

KIZEN 12 WEEK BENCH PROGRAM

WEEK 1

DAY 1	Movement	Sets	Reps	%1RM	RPE
	Bench Press	3	10	55%	-
	Inverted Row	3	10	-	9
	Face Pulls	3	20	-	9
	Pushups	3	-	-	9

DAY 2	Movement	Sets	Reps	%1RM	RPE
	Deadlift	3	8-10	55%	-
	Pause Squat	3	10-12	45%	-
	Stiff Leg Deadlift	3	10-12	-	7
	Barbell Row	3	10-12	-	7

DAY 3	Movement	Sets	Reps	%1RM	RPE
	Bench	5	3	65%	-
	Pull Apart	3	20	-	9
	Tricep Pushdown	3	15	-	9

DAY 4	Movement	Sets	Reps	%1RM	RPE
	Squat	3	8	55%	-
	Walking Lunges	3	12	-	7
	Hamstring Curl	3	12	-	7

DAY 5	Movement	Sets	Reps	%1RM	RPE
	Bench	3	7	70%	-
	Overhead Press	3	5	65%	-
	JM Press	3	10	-	9
	Pull Down	3	10	-	9

WEEK 2

DAY 1	Movement	Sets	Reps	%1RM	RPE
	Bench Press	3	10	58%	-
	Inverted Row	3	10	-	9
	Face Pulls	3	20	-	9

	Pushups	3	-	-	9

DAY 2	Movement	Sets	Reps	%1RM	RPE
	Deadlift	3	8-10	58%	-
	Pause Squat	3	10-12	48%	-
	Stiff Leg Deadlift	3	10-12	-	7
	Barbell Row	3	10-12	-	7

DAY 3	Movement	Sets	Reps	%1RM	RPE
	Bench	5	3	68%	-
	Pull Apart	3	20	-	9
	Tricep Pushdown	3	15	-	9

DAY 4	Movement	Sets	Reps	%1RM	RPE
	Squat	3	8	58%	-
	Walking Lunges	3	12	-	7
	Hamstring Curl	3	12	-	7

DAY 5	Movement	Sets	Reps	%1RM	RPE
	Bench	3	7	73%	-
	Overhead Press	4	5	65%	-
	JM Press	3	10	-	9
	Pull Down	3	10	-	9

WEEK 3

DAY 1	Movement	Sets	Reps	%1RM	RPE
	Bench Press	3	10	60%	-
	Inverted Row	3	10	-	9
	Face Pulls	3	20	-	9
	Pushups	3	-	-	9

DAY 2	Movement	Sets	Reps	%1RM	RPE
	Deadlift	3	8-10	60%	-
	Pause Squat	3	10-12	50%	-
	Stiff Leg Deadlift	3	10-12	-	7
	Barbell Row	3	10-12	-	7

DAY 3	Movement	Sets	Reps	%1RM	RPE
	Bench	5	3	70%	-
	Pull Apart	3	20	-	9
	Tricep Pushdown	3	15	-	9

DAY 4	Movement	Sets	Reps	%1RM	RPE
	Squat	3	8-10	60%	-
	Walking Lunges	3	12	-	7
	Hamstring Curl	3	12	-	7

DAY 5	Movement	Sets	Reps	%1RM	RPE
	Bench	3	7	75%	-
	Overhead Press	5	5	65%	-
	JM Press	3	10	-	9
Pull Down	3	10	-	9	

WEEK 4

DAY 1	Movement	Sets	Reps	%1RM	RPE
	Bench Press	3	8	63%	-
	Inverted Row	3	10	-	9
	Face Pulls	3	20	-	9
Pushups	3	-	-	9	

DAY 2	Movement	Sets	Reps	%1RM	RPE
	Deadlift	4	8-10	60%	-
	Pause Squat	4	10-12	50%	-
	Stiff Leg Deadlift	3	10-12	-	7
Barbell Row	3	10-12	-	7	

DAY 3	Movement	Sets	Reps	%1RM	RPE
	Bench	6	2	73%	-
	Pull Apart	3	20	-	9
	Tricep Pushdown	3	15	-	9

DAY 4	Movement	Sets	Reps	%1RM	RPE
	Squat	4	8-10	60%	-
Walking Lunges	3	12	-	7	

DAY	Hamstring Curl	3	12	-	7

DAY 5	Movement	Sets	Reps	%1RM	RPE
	Bench	3	5	78%	-
	Overhead Press	3	5	70%	-
	JM Press	3	10	-	9
	Pull Down	3	10	-	9

