5-8	-	8				
	Overhead Press	3	4	80%	-				

DAY 5	Movement	Sets	Reps	%1RM	RPE	Journal			
	Superset x4	-	-	-	-				
	Chest Supported Row	4	12	-	9				
	Barbell Skull Crusher	4	12	-	9				
	Superset x4	-	-	-	-				
	Pullup (Use assistance if needed)	4	12	-	9				
	Incline DB Tricep Extension	4	12	-	9				
	DB Hammer Curl	4	12	-	9				
	Superset x4	-	-	-	-				
	Close Grip Pushups	4	10-15	-	9				
Cable Curl	4	12	-	10					

DAY 6	Movement	Sets	Reps	%1RM	RPE	Journal			
	Squat	3	5	72.5%	-				
	Pause Squat	3	5	62.5%	-				
	Bench	3	5	72.5%	-				
	Deadlifts	5	2	72.5%	-				
	Hamstring Curl / Glute Ham Raise	3	7-10	-	9				
	Planks	3	45 sec	-	-				

KIZEN 16 WEEK - POWERBUILDING

WEEK 9: DELOAD

DAY 1	Movement	Sets	Reps	%1RM	RPE	Journal			
	Superset x4	-	-	-	-				
	DB Shoulder Press	4	12	-	8				
	Wide Grip Pulldown	4	12	-	8				
	Superset x4	-	-	-	-				
	Cable Row	4	12	-	8				
	Cable Tricep Pushdown	4	12	-	8				
	DB Lateral Raise	4	12	-	8				
	Superset x4	-	-	-	-				
	DB French Press	4	12	-	8				
	Hammer Curl	4	12	-	8				
	Superset x4	-	-	-	-				
	DB Tricep Extension	4	12	-	8				
DB Supinated Curl	4	12	-	8					

DAY 2	Movement	Sets	Reps	%1RM	RPE	Journal			
	Deadlift	3	5	65%	-				
	Squat	3	5	65%	-				
	Bench	3	5	65%	-				
	Stiff Leg Deadlift	3	5-8	45%	-				

DAY 3	Movement	Sets	Reps	%1RM	RPE	Journal			
	Superset x4	-	-	-	-				
	Close Grip Pulldown	4	8	-	8				
	Skull Crusher	4	8	-	8				
	Superset x4	-	-	-	-				
	Chest Supported Row	4	8	-	8				
	One Arm Cable Tricep Pushdown	4	8	-	8				
	Barbell Curl	4	8	-	8				
	Superset x4	-	-	-	-				
	DB Row	4	8	-	8				
Preacher Curl	4	8	-	10					

DAY 4	Movement	Sets	Reps	%1RM	RPE	Journal			
	Squat	5	2	80%	-				
	Close Grip Bench	5	2	80%	-				
	Incline Bench	3	5-8	-	8				
	Overhead Press	5	2	80%	-				

DAY 5	Movement	Sets	Reps	%1RM	RPE	Journal			
	Superset x4	-	-	-	-				
	Barbell Row	4	15	-	8				
	Rope Tricep Pushdown	4	15	-	8				
	Superset x4	-	-	-	-				
	Chin Up (Use assistance if needed)	4	15	-	8				
	Decline Tricep Extension	4	15	-	9				
	Cable Curl	4	15	-	9				
	Superset x 4	-	-	-	-				
	Dips	4	15	-	9				
DB Incline Curl	4	15	-	10					

DAY 6	Movement	Sets	Reps	%1RM	RPE	Journal			
	Squat	3	4	70%	-				
	Pause Squat	3	4	70%	-				
	Bench	3	4	70%	-				
	Deadlifts	5	2	80%	-				
	Hamstring Curl / Glute Ham Raise	3	7-10	-	8				
	Planks	3	45 sec	-	-				

KIZEN 16 WEEK - POWERBUILDING

WEEK 10: STRENGTH

DAY 1	Movement	Sets	Reps	%1RM	RPE	Journal			
	Superset x4	-	-	-	-				
	DB Shoulder Press	4	12	-	8				
	Wide Grip Pulldown	4	12	-	8				
	Superset x4	-	-	-	-				
	Cable Row	4	12	-	8				
	Cable Tricep Pushdown	4	12	-	8				
	DB Lateral Raise	4	12	-	8				
	Superset x4	-	-	-	-				
	DB French Press	4	12	-	8				
	Hammer Curl	4	12	-	8				
	Superset x4	-	-	-	-				
	DB Tricep Extension	4	12	-	8				
DB Supinated Curl	4	12	-	8					

