

## Week 1

Overhead Press	Squat	Bench Press	Deadlift
20 kg x5	47 kg x5	61 kg x5	52 kg x5
23 kg x5	55 kg x5	71 kg x5	60 kg x5
26 kg x5+	62 kg x5+	80 kg x5+	68 kg x5+

## Week 2

Overhead Press	Squat	Bench Press	Deadlift
21 kg x3	51 kg x3	66 kg x3	56 kg x3
24 kg x3	58 kg x3	75 kg x3	64 kg x3
27 kg x3+	66 kg x3+	85 kg x3+	72 kg x3+

## Week 3

Overhead Press	Squat	Bench Press	Deadlift
23 kg x5	55 kg x5	71 kg x5	60 kg x5
26 kg x3	62 kg x3	80 kg x3	68 kg x3
29 kg x1+	69 kg x1+	89 kg x1+	76 kg x1+

## Week 4

Overhead Press	Squat	Bench Press	Deadlift
12 kg x5	29 kg x5	38 kg x5	32 kg x5
15 kg x5	37 kg x5	47 kg x5	40 kg x5
18 kg x5	44 kg x5	56 kg x5	48 kg x5