

KIZEN 4 Week Infinite Off-

Season

	Squat	Bench	Deadlift	OHP
Ending %s From Last Cycle	88%	88%	87.5%	88%

WEEK 1:

DAY 1	Movement	Sets	Reps	%1RM	Weight	RPE
	Deadlifts	3	5	87.5%	140	-
	Deadlifts	1	AMRAP	87.5%	140	-
	Back Squat	3	10	-		8
	Stiff Leg Deadlifts	3	10	-		8
	Barbell Rows	3	10	-		8
	Plank	3	30 sec	-		-

DAY 2	Movement	Sets	Reps	%1RM	Weight	RPE
	Face Pull	3	30	-	-	-
	Bench	3	5	87.5%	74	-
	Bench	1	AMRAP	87.5%	74	-
	DB Incline	3	10	-	-	8
	Pulldown	3	10	-	-	8
	Skull Crusher	3	10	-	-	8
Hammer Curl	3	10	-	-	8	

DAY 3	Movement	Sets	Reps	%1RM	Weight	RPE
	Squat	3	5	87.5%	123	-
	Squat	1	AMRAP	87.5%	123	-
	Block Pull	3	15	-	-	8
	Barbell Row	3	15	-	-	8
Plank	3	60 sec	-	-	-	

DAY 4	Movement	Sets	Reps	%1RM	Weight	RPE
	Face Pull	3	30	-		-
	Incline Barbell	3	10	60.0%	51	-
	Overhead Press	3	5	87.5%	57	-
	Overhead Press	1	AMRAP	87.5%	57	-
	Pulldown	3	15	-	-	8
	Tricep Pushdown	3	15	-	-	8
DB Curl	3	15	-	-	8	

WEEK 2:

	Movement	Sets	Reps	%1RM	Weight	RPE
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DAY 1	Deadlifts	4	5	90.0%	144	-
	Deadlifts	1	AMRAP	90.0%	144	-
	Front Squat	4	10	-		8
	Stiff Leg Deadlifts	3	10	-		8
	Barbell Rows	3	10	-		8
	Plank	3	30 sec	-		-

	Movement	Sets	Reps	%1RM	Weight	RPE
DAY 2	Face Pull	3	30	-	-	-
	Bench	4	5	90.0%	77	-
	Bench	1	AMRAP	90.0%	77	-
	Incline Barbell	4	10	-	-	8
	Pulldown	3	10	-	-	8
	Skull Crusher	3	10	-	-	8
	Hammer Curl	3	10	-	-	8

	Movement	Sets	Reps	%1RM	Weight	RPE
DAY 3	Squat	4	5	90.0%	126	-
	Squat	1	AMRAP	90.0%	126	-
	Pause Deadlift	4	15	-	-	8
	Barbell Row	3	15	-	-	8
	Plank	3	60 sec	-	-	-

	Movement	Sets	Reps	%1RM	Weight	RPE
DAY 4	Face Pull	3	30	-	-	-
	Close Grip Bench Press	4	10	60.0%	51	-
	Overhead Press	4	5	90.0%	59	-
	Overhead Press	1	AMRAP	90.0%	59	-
	Pulldown	3	15	-	-	8
	Tricep Pushdown	3	15	-	-	8
	DB Curl	3	15	-	-	8

WEEK 3:

	Movement	Sets	Reps	%1RM	Weight	RPE
DAY 1	Deadlifts	5	5	92.5%	148	-
	Deadlifts	1	AMRAP	92.5%	148	-
	Front Squat	5	10	-		8
	Stiff Leg Deadlifts	3	10	-		8
	Barbell Rows	3	10	-		8
	Plank	3	30 sec	-		-

	Movement	Sets	Reps	%1RM	Weight	RPE
	Face Pull	3	30	-	-	-

DAY 2	Bench	5	5	92.5%	79	-
	Bench	1	AMRAP	92.5%	79	-
	DB Incline	5	10	-	-	8
	Pulldown	3	10	-	-	8
	Skull Crusher	3	10	-	-	8
	Hammer Curl	3	10	-	-	8