DAY 2	Movement	Sets	Reps	%1RM	RPE	Journal			
	Deadlift	4	5	67.5%	-				
	Squat	4	5	67.5%	-				
	Bench	4	5	67.5%	-				
	Stiff Leg Deadlift	3	5-8	47.5%	-				

DAY 3	Movement	Sets	Reps	%1RM	RPE	Journal			
	Superset x4	-	-	-	-				
	Close Grip Pulldown	4	8	-	8				
	Skull Crusher	4	8	-	8				
	Superset x4	-	-	-	-				
	Chest Supported Row	4	8	-	8				
	One Arm Cable Tricep Pushdown	4	8	-	8				
	Barbell Curl	4	8	-	8				
	Superset x4	-	-	-	-				
	DB Row	4	8	-	8				
Preacher Curl	4	8	-	10					

DAY 4	Movement	Sets	Reps	%1RM	RPE	Journal			
	Squat	5	2	82.5%	-				
	Bench	5	2	82.5%	-				
	Incline Bench	3	5-8	-	8				
	Overhead Press	5	2	82.5%	-				

DAY 5	Movement	Sets	Reps	%1RM	RPE	Journal			
	Superset x4	-	-	-	-				
	Barbell Row	4	15	-	8				
	Rope Tricep Pushdown	4	15	-	8				
	Superset x4	-	-	-	-				
	Chin Up (Use assistance if needed)	4	15	-	8				
	Decline Tricep Extension	4	15	-	9				
	Cable Curl	4	15	-	9				
	Superset x 4	-	-	-	-				
	Dips	4	15	-	9				
DB Incline Curl	4	15	-	10					

DAY 6	Movement	Sets	Reps	%1RM	RPE	Journal			
	Squat	4	4	72.5%	-				
	Pause Squat	4	4	72.5%	-				
	Bench	4	4	72.5%	-				
	Deadlifts	5	2	82.5%	-				
	Hamstring Curl / Glute Ham Raise	3	7-10	-	8				
	Planks	3	45 sec	-	-				

KIZEN 16 WEEK - POWERBUILDING

WEEK 11

DAY 1	Movement	Sets	Reps	%1RM	RPE	Journal			
	Superset x4	-	-	-	-				
	DB Shoulder Press	4	12	-	8				
	Wide Grip Pulldown	4	12	-	8				
	Superset x4	-	-	-	-				
	Cable Row	4	12	-	8				
	Cable Tricep Pushdown	4	12	-	8				
	DB Lateral Raise	4	12	-	8				
	Superset x4	-	-	-	-				
	DB French Press	4	12	-	8				
	Hammer Curl	4	12	-	8				
	Superset x4	-	-	-	-				
	DB Tricep Extension	4	12	-	9				
DB Supinated Curl	4	12	-	9					

DAY 2	Movement	Sets	Reps	%1RM	RPE	Journal			
	Deadlift	5	5	70%	-				
	Squat	5	5	70%	-				
	Bench	5	5	70%	-				
	Stiff Leg Deadlift	3	5-8	50%	-				

DAY 3	Movement	Sets	Reps	%1RM	RPE	Journal			
	Superset x4	-	-	-	-				
	Close Grip Pulldown	4	8	-	8				
	Skull Crusher	4	8	-	8				
	Superset x4	-	-	-	-				
	Chest Supported Row	4	8	-	8				
	One Arm Cable Tricep Pushdown	4	8	-	8				
	Barbell Curl	4	8	-	8				
	Superset x4	-	-	-	-				
	DB Row	4	8	-	9				
Preacher Curl	4	8	-	10					

DAY 4	Movement	Sets	Reps	%1RM	RPE	Journal			
	Squat	5	2	85%	-				
	Bench	5	2	85%	-				
	Incline Bench	3	5-8	-	8				
	Overhead Press	5	2	85%	-				

DAY 5	Movement	Sets	Reps	%1RM	RPE	Journal			
	Superset x4	-	-	-	-				
	Barbell Row	4	15	-	8				
	Rope Tricep Pushdown	4	15	-	8				
	Superset x4	-	-	-	-				
	Chin Up (Use assistance if needed)	4	15	-	8				
	Decline Tricep Extension	4	15	-	9				
	Cable Curl	4	15	-	9				
	Superset x4	-	-	-	-				
	Dips	4	15	-	9				
DB Incline Curl	4	15	-	10					

DAY 6	Movement	Sets	Reps	%1RM	RPE	Journal			
	Squat	5	4	75.0%	-				
	Pause Squat	5	4	75.0%	-				
	Bench	5	4	75.0%	-				
	Deadlifts	5	2	85.0%	-				
	Hamstring Curl / Glute Ham Raise	3	7-10	-	8				
	Planks	3	45 sec	-	-				

