

Kyle Campofiore

Month of Program: March

Renewal Date: 4

3/3

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

DAY 1	DATE:	Wk1:	Wk2:	Wk3:	Wk4:			
A) BB Bench Press	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4	8	185				75
	2	4	8					75
	3	4	8-12					75
	4	3	8					75
B) BB Rows	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	10					75
	2	3	10					75
	3	3	10-12					75
	4	3	12					75
C) 2DB Floor Press	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	10	55-60				60
	2	3	10					60
	3	3	10-12					60
	4	3	12					60
D) DB Pullover w/hips off bench	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	12	40-50				60
	2	3	12					60
	3	3	12-15					60
	4	2	12					60
E) Cable Tricep Pushdowns	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	20	35-45				75
	2	3	20					75
	3	3	20					75
	4	3	20					75

DAY 2	DATE:	Wk1:	Wk2:	Wk3:	Wk4:			
A) SSB Squats	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4	8	235				90
	2	4	8					90
	3	4	8					90
	4	4	8					90
B) Speed Deadlift	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4	3	285				75
	2	4	3					75
	3	4	3					75
	4	3	3					75
C) 2DB Walking Lunges	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	8ea					75
	2	3	8ea					75
	3	3	8-10					75
	4	3	10ea					75
D) SB Hamstring Curls	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	12					60
	2	3	12					60
	3	3	12-15					60
	4	3	15					60
E) Bike	Week	Sets	cal	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	10					ran
	2	3	10					ran
	3	3	10-12					ran
	4	2	15					ran

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

A) Wide Grip Lat Pulldowns	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4	12					ran
	2	4	12					ran
	3	4	12-15					ran
	4	3	12					ran

B) Close Grip Bench Press	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	12					75-90
	2	3	12					75-90
	3	3	12					75-90
	4	3	12					75-90

C) 2DB Bentover Rows	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	10					75
	2	3	10					75
	3	3	10-12					75
	4	3	12					75

D) Half Kneeling 1-Arm OH Press	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	8ea					75
	2	3	8ea					75
	3	3	8-10					75
	4	3	8ea					75

E) 2DB Crossbody Curls	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	10ea					75
	2	3	10ea					75
	3	3	10-12					75
	4	2	8ea					75

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

A) BB Front Squats	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4	8					ran
	2	4	8					ran
	3	4	8-12					ran
	4	3	8					ran

B) TBDL	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	8-12					ran
	2	3	8-12					ran
	3	3	8-12					ran
	4	3	8-12					ran

C) 1-Arm SL DB RDL	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	8ea					75
	2	3	8ea					75
	3	3	8-10					75
	4	2	8ea					75

D) 2DB Reverse Lunges	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	8ea					75
	2	3	8ea					75
	3	3	8-10					75
	4	2	8ea					75

E) Anti-Rotation Landmines	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	10ea					75
	2	3	10ea					75
	3	3	10-12					75
	4	2	8ea					75