	Movement	Sets	Reps	%1RM	Weight	RPE
DAY 3	Squat	5	5	92.5%	130	-
	Squat	1	AMRAP	92.5%	130	-
	Block Pull	5	15	-	-	8
	Barbell Row	3	15	-	-	8
	Plank	3	60 sec	-	-	-

	Movement	Sets	Reps	%1RM	Weight	RPE
DAY 4	Face Pull	3	30	-	-	-
	Spoto Bench	5	10	60.0%	51	-
	Overhead Press	5	5	92.5%	60	-
	Overhead Press	1	AMRAP	92.5%	60	-
	Pulldown	3	15	-	-	8
	Tricep Pushdown	3	15	-	-	8
	DB Curl	3	15	-	-	8

WEEK 4:

	Movement	Sets	Reps	%1RM	Weight	RPE
DAY 1	Deadlifts	3	5	95.0%	152	-
	Deadlifts	1	AMRAP	95.0%	152	-
	Front Squat	3	10	-	-	8
	Stiff Leg Deadlifts	3	10	-	-	8
	Barbell Rows	3	10	-	-	8
	Plank	3	30 sec	-	-	-

	Movement	Sets	Reps	%1RM	Weight	RPE
DAY 2	Face Pull	3	30	-	-	-
	Bench	3	5	95.0%	81	-
	Bench	1	AMRAP	95.0%	81	-
	Incline Barbell	3	10	-	-	8
	Pulldown	3	10	-	-	8
	Skull Crusher	3	10	-	-	8
	Hammer Curl	3	10	-	-	8

	Movement	Sets	Reps	%1RM	Weight	RPE
DAY 3	Squat	3	5	95.0%	133	-
	Squat	1	AMRAP	95.0%	133	-

DAY 3	Pause Deadlift	3	15	-	-	8
	Barbell Row	3	15	-	-	8
	Plank	3	60 sec	-	-	-

	Movement	Sets	Reps	%1RM	Weight	RPE
DAY 4	Face Pull	3	30	-	-	-
	Close Grip Bench Press	3	10	60.0%	51	-
	Overhead Press	3	5	95.0%	62	-
	Overhead Press	1	AMRAP	82.5%	54	-
	Pulldown	3	15	-	-	8
	Tricep Pushdown	3	15	-	-	8
	DB Curl	3	15	-	-	8

Lift	Squat	Bench	Deadlift	OHP
Weight	140	85	160	65
Reps	1	1	1	1
1RM	140	85	160	65

Reps Achieved	Est. 1RM	Journal					No
-	-						ABS
Enter Reps	###						
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Reps Achieved	Est. 1RM	Journal					No
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Enter Reps	###						
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Reps Achieved	Est. 1RM	Journal					No
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Enter Reps	###						
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Reps Achieved	Est. 1RM	Journal					No
-	-						Chest Exercis
Enter Reps	###						
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Reps Achieved	Est. 1RM	Journal					No
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Enter Reps	###						
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Reps Achieved	Est. 1RM	Journal					No
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Reps Achieved	Est. 1RM	Journal					No
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Reps Achieved	Est. 1RM	Journal					No
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Reps Achieved	Est. 1RM	Journal					No
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Reps Achieved	Est. 1RM	Journal					No
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G Morning/ B Ra

Reps Achieved	Est. 1RM	Journal					No
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Enter Reps	###						
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Chest Exercis

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Select Squat Variation

Squat

Front Squat

Pause Squat

Tempo Squat

Select

>7 Reps

4-6 Reps

<4 Reps

Select Bench Variation

DB Incline

Close Grip

Incline Barbell

Spoto Press

Select Deadlift Variation

Stiff Leg

Pause Deadlift

Block Pull

Select Bench Variation Alt

Bench

Tempo Bench

Close Grip Bench

Spoto Bench