KIZEN 16 WEEK - POWERBUILDING

WEEK 12: STRENGTH PEAK

DAY 1	Movement	Sets	Reps	%1RM	RPE	Journal			
	Superset x4	-	-	-	-				
	DB Shoulder Press	4	12	-	8				
	Wide Grip Pulldown	4	12	-	8				
	Superset x4	-	-	-	-				
	Cable Row	4	12	-	8				
	Cable Tricep Pushdown	4	12	-	8				
	DB Lateral Raise	4	12	-	8				
	Superset x4	-	-	-	-				
	DB French Press	4	12	-	8				
Hammer Curl	4	12	-	8					
Superset x4	-	-	-	-					
DB Tricep Extension	4	12	-	9					
DB Supinated Curl	4	12	-	9					

DAY 2	Movement	Sets	Reps	%1RM	RPE	Journal			
	Deadlift	2	5	72.5%	-				
	Squat	2	5	72.5%	-				
	Bench	2	5	72.5%	-				
	Stiff Leg Deadlift	3	5-8	50%	-				

DAY 3	Movement	Sets	Reps	%1RM	RPE	Journal			
	Superset x4	-	-	-	-				
	Close Grip Pulldown	4	8	-	8				
	Skull Crusher	4	8	-	8				
	Superset x4	-	-	-	-				
	Chest Supported Row	4	8	-	8				
	One Arm Cable Tricep Pushdown	4	8	-	8				
	Barbell Curl	4	8	-	8				
	Superset x4	-	-	-	-				
	DB Row	4	8	-	9				
Preacher Curl	4	8	-	10					

DAY 4	Movement	Sets	Reps	%1RM	RPE	Journal			
	Squat	5	2	87.5%	-				
	Bench	5	2	87.5%	-				
	Incline Bench	3	5-8	-	8				
	Overhead Press	5	2	87.5%	-				

DAY 5	Movement	Sets	Reps	%1RM	RPE	Journal			
	Superset x4	-	-	-	-				
	Barbell Row	4	15	-	8				
	Rope Tricep Pushdown	4	15	-	8				
	Superset x4	-	-	-	-				
	Chin Up (Use assistance if needed)	4	15	-	8				
	Decline Tricep Extension	4	15	-	9				
	Cable Curl	4	15	-	9				
	Superset x4	-	-	-	-				
	Dips	4	15	-	9				
DB Incline Curl	4	15	-	10					

DAY 6	Movement	Sets	Reps	%1RM	RPE	Journal			
	Squat	3	4	77.5%	-				
	Pause Squat	3	4	77.5%	-				
	Bench	3	4	77.5%	-				
	Deadlifts	5	2	87.5%	-				
	Hamstring Curl / Glute Ham Raise	3	7-10	-	8				
	Planks	3	45 sec	-	-				

KIZEN 16 WEEK - POWERBUILDING

WEEK 13: FOUNDATION

DAY 1	Movement	Sets	Reps	%1RM	RPE	Journal			
	Superset x4	-	-	-	-				
	DB Shoulder Press	4	12	-	8				
	Wide Grip Pulldown	4	12	-	8				
	Superset x4	-	-	-	-				
	Cable Row	4	12	-	8				
	Cable Tricep Pushdown	4	12	-	8				
	DB Lateral Raise	4	12	-	8				
	Superset x4	-	-	-	-				
	DB French Press	4	12	-	8				
Hammer Curl	4	12	-	8					
Superset x4	-	-	-	-					
DB Tricep Extension	4	12	-	8					
DB Supinated Curl	4	12	-	8					

DAY 2	Movement	Sets	Reps	%1RM	RPE	Journal			
	Pause Deadlift	3	10	55%	-				
	Squat	3	10	65%	-				
	Bench	3	10	65%	-				
	Stiff Leg Deadlift	3	10	45%	-				

DAY 3	Movement	Sets	Reps	%1RM	RPE	Journal			
	Superset x4	-	-	-	-				
	Close Grip Pulldown	4	8	-	8				
	Skull Crusher	4	8	-	8				
	Superset x4	-	-	-	-				
	Chest Supported Row	4	8	-	8				
	One Arm Cable Tricep Pushdown	4	8	-	8				
	Barbell Curl	4	8	-	8				
	Superset x4	-	-	-	-				
	DB Row	4	8	-	9				
Preacher Curl	4	8	-	10					

DAY 4	Movement	Sets	Reps	%1RM	RPE	Journal			
	Squat	3	6	72.5%	-				
	Bench	3	6	72.5%	-				
	Incline Bench	3	5-8	-	8				
	Overhead Press	3	6	72.5%	-				

