

Foam Rolling (3-4 minutes)

Dynamic Warm-Up (8 minutes)

*Perform at the beginning of each training session

- Supine Bridge x8
- Side Lying Book Openers x5ea
- Kneeling Rockbacks x5
- Yoga Push Ups x5
- Stationary Greatest Stretch x3ea
- Squat-Stand x5
- Lateral Lunge w/OH reach x3ea

Notes:

Cool Down

*Perform at the end of each training session

- Single Leg Hamstring Floss x5ea
- Pigeon Pose x15s/ea
- Kneeling Rockbacks x5
- Half Kneeling Wall Stretch x15s/ea
- 1-Arm TRX Lat Stretch w/ Rotation x15s/ea
- TRX Deep Squat Stretch x20s

Date	Wk1:	Wk2:	Wk3:	Wk4:		Day 1
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A) Deadlift							
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
1	4	3	405				120
2	4	2					120
3	4	2					120
4	3	1					120

(build up to recommended sets and reps)

B) Paused Safety Bar Squats							
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
1	3	5	265				90
2	3	5					90
3	3	5					90
4	3	5					90

C) Split Stance KB DL							
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
1	4	6ea					75
2	4	6ea					75
3	4	6ea					75
4	4	6ea					75

D) Heavy Goblet Split Squats						
Week	Sets	Reps	Wt.	Wt.	Wt.	Rest
1	3	6ea				75
2	3	6ea				75
3	3	6ea				75
4	3	6ea				75

E) Sled Pull						
Week	Sets	Yards	Wt.	Wt.	Wt.	Rest
1	3	20				60
2	3	20				60
3	3	20				60
4	3	20				60

F) Cool Down

A) Paused BB Bench Press							
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
1	4	5	240				90
2	4	3					90
3	4	3					90
4	4	2					90

(build up to recommended sets and reps)

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

C1) Chest Supported DB Rows						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	8				
2	3	8				
3	3	8				
4	3	8				

C2) SA Incline DB Bench Press						
Week	Sets	Reps	Wt.	Wt.	Wt.	Rest
1	3	6ea				75
2	3	6ea				75
3	3	6ea				75
4	3	6ea				75

D1) Seated Close Grip Band Rows						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	12				
2	3	12				
3	3	12				
4	3	12				

D2) Push Ups vs. Chains						
Week	Sets	Reps	Wt.	Wt.	Wt.	Rest
1	3	8				60
2	3	8				60
3	3	8				60
4	3	8				60

F) Cool Down

Date	Wk1:	Wk2:	Wk3:	Wk4:	Outside	Day 3
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A) Barbell Squat							
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
1	4	5					120
2	4	5					120
3	4	5					120
4	4	5					120

B) Deadlift							
Week	Sets	Wt.	Wt.	Wt.	Wt.	AMRAP	Rest
1	5	8/	6/	6/	6/		120
2	5	8/	6/	6/	6/		120
3	5	8/	6/	6/	6/		120
4	5	8/	6/	6/	6/		120

(AMRAP in 30 seconds)

C) Leg Press							
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
1	4	12					90
2	4	12					90
3	4	12					90
4	4	12					90

D1) Walking DB Lunges						
Week	Sets	Reps	Wt.	Wt.	Wt.	Rest
1	3	8ea				60
2	3	8ea				60
3	3	8ea				60
4	3	8ea				60

D2) Side Plank						
Week	Sets	sec	Wt.	Wt.	Wt.	Rest
1	3	20ea				60
2	3	20ea				60
3	3	20ea				60
4	3	20ea				60

E) Cool Down

A) BB Bench Press							
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
1	4	8					120
2	4	8					120
3	4	8					120
4	4	8					120

(70-80% of max for working sets)

B) Hammer Strength Seated Chest Press							
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
1	4	12					90
2	4	12					90
3	4	12					90
4	4	12					90

C1) Seated Wide Grip Cable Rows						
Week	Sets	Wt.	Wt.	Wt.	Wt.	Wt.
1	5	12/	6/	6	6/	6/
2	5	12/	6/	6	6/	6/
3	5	12/	6/	6	6/	6/
4	5	12/	6/	6	6/	6/

C2) Back Extensions						
Week	Sets	Reps	Wt.	Wt.	Wt.	Rest
1	3	20				75
2	3	20				75
3	3	20				75
4	3	20				75

D1) Cable Facepulls						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	12				
2	3	12				
3	3	12				
4	3	12				

D2) Tate Press						
Week	Sets	Reps	Wt.	Wt.	Wt.	Rest
1	3	12				60
2	3	12				60
3	3	12				60
4	3	12				60

E) Cool Down
