

Kyle Campofiore

Month of Program: Mar. - April4/6

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) Sled Push	Week	Sets	Yards	Wt.	Wt.	Wt.	Wt.	Rest
	1	4	10	280				ran
	2	4	10					ran
	3	4	10					ran
	4	4	10					ran
B) BB Front Squat	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	6-8					ran
	2	3	6-8					ran
	3	3	6-8					ran
	4	3	6-8					ran
C) Sumo Block Pulls	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
*2” blocks	1	3	5	275				ran
	2	3	5					ran
	3	3	5					ran
	4	3	5					ran
D) Supported 1-Arm DB SL RDL	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	8-10	40-50				ran
	2	3	8-10					ran
	3	3	8-10					ran
	4	3	8-10					ran
E) KB Deadbug w/Glute Bridge	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	10-12	12-16				ran
	2	3	10-12					ran
	3	3	10-12					ran
	4	3	10-12					ran

DAY 2	DATE:	Wk1:	Wk2:	Wk3:	Wk4:			
A) BB Bench Press	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
<i>*wide grip</i>	1	5	3					ran
	2	5	3					ran
	3	5	3					ran
	4	5	3					ran
B) 1-Arm Landmine Shoulder Press w/reach	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	6-8ea					90
	2	3	6-8ea					90
	3	3	6-8ea					90
	4	3	6-8ea					90
C) 2DB Floor Press	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4	8-10					90
	2	4	8-10					90
	3	4	8-10					90
	4	4	8-10					90
D) 2DB Chest Supported Rows	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	10	50-60				90
	2	3	10					90
	3	3	10					90
	4	3	10					90
E1) Close Grip Bench Press	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
<i>*use multi-purpose bar</i>	1	3	8-10					-
	2	3	8-10					-
	3	3	8-10					-
	4	3	8-10					-
E2) Push Up Plus	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) Reverse Sled Drag	Week	Sets	Yards	Wt.	Wt.	Wt.	Wt.	Rest
	1	4	30					ran
	2	4	30					ran
	3	4	30					ran
	4	4	30					ran

B) Deadlift	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
<i>*1 3rep max set - back off for singles on remaining sets</i>	1	5	3.1					ran
	2	5	3.1					ran
	3	5	3.1					ran
	4	5	3.1					ran

C) BB Front Squat	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	6	3					ran
	2	6	3					ran
	3	6	3					ran
	4	6	3					ran

D) Supported 1-Arm RFE Split Squat	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	8-10					ran
	2	3	8-10					ran
	3	3	8-10					ran
	4	3	8-10					ran

E) Standing Pallof Press ISO HOLD	Week	Sets	sec	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	15-20					ran
	2	3	15-20					ran
	3	3	15-20					ran
	4	3	15-20					ran

DAY 4	DATE:	Wk1:	Wk2:	Wk3:	Wk4:			
A) Seated Chest Supported Rows	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4	8-10					90
	2	4	8-10					90
	3	4	8-10					90
	4	4	8-10					90
B) BB Bench Press	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
<i>*3sec eccentric</i>	1	3	6-8					90
	2	3	6-8					90
	3	3	6-8					90
	4	3	6-8					90
C) 2DB Incline Bench Press	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	12-15					90
	2	3	12-15					90
	3	3	12-15					90
	4	3	12-15					90
D) 1-Arm DB Row	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	12ea					90
	2	3	12ea					90
	3	3	12ea					90
	4	3	12ea					90
E1) Cable Facepulls	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
<i>*place height at eye level</i>	1	3	8-10					-
	2	3	8-10					-
	3	3	8-10					-
	4	3	8-10					-
E2) 2DB Hammer Curls	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