WEEK 5

DAY 1	Movement	Sets	Reps	%1RM	RPE
	Bench Press	3	8	65%	-
	Spoto Press	2	8	50%	-
	Inverted Row	3	10	-	9
	Face Pulls	3	20	-	9
	Pushups	3	-	-	8

DAY 2	Movement	Sets	Reps	%1RM	RPE
	Deadlift	4	6-8	60%	-
	Pause Squat	4	8-10	50%	-
	Stiff Leg Deadlift	3	10-12	-	7
	Barbell Row	3	10-12	-	7

DAY 3	Movement	Sets	Reps	%1RM	RPE
	Bench	6	2	75%	-
	Pull Apart	3	20	-	9
	Tricep Pushdown	3	15	-	9

DAY 4	Movement	Sets	Reps	%1RM	RPE
	Squat	4	6-8	60%	-
	Walking Lunges	3	12	-	7
	Hamstring Curl	3	12	-	7

DAY 5	Movement	Sets	Reps	%1RM	RPE
	Bench	4	5	77.5%	-
	JM Press	3	10	-	9
	Pull Down	3	10	-	9

WEEK 6

DAY 1	Movement	Sets	Reps	%1RM	RPE
	Bench Press	3	6	67.5%	-
	Spoto Press	2	6	52.5%	-
	Inverted Row	3	10	-	8
	Face Pulls	3	20	-	8
	Pushups	3	-	-	8

DAY 2	Movement	Sets	Reps	%1RM	RPE
	Deadlift	4	6-8	62.5%	-
	Pause Squat	4	8-10	52.5%	-
	Stiff Leg Deadlift	3	10-12	-	7
	Barbell Row	3	10-12	-	7

DAY 3	Movement	Sets	Reps	%1RM	RPE
	Bench	6	2	77.5%	-
	Pull Apart	3	20	-	8
	Tricep Pushdown	3	15	-	8

DAY 4	Movement	Sets	Reps	%1RM	RPE
	Squat	4	6-8	62.5%	-
	Walking Lunges	3	12	-	7
	Hamstring Curl	3	12	-	7

DAY 5	Movement	Sets	Reps	%1RM	RPE
	Bench	5	5	77.5%	-
	JM Press	3	10	-	8
	Pull Down	3	10	-	8

WEEK 7

DAY 1	Movement	Sets	Reps	%1RM	RPE
	Bench Press	3	10	60%	-
	Spoto Press	2	10	50%	-
	Inverted Row	3	10	-	8
	Face Pulls	3	20	-	8
	Pushups	3	-	-	8

DAY 2	Movement	Sets	Reps	%1RM	RPE
	Deadlift	4	6-8	65%	-
	Pause Squat	4	8-10	55%	-
	Stiff Leg Deadlift	3	10-12	-	7
	Barbell Row	3	10-12	-	7

DAY 3	Movement	Sets	Reps	%1RM	RPE
	Bench	6	3	80%	-
	Pull Apart	3	20	-	8
	Tricep Pushdown	3	15	-	8

DAY 4	Movement	Sets	Reps	%1RM	RPE
	Squat	4	6-8	65%	-
	Walking Lunges	3	12	-	7
	Hamstring Curl	3	12	-	7

DAY 5	Movement	Sets	Reps	%1RM	RPE
	Bench	6	3	65%	-
	JM Press	3	10	-	8
	Pull Down	3	10	-	8

WEEK 8

DAY 1	Movement	Sets	Reps	%1RM	RPE
	Bench Press	3	8	62.5%	-
	Spoto Press	2	8	52.5%	-
	Inverted Row	3	10	-	8
	Face Pulls	3	20	-	8
Pushups	3	-	-	8	

DAY 2	Movement	Sets	Reps	%1RM	RPE
	Deadlift	4	6-8	67.5%	-
	Pause Squat	4	8-10	57.5%	-
	Stiff Leg Deadlift	3	10-12	-	7
Barbell Row	3	10-12	-	7	

