

Kyle Campofiore

Month of Program: April

Renewal Date: 4

4/6

Warmup
Cat/Cow x8
Child’s Pose/Cobra x6
World’s Greatest Stretch x5ea
Inchworm x5
Squat to Stand x5
Alt. Lateral Lunge w/Toe Reach x5ea
Cool Down (optional)
Cat/Cow x8
Child’s Pose/Cobra x8
90/90 Hip Stretch x15s each
Supine Breathing x30s

DAY 1		DATE:	Wk1:	Wk2:	Wk3:	Wk4:				
A) BB Bench Press			Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
			1	4	5	215				1-2m
			2	4	5					1-2m
			3	4	5					1-2m
			4	3	5					1-2m
B) 2DB Chest Supported Rows			Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
			1	4	8-10	55-60				75
			2	4	8-10					75
			3	4	8-10					75
			4	3	10					75
C) 1-Arm DB Floor Press			Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
			1	4	6ea					60
			2	4	6ea					60
			3	4	6ea					60
			4	3	8ea					60
D) Half Kneeling 1-Arm Lat Pulldown			Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
			1	3	10ea					60
			2	3	10ea					60
			3	3	10-12					60
			4	2	12ea					60
E) Cable Tricep Pushdowns			Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
			1	3	10	50-60				75
			2	3	10					75
			3	3	10-12					75
			4	3	12					75

DAY 2	DATE:	Wk1:	Wk2:	Wk3:	Wk4:
-------	-------	------	------	------	------

A) BB Box Squat	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4	5	260				1-2m
	2	4	5					1-2m
	3	4	5					1-2m
	4	3	5					1-2m

B) Speed Deadlift	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4	2	315				75
	2	4	2					75
	3	4	2					75
	4	3	2					75

C) 1-Arm DB RFE Split Squats	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	8ea					75
	2	3	8ea					75
	3	3	8ea					75
	4	3	8ea					75

D) 1-Arm SL KB RDL	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	8ea					60
	2	3	8ea					60
	3	3	8ea					60
	4	3	8ea					60

E) Bike	Week	Sets	time	Wt.	Wt.	Wt.	Wt.	Rest
	1	1	10					n/a
	2	1	10					n/a
	3	1	10					n/a
	4	1	10					n/a

DAY 3	DATE:	Wk1:	Wk2:	Wk3:	Wk4:
-------	-------	------	------	------	------

A) Wide Grip Lat Pulldowns	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4	8					ran
	2	4	8					ran
	3	4	8-10					ran
	4	3	8					ran

B) Spoto Bench Press	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4	8					ran
	2	4	8					ran
	3	4	8					ran
	4	3	5					ran

C) 1-Arm Chest Supported DB Row	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4	8-10ea					75
	2	4	8-10ea					75
	3	4	8-10ea					75
	4	3	8ea					75

D) DB Pullover	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	12					75
	2	3	12					75
	3	3	12					75
	4	3	12					75

E) 2DB Hammer Curls	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	8					75
	2	3	8-10					75
	3	3	8-10					75
	4	2	10					75

DAY 4	DATE:	Wk1:	Wk2:	Wk3:	Wk4:
-------	-------	------	------	------	------

A) BB Front Squats	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4	5					ran
	2	4	5					ran
	3	4	5					ran
	4	3	5					ran

B) TBDL	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	6-8					ran
	2	3	6-8					ran
	3	3	6-8					ran
	4	3	6					ran

C) Goblet Split Squats	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4	6ea					75
	2	4	6ea					75
	3	4	6ea					75
	4	3	8ea					75

D) 1-Arm SL DB RDL	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	8ea					75
	2	3	8ea					75
	3	3	8ea					75
	4	2	8ea					75

E) Half Kneeling Anti-Rotation Landmines	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	8ea					75
	2	3	8ea					75
	3	3	8-10					75
	4	2	10ea					75