DAY 5	Movement	Sets	Reps	%1RM	RPE	Journal			
	Superset x4	-	-	-	-				
	Barbell Row	4	15	-	8				
	Rope Tricep Pushdown	4	15	-	8				
	Superset x4	-	-	-	-				
	Chin Up (Use assistance if needed)	4	15	-	8				
	Decline Tricep Extension	4	15	-	9				
	Cable Curl	4	15	-	9				
	Superset x4	-	-	-	-				
	Dips	4	15	-	9				
DB Incline Curl	4	15	-	10					

DAY 6	Movement	Sets	Reps	%1RM	RPE	Journal			
	Squat	3	8	65%	-				
	Pause Squat	3	8	55%	-				
	Bench	3	8	65%	-				
	Deadlifts	5	3	65%	-				
	Hamstring Curl / Glute Ham Raise	3	7-10	-	8				
	Planks	3	45 sec	-	-				

KIZEN 16 WEEK - POWERBUILDING

WEEK 14

DAY 1	Movement	Sets	Reps	%1RM	RPE	Journal			
	Superset x4	-	-	-	-				
	DB Shoulder Press	4	12	-	8				
	Wide Grip Pulldown	4	12	-	8				
	Superset x4	-	-	-	-				
	Cable Row	4	12	-	8				
	Cable Tricep Pushdown	4	12	-	8				
	DB Lateral Raise	4	12	-	8				
	Superset x4	-	-	-	-				
	DB French Press	4	12	-	8				
Hammer Curl	4	12	-	9					
Superset x4	-	-	-	-					
DB Tricep Extension	4	12	-	9					
DB Supinated Curl	4	12	-	9					

DAY 2	Movement	Sets	Reps	%1RM	RPE	Journal			
	Pause Deadlift	3	10	57.5%	-				
	Squat	3	10	67.5%	-				
	Bench	3	10	67.5%	-				
Stiff Leg Deadlift	3	10	47.5%	-					

DAY 3	Movement	Sets	Reps	%1RM	RPE	Journal			
	Superset x4	-	-	-	-				
	Close Grip Pulldown	4	8	-	8				
	Skull Crusher	4	8	-	8				
	Superset x4	-	-	-	-				
	Chest Supported Row	4	8	-	9				
	One Arm Cable Tricep Pushdown	4	8	-	9				
	Barbell Curl	4	8	-	9				
	Superset x4	-	-	-	-				
DB Row	4	8	-	9					
Preacher Curl	4	8	-	10					

DAY 4	Movement	Sets	Reps	%1RM	RPE	Journal			
	Squat	3	6	75%	-				
	Bench	3	6	75%	-				
	Incline Bench	3	5-8	-	8				
Overhead Press	3	6	75%	-					

DAY 5	Movement	Sets	Reps	%1RM	RPE	Journal			
	Superset x4	-	-	-	-				
	Barbell Row	4	15	-	8				
	Rope Tricep Pushdown	4	15	-	8				
	Superset x4	-	-	-	-				
	Chin Up (Use assistance if needed)	4	15	-	8				
	Decline Tricep Extension	4	15	-	9				
	Cable Curl	4	15	-	9				
	Superset x 4	-	-	-	-				
Dips	4	15	-	9					
DB Incline Curl	4	15	-	10					

DAY 6	Movement	Sets	Reps	%1RM	RPE	Journal			
	Squat	3	8	67.5%	-				
	Pause Squat	3	8	57.5%	-				
	Bench	3	8	67.5%	-				
	Deadlifts	5	3	67.5%	-				
	Hamstring Curl / Glute Ham Raise	3	7-10	-	8				
Planks	3	45 sec	-	-					

KIZEN 16 WEEK - POWERBUILDING

WEEK 15

DAY 1	Movement	Sets	Reps	%1RM	RPE	Journal			
	Superset x4	-	-	-	-				
	DB Shoulder Press	4	12	-	8				
	Wide Grip Pulldown	4	12	-	8				
	Superset x4	-	-	-	-				
	Cable Row	4	12	-	8				
	Cable Tricep Pushdown	4	12	-	8				
	DB Lateral Raise	4	12	-	8				
	Superset x4	-	-	-	-				
	DB French Press	4	12	-	8				
Hammer Curl	4	12	-	9					
Superset x4	-	-	-	-					
DB Tricep Extension	4	12	-	9					
DB Supinated Curl	4	12	-	9					