Y 3	Movement	Sets	Reps	%1RM	RPE
	Bench	6	2	82.5%	-
Pull Apart	3	20	-	8	

DAY 4	Tricep Pushdown	3	15	-	8

	Movement	Sets	Reps	%1RM	RPE
DAY 4	Squat	4	6-8	67.5%	-
	Walking Lunges	3	12	-	7
	Hamstring Curl	3	12	-	7

	Movement	Sets	Reps	%1RM	RPE
DAY 5	Bench	5	3	65%	-
	JM Press	3	10	-	8
	Pull Down	3	10	-	8

WEEK 9

	Movement	Sets	Reps	%1RM	RPE
DAY 1	Bench Press	3	6	65%	-
	Inverted Row	3	10	-	7
	Face Pulls	3	20	-	7

	Movement	Sets	Reps	%1RM	RPE
DAY 2	Deadlift	5	4-6	67.5%	-
	Pause Squat	4	6-8	57.5%	-
	Stiff Leg Deadlift	3	10-12	-	7
	Barbell Row	3	10-12	-	7

	Movement	Sets	Reps	%1RM	RPE
DAY 3	Bench	5	2	85%	-
	Pull Apart	3	20	-	7
	Tricep Pushdown	3	15	-	7

	Movement	Sets	Reps	%1RM	RPE
DAY 4	Squat	5	4-6	67.5%	-
	Walking Lunges	3	12	-	7
	Hamstring Curl	3	12	-	7

	Movement	Sets	Reps	%1RM	RPE
DAY 5	Bench	4	3	65%	-
	JM Press	3	10	-	7
	Pull Down	3	10	-	7

WEEK 10

	Movement	Sets	Reps	%1RM	RPE
DAY 1	Bench Press	3	5	68%	-
	Inverted Row	3	10	-	7
	Face Pulls	3	20	-	7

	Movement	Sets	Reps	%1RM	RPE
DAY 2	Deadlift	5	4-6	70%	-
	Pause Squat	4	6-8	60%	-
	Stiff Leg Deadlift	3	10-12	-	7
	Barbell Row	3	10-12	-	7

	Movement	Sets	Reps	%1RM	RPE
DAY 3	Bench	5	1	87.5%	-
	Pull Apart	3	20	-	7
	Tricep Pushdown	3	15	-	7

	Movement	Sets	Reps	%1RM	RPE
DAY 4	Squat	5	4-6	70%	-
	Walking Lunges	3	12	-	7
	Hamstring Curl	3	12	-	7

	Movement	Sets	Reps	%1RM	RPE
DAY 5	Bench	3	3	65%	-
	JM Press	3	10	-	7
	Pull Down	3	10	-	7

WEEK 11

DAY 1	Movement	Sets	Reps	%1RM	RPE
	Bench Press	3	3	70%	-
	Inverted Row	3	10	-	7
	Face Pulls	3	20	-	7

DAY 2	Movement	Sets	Reps	%1RM	RPE
	Deadlift	5	4-6	72.5%	-
	Pause Squat	4	6-8	62.5%	-
	Stiff Leg Deadlift	3	10-12	-	7
	Barbell Row	3	10-12	-	7

DAY 3	Movement	Sets	Reps	%1RM	RPE
	Bench	1	2	90%	-
	Bench	1	1	95%	-
	Pull Apart	3	20	-	7
	Tricep Pushdown	3	15	-	7

DAY 4	Movement	Sets	Reps	%1RM	RPE
	Squat	5	4-6	72.5%	-
	Walking Lunges	3	12	-	7
	Hamstring Curl	3	12	-	7

DAY 5	Movement	Sets	Reps	%1RM	RPE
	Bench	3	3	65%	-
	JM Press	3	10	-	7
	Pull Down	3	10	-	7

WEEK 12

DAY 1	Movement	Sets	Reps	%1RM	RPE
	Bench Press	3	5	60%	-
	Inverted Row	3	10	-	7
	Face Pulls	3	20	-	7

DAY 2	Movement	Sets	Reps	%1RM	RPE
	Deadlift	5	4-6	75%	-
	Pause Squat	4	6-8	65%	-

DA	Stiff Leg Deadlift	3	10-12	-	7
	Barbell Row	3	10-12	-	7

DAY 3	Movement	Sets	Reps	%1RM	RPE
	Rest				

TEST	Movement	Sets	Reps	%1RM	RPE
	Bench	1	1	93%	-
	Bench	1	1	98%	-
	Bench	1	1	103%	-

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