

Kyle Campofiore

Month of Program: Feb. - Mar.3/6

Expiration Date: 3

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

GOAL (s):

* SQ - 435

* B - 325

* DL - 455

DAY 1	DATE:	Wk1:	Wk2:	Wk3:	Wk4:
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A) SSB Squat	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	6	3	305				2m
	2	6	3	315				2m
	3	6	3	325				2m
	4	6	3	335				2m
	5	3	3	315				2m

B) Conventional DL	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
<div>*3sec eccentric - TNG</div> <div>*standard</div>	1	3	4-6	250				2m
	2	3	4-6					2m
	3	3	4-6					2m
	4	3	4-6					2m
	5	3	5					2m

C) SSB Low Box Step Up	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	6ea	165				90
	2	3	6ea					90
	3	3	6ea					90
	4	3	6ea					90
	5	3	8ea					90

D) TRX Hamstring Curls	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
<div>*use 18-24” box</div>	1	3	8-10					90
	2	3	8-10					90
	3	3	8-10					90
	4	3	8-10					90
	5	3	10					90

E) 2DB Farmer’s Walk	Week	Sets	Yards	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	30					75
	2	3	30					75
	3	3	30					75
	4	3	30					75
	5	3	30					75

DAY 2	DATE:	Wk1:	Wk2:	Wk3:	Wk4:				
A) BB Bench Press	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest	
	1	6	3	230				2m	
	2	6	3	235				2m	
	3	6	3	245				2m	
	4	6	3	250				2m	
	5	3	3	235				2m	
B) Racked Chin Ups	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest	
	1	3	8-10					2m	
	2	3	8-10					2m	
	3	3	8-10					2m	
	4	3	8-10					2m	
	5	3	8					2m	
C) 2DB Low Incline Bench Press	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest	
	1	3	6-8	60-65				90	
	2	3	6-8					90	
	3	3	6-8					90	
	4	3	6-8					90	
	5	3	68					90	
D) 1-Arm DB OHP	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest	
	1	3	8-10					90	
	2	3	8-10					90	
	3	3	8-10					90	
	4	3	8-10					90	
	5	3	8ea					90	
E) Cable Tricep Pushdowns	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest	
	1	3	8-10	30-50				60	
	2	3	8-10					60	
	3	3	8-10					60	
	4	3	8-10					60	
	5	3	8-10					60	

DAY 3	DATE:	Wk1:	Wk2:	Wk3:	Wk4:				
A) Conventional DL	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest	
	1	6	3	325				2m	
	2	6	3	335				2m	
	3	6	3	350				2m	
	4	6	3	360				2m	
	5	3	3	335				2m	
B) BB Squat	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest	
	1	3	4-6	260				2m	
	2	3	4-6					2m	
	3	3	4-6					2m	
	4	3	4-6					2m	
	5	3	4-6					2m	
C) 1-Arm KB SL RDL	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest	
	1	3	8-10					90	
	2	3	8-10					90	
	3	3	8-10					90	
	4	3	8-10					90	
	5	3	8ea					90	
D) GHR	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest	
<i>*assisted if needed</i>	1	3	5-8					90	
	2	3	5-8					90	
	3	3	5-8					90	
	4	3	5-8					90	
	5	3	5					90	
E) Sled Push	Week	Sets	Yards	Wt.	Wt.	Wt.	Wt.	Rest	
	1	3	40					90	
	2	3	40					90	
	3	3	40					90	
	4	3	40					90	
	5	3	40					90	

DAY 4	DATE:	Wk1:	Wk2:	Wk3:	Wk4:			
A) Close Grip BB Floor Press	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4	4-6	185				2m
	2	4	4-6					2m
	3	4	4-6					2m
	4	4	4-6					2m
	5	3	6					2m
B) BB Rows	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	6-8					2m
	2	3	6-8					2m
	3	3	6-8					2m
	4	3	6-8					2m
	5	3	8					2m
C) 2DB Incline Bench Press	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	8-10					90
	2	3	8-10					90
	3	3	8-10					90
	4	3	8-10					90
	5	3	8-10					90
D) DB Pulllover	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
<i>*hips off bench</i>	1	3	8-10					90
	2	3	8-10					90
	3	3	8-10					90
	4	3	8-10					90
	5	3	8-10					90
E) Cable Facepulls	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	10-12					90
	2	3	10-12					90
	3	3	10-12					90
	4	3	10-12					90
	5	3	10-12					90