

The chart below will show you what weights to use each week. This applies to all five opening lifts – squat, bench press, deadlift, standing barbell press, and bent-over barbell row.

Week	Sets/Reps Percentages
Week 1	Max Out Week (test your baseline)
Week 2	5 sets of 4 with 80% of your max
Week 3	5 sets of 3 with 85% of your max
Week 4	5 sets of 2 with 90% of your max
Week 5	4 sets of 4 with 80% of your max
Week 6	4 sets of 3 with 85% of your max
Week 7	4 sets of 2 with 90% of your max
Week 8	Max Out Week (retest)

Monday - Squat

Exercise	Sets	Reps
Squat	See Chart	See Chart
Front Squat	3	5
Bulgarian Split Squat	3	8
Leg Extension	3	8

Tuesday - Bench Press

Exercise	Sets	Reps
Bench Press	See Chart	See Chart
Incline Bench Press	3	5
Dumbbell Fly	3	8
Tricep Dips	3	8

Wednesday - Deadlift

Exercise	Sets	Reps
Deadlift	See Chart	See Chart
Good Mornings	3	5
Lying Leg Curl	3	8
Walking Lunge	3	8

Thursday - Standing Barbell Press

Exercise	Sets	Reps
Standing Barbell Press	See Chart	See Chart
Front Raise	3	5
Seated Lateral Raise	3	8
Rope Tricep Extension	3	8

Friday - Bent-Over Barbell Row

Exercise	Sets	Reps
Bent-Over Barbell Row	See Chart	See Chart
Pull Up or Lat Pull Down	3	5
Rear Lateral Raise	3	8
Incline Dumbbell Curl	3	8