DAY 2	Movement	Sets	Reps	%1RM	RPE	Journal			
	Pause Deadlift	3	10	60%	-				
	Squat	3	10	70%	-				
	Bench	3	10	70%	-				
	Stiff Leg Deadlift	3	10	50%	-				

DAY 3	Movement	Sets	Reps	%1RM	RPE	Journal			
	Superset x4	-	-	-	-				
	Close Grip Pulldown	4	8	-	8				
	Skull Crusher	4	8	-	8				
	Superset x4	-	-	-	-				
	Chest Supported Row	4	8	-	9				
	One Arm Cable Tricep Pushdown	4	8	-	9				
	Barbell Curl	4	8	-	9				
	Superset x4	-	-	-	-				
	DB Row	4	8	-	9				
Preacher Curl	4	8	-	10					

DAY 4	Movement	Sets	Reps	%1RM	RPE	Journal			
	Squat	3	6	77.5%	-				
	Bench	3	6	77.5%	-				
	Incline Bench	3	5-8	-	8				
	Overhead Press	3	6	77.5%	-				

DAY 5	Movement	Sets	Reps	%1RM	RPE	Journal			
	Superset x4	-	-	-	-				
	Barbell Row	4	15	-	8				
	Rope Tricep Pushdown	4	15	-	8				
	Superset x4	-	-	-	-				
	Chin Up (Use assistance if needed)	4	15	-	8				
	Decline Tricep Extension	4	15	-	9				
	Cable Curl	4	15	-	9				
	Superset x 4	-	-	-	-				
	Dips	4	15	-	9				
DB Incline Curl	4	15	-	10					

DAY 6	Movement	Sets	Reps	%1RM	RPE	Journal			
	Squat	3	8	70%	-				
	Pause Squat	3	8	60%	-				
	Bench	3	8	70%	-				
	Deadlifts	5	3	70%	-				
	Hamstring Curl / Glute Ham Raise	3	7-10	-	8				
	Planks	3	45 sec	-	-				

KIZEN 16 WEEK - POWERBUILDING

WEEK 16

DAY 1	Movement	Sets	Reps	%1RM	RPE	Journal			
	Superset x4	-	-	-	-				
	DB Shoulder Press	4	12	-	9				
	Wide Grip Pulldown	4	12	-	9				
	Superset x4	-	-	-	-				
	Cable Row	4	12	-	9				
	Cable Tricep Pushdown	4	12	-	9				
	DB Lateral Raise	4	12	-	9				
	Superset x4	-	-	-	-				
	DB French Press	4	12	-	9				
Hammer Curl	4	12	-	9					
Superset x4	-	-	-	-					
DB Tricep Extension	4	12	-	9					
DB Supinated Curl	4	12	-	9					

DAY 2	Movement	Sets	Reps	%1RM	RPE	Journal			
	Pause Deadlift	4	10	60%	-				
	Squat	4	10	70%	-				
	Bench	4	10	70%	-				
	Stiff Leg Deadlift	4	10	50%	-				

DAY 3	Movement	Sets	Reps	%1RM	RPE	Journal			
	Superset x4	-	-	-	-				
	Close Grip Pulldown	4	8	-	9				
	Skull Crusher	4	8	-	9				
	Superset x4	-	-	-	-				
	Chest Supported Row	4	8	-	9				
	One Arm Cable Tricep Pushdown	4	8	-	9				
	Barbell Curl	4	8	-	9				
	Superset x4	-	-	-	-				
	DB Row	4	8	-	9				
Preacher Curl	4	8	-	10					

DAY 4	Movement	Sets	Reps	%1RM	RPE	Journal			
	Squat	4	6	77.5%	-				
	Bench	4	6	77.5%	-				
	Incline Bench	4	5-8	-	9				
	Overhead Press	4	6	77.5%	-				

DAY 5	Movement	Sets	Reps	%1RM	RPE	Journal			
	Superset x4	-	-	-	-				
	Barbell Row	4	15	-	9				
	Rope Tricep Pushdown	4	15	-	9				
	Superset x4	-	-	-	-				
	Chin Up (Use assistance if needed)	4	15	-	9				
	Decline Tricep Extension	4	15	-	9				
	Cable Curl	4	15	-	9				
	Superset x4	-	-	-	-				
	Dips	4	15	-	9				
DB Incline Curl	4	15	-	10					

DAY 6	Movement	Sets	Reps	%1RM	RPE	Journal			
	Squat	4	8	70%	-				
	Pause Squat	4	8	60%	-				
	Bench	4	8	70%	-				
	Deadlifts	5	3	72.5%	-				
	Hamstring Curl / Glute Ham Raise	3	7-10	-	9				
	Planks	3	45 sec	-	-				