

Kyle Campofiore

Month of Program: Aug. - Sept.9/9

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):

* big three PRs

DAY 1	DATE:	Wk1:	Wk2:	Wk3:	Wk4:			
A) SSB Squat	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4	6	275				1-2m
	2	4	6					1-2m
	3	4	6					1-2m
	4	3	8					90
B) SSB Low Box Step Ups	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4	6ea	95				75
	2	4	6ea					75
	3	4	6ea					75
	4	3	8ea					75
C2) 2DB RDLs	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4	12	50-60				75
	2	4	12					75
	3	4	12					75
	4	3	12					75
D) Nordic Hamstring Curls	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
*use band for assistance	1	3	8					75
	2	3	8					75
	3	3	8-10					75
	4	3	10					75
E) Body Saws	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	10					75
	2	3	10					75
	3	3	10					75
	4	3	10					75

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	4	6	225				1-2m
	2	4	6					1-2m
	3	4	6					1-2m
	4	3	8					90

B) Trap Bar Seal Rows	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4	6	135				90
	2	4	6					90
	3	4	6					90
	4	3	6					90

C) 2DB Incline Bench Press	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4		4/	6/	8/	4/	75
	2	4		4/	6/	8/	4/	75
	3	4		4/	6/	8/	4/	75
	4	3	10					75

D) 1-Arm KB Deadstop Row	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	10ea					75
	2	3	10ea					75
	3	3	10ea					75
	4	3	10ea					75

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

DAY 3	DATE:	Wk1:	Wk2:	Wk3:	Wk4:
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A) Paused Sumo SL	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
<i>*pause below knee</i>	1	4	6	325				ran
	2	4	6					ran
	3	4	6					ran
	4	3	6					ran

B) Duffalo Bar Box Squat	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
<i>*use 18" box</i>	1	4	3	250				ran
	2	4	3					ran
	3	4	3					ran
	4	3	5					ran

C) Assisted 1-Arm SL RDL	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) 1-Arm RFE Split Squat	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

E) 2DB Carries	Week	Sets	Yards	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	40					75
	2	3	40					75
	3	3	40					75
	4	3	40					75

DAY 4	DATE:	Wk1:	Wk2:	Wk3:	Wk4:
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A) Close Grip Bench Press	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4		6/	8/	10/	6/	ran
	2	4		6/	8/	10/	6/	ran
	3	4		6/	8/	10/	6/	ran
	4	3	10					ran

B) T-Bar Rows or 2DB Chest Supported Rows	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4	10					ran
	2	4	10					ran
	3	4	10					ran
	4	3	10					ran

C) 2DB Floor Press	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4		4/	6/	8/	6/	75
	2	4		4/	6/	8/	6/	75
	3	4		4/	6/	8/	6/	75
	4	3	10					75

D) Cable Facepulls	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	15					75
	2	3	15					75
	3	3	15					75
	4	3	15					75

E) 2DB Hammer Curls	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	2	25					75
	2	2	25					75
	3	2	25					75
	4	2	25					75