

Kyle Campofiore

Month of Program: May - June

6/6

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:			
A) Heavy Sled Push	Week	Sets	Yards	Wt.	Wt.	Wt.	Wt.	Rest
	1	4	10	315				ran
	2	4	10					ran
	3	4	10					ran
	4	4	10					ran
B) Incline BB Bench Press	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4		12/	10/	8/	6/	90
	2	4		12/	10/	8/	6/	90
	3	4		12/	10/	8/	6/	90
	4	4		12/	10/	8/	6/	90
C) Low Box Step Ups	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
<i>*use 12" box</i>	1	4	6-8ea					90
	2	4	6-8ea					90
	3	4	6-8ea					90
	4	4	6-8ea					90
D) 1-Arm KB Deadstop Rows	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	12ea	24-26				90
	2	3	12ea					90
	3	3	12ea					90
	4	3	12ea					90
E) 2KB Racked Carries	Week	Sets	Yards	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	30	20-24				60
	2	3	30					60
	3	3	30					60
	4	3	30					60

DAY 2	DATE:	Wk1:	Wk2:	Wk3:	Wk4:				
A) BB Floor Press	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest	
<i>*paused</i>	1	4	4-6					ran	
	2	4	4-6					ran	
	3	4	4-6					ran	
	4	4	4-6					ran	
B) BB RDLs	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest	
<i>*4sec eccentric</i>	1	4	4-6					90	
	2	4	4-6					90	
	3	4	4-6					90	
	4	4	4-6					90	
C) 2DB Seal Rows	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest	
	1	4	5	45-55				90	
	2	4	5					90	
	3	4	5					90	
	4	4	5					90	
D) PJR Pullover	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	
E1) Front Racked ISO Hold	Week	Sets	sec	Wt.	Wt.	Wt.	Wt.	Rest	
	1	3	15-20	185				-	
	2	3	20					-	
	3	3	20-25					-	
	4	3	25					-	
E2) Landmines	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest	
	1	3	8-10	20-30				90	
	2	3	8-10					90	
	3	3	8-10					90	
	4	3	8-10					90	

DAY 3	DATE:	Wk1:	Wk2:	Wk3:	Wk4:			
A) Reverse Sled Pull	Week	Sets	Yards	Wt.	Wt.	Wt.	Wt.	Rest
<i>*LOF - length of turf</i>	1	4	LOF					ran
	2	4	LOF					ran
	3	4	LOF					ran
	4	4	LOF					ran
B) BB Bench Press	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
<i>*feet elevated on bench</i>	1	3	8-10					ran
	2	3	8-10					ran
	3	3	8-10					ran
	4	3	8-10					ran
C) 1-Arm KB SL DL	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
<i>*touch ground - elevate if needed</i>	1	3	8-10					90
	2	3	8-10					90
	3	3	8-10					90
	4	3	8-10					90
D) 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
E) Goblet Carry + Goblet Squat	Week	Sets	Yards	Wt.	Wt.	Wt.	Wt.	Rest
<i>*10 reps on squat</i>	1	3	30					90
	2	3	30					90
	3	3	30					90
	4	3	30					90

DAY 4	DATE:	Wk1:	Wk2:	Wk3:	Wk4:
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A) Seated Cable Lat Pulldowns	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4	8-10					ran
	2	4	8-10					ran
	3	4	8-10					ran
	4	4	8-10					ran

B) 2DB RDLS	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

C) 2DB Bench Press	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
<i>*3sec eccentric</i>	1	3	8-10					90
	2	3	8-10					90
	3	3	8-10					90
	4	3	8-10					90

D) Pullover w/hips off bench	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

E1) Cable Tricep Pushdowns	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	8-10					-
	2	3	8-10					-
	3	3	8-10					-
	4	3	8-10					-

E2) Side Plank	Week	Sets	sec	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	15-20					60
	2	3	15-20					60
	3	3	15-20					60
	4	3	15-20					60