

Kyle Campofiore

Month of Program: Dec. - Jan.1/6

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 - 420

\* B - 325

\* DL - 445

DAY 1	DATE:	Wk1:	Wk2:	Wk3:	Wk4:			
A) BB Squat	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3		2/	2/	1/		2m
	2	3		2/	2/	1/		2m
	3	3		2/	2/	1/		2m
	4	3	6					2m
B) Sumo Block Pulls	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	2	425				2m
	2	3	2	435				2m
	3	3	2	445				2m
	4	3	6					2m
C) 1-Arm RFE Split Squats	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	6ea	75				90
	2	3	6ea					90
	3	3	6ea					90
	4	3	8ea					90
D) 2DB RDLS	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	2	10	85				90
	2	2	10					90
	3	2	10					90
	4	2	12					90
E) Back Squat Walkouts	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
<i>*20 sec pause in between reps</i>	1	3	2	435				90
	2	3	2					90
	3	3	2					90
	4	3	1					90

DAY 2	DATE:	Wk1:	Wk2:	Wk3:	Wk4:
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A) Paused BB Bench Press	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3		2/	2/	1/		2m
	2	3		2/	2/	1/		2m
	3	3		2/	2/	1/		2m
	4	3	6					2m

B) BB Board Press	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
<i>*cluster - perform 1 rep, rest 15-20 secs, and repeat</i>	1	3	2	300				90
	2	3	2					90
	3	3	2					90
	4	3	6					90

C) 2DB Seated OHP	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	4-6					90
	2	3	4-6					90
	3	3	4-6					90
	4	3	8-10					90

D) 1-Arm DB Floor Press	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	5ea	90				90
	2	3	5ea					90
	3	3	5ea					90
	4	3	6-8					90

E) Cable Tricep Pushdowns	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	8-10					75
	2	3	8-10					75
	3	3	8-10					75
	4	3	8-10					75

DAY 3		DATE:	Wk1:	Wk2:	Wk3:	Wk4:		
A) Sumo DL	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3		2/	2/	1/		ran
	2	3		2/	2/	1/		ran
	3	3		2/	2/	1/		ran
	4	3	5					ran
B) BB Box Squat	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
<i>*cluster - perform 1 rep, rest 15-20 secs, and repeat</i>   <i>*straight set</i>	1	3	2					ran
	2	3	2					ran
	3	3	2					ran
	4	3	6					ran
C) GHR	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
<i>*add weight or vs. band</i>	1	3	8					90
	2	3	8					90
	3	3	8					90
	4	3	8					90
D) 2DB Walking Lunges	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	2	6ea					90
	2	2	6ea					90
	3	2	6ea					90
	4	2	6ea					90
E) Cable Facepulls	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	12-15					75
	2	3	12-15					75
	3	3	12-15					75
	4	3	12-15					75

DAY 4	DATE:	Wk1:	Wk2:	Wk3:	Wk4:			
A) TNG BB Bench Press	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4	5					ran
	2	4	5					ran
	3	4	5					ran
	4	3	8					ran
B) Wide Grip 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	3	10					ran
C) 2DB Incline Bench Press	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	6					90
	2	3	6					90
	3	3	6					90
	4	3	8-10					90
D) 1-Arm Deadstop KB/DB Row	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	2	10ea					75
	2	2	10ea					75
	3	2	10ea					75
	4	2	10ea					75
E) Close Grip Bench Press	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	8-10	155				75
	2	3	8-10					75
	3	3	8-10					75
	4	3	8-10					75