

Kyle Campofiore

Month of Program: Oct. - Nov.    11/12

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) BB Squat             | Week  | Sets | Reps  | Wt.  | Wt.  | Wt. | Wt. | Rest |
|                         | 1     | 3    |       | 3/   | 2/   | 1/  |     | 1-2m |
|                         | 2     | 3    |       | 3/   | 2/   | 1/  |     | 1-2m |
|                         | 3     | 3    |       | 3/   | 2/   | 1/  |     | 1-2m |
|                         | 4     | 3    |       | 3/   | 2/   | 1/  |     | 1-2m |
|                         |       |      |       |      |      |     |     |      |
| B) SSB Goodmornings     | Week  | Sets | Reps  | Wt.  | Wt.  | Wt. | Wt. | Rest |
|                         | 1     | 4    | 8-10  |      |      |     |     | 75   |
|                         | 2     | 4    | 8-10  |      |      |     |     | 75   |
|                         | 3     | 4    | 8-10  |      |      |     |     | 75   |
|                         | 4     | 4    | 8-10  |      |      |     |     | 75   |
|                         |       |      |       |      |      |     |     |      |
| C) 2DB Low Box Step Ups | Week  | Sets | Reps  | Wt.  | Wt.  | Wt. | Wt. | Rest |
| <i>*use 12-15" box</i>  | 1     | 4    | 5ea   |      |      |     |     | 75   |
|                         | 2     | 4    | 5ea   |      |      |     |     | 75   |
|                         | 3     | 4    | 5ea   |      |      |     |     | 75   |
|                         | 4     | 4    | 5ea   |      |      |     |     | 75   |
|                         |       |      |       |      |      |     |     |      |
| D) 1-Arm SL KB DL       | Week  | Sets | Reps  | Wt.  | Wt.  | Wt. | Wt. | Rest |
|                         | 1     | 3    | 8ea   |      |      |     |     | 75   |
|                         | 2     | 3    | 8ea   |      |      |     |     | 75   |
|                         | 3     | 3    | 8ea   |      |      |     |     | 75   |
|                         | 4     | 3    | 8ea   |      |      |     |     | 75   |
|                         |       |      |       |      |      |     |     |      |
| E) ISO Front Squat Hold | Week  | Sets | sec   | Wt.  | Wt.  | Wt. | Wt. | Rest |
|                         | 1     | 3    | 15-20 |      |      |     |     | 75   |
|                         | 2     | 3    | 15-20 |      |      |     |     | 75   |
|                         | 3     | 3    | 20-25 |      |      |     |     | 75   |
|                         | 4     | 3    | 20-25 |      |      |     |     | 75   |

|                               |       |      |       |      |      |     |     |      |
|-------------------------------|-------|------|-------|------|------|-----|-----|------|
| DAY 2                         | DATE: | Wk1: | Wk2:  | Wk3: | Wk4: |     |     |      |
|                               |       |      |       |      |      |     |     |      |
| A) Paused BB Bench Press      | Week  | Sets | Reps  | Wt.  | Wt.  | Wt. | Wt. | Rest |
|                               | 1     | 3    |       | 3/   | 2/   | 1/  |     | 1-2m |
|                               | 2     | 3    |       | 3/   | 2/   | 1/  |     | 1-2m |
|                               | 3     | 3    |       | 3/   | 2/   | 1/  |     | 1-2m |
|                               | 4     | 3    |       | 3/   | 2/   | 1/  |     | 1-2m |
|                               |       |      |       |      |      |     |     |      |
| B) Pendlay BB Rows            | Week  | Sets | Reps  | Wt.  | Wt.  | Wt. | Wt. | Rest |
|                               | 1     | 4    | 6-8   |      |      |     |     | 90   |
|                               | 2     | 4    | 6-8   |      |      |     |     | 90   |
|                               | 3     | 4    | 6-8   |      |      |     |     | 90   |
|                               | 4     | 4    | 6-8   |      |      |     |     | 90   |
|                               |       |      |       |      |      |     |     |      |
| C) 2DB Seated OH Press        | Week  | Sets | Reps  | Wt.  | Wt.  | Wt. | Wt. | Rest |
|                               | 1     | 4    | 6-8   |      |      |     |     | 75   |
|                               | 2     | 4    | 6-8   |      |      |     |     | 75   |
|                               | 3     | 4    | 6-8   |      |      |     |     | 75   |
|                               | 4     | 4    | 6-8   |      |      |     |     | 75   |
|                               |       |      |       |      |      |     |     |      |
| D) NG Cable Lat Pulldowns     | Week  | Sets | Reps  | Wt.  | Wt.  | Wt. | Wt. | Rest |
|                               | 1     | 3    | 10-12 |      |      |     |     | 75   |
|                               | 2     | 3    | 10-12 |      |      |     |     | 75   |
|                               | 3     | 3    | 10-12 |      |      |     |     | 75   |
|                               | 4     | 3    | 10-12 |      |      |     |     | 75   |
|                               |       |      |       |      |      |     |     |      |
| E) Close Grip Bench Press     | Week  | Sets | Reps  | Wt.  | Wt.  | Wt. | Wt. | Rest |
| <i>*use multi-purpose bar</i> | 1     | 3    | 8-10  | 155  |      |     |     | 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    |      | 3/  | 2/  | 1/  |     | ran  |
|            | 2    | 3    |      | 3/  | 2/  | 1/  |     | ran  |
|            | 3    | 3    |      | 3/  | 2/  | 1/  |     | ran  |
|            | 4    | 3    |      | 3/  | 2/  | 1/  |     | ran  |

| B) BB Front Squats | Week | Sets | Reps | Wt. | Wt. | Wt. | Wt. | Rest |
|--------------------|------|------|------|-----|-----|-----|-----|------|
|                    | 1    | 4    | 6-8  |     |     |     |     | ran  |
|                    | 2    | 4    | 6-8  |     |     |     |     | ran  |
|                    | 3    | 4    | 6-8  |     |     |     |     | ran  |
|                    | 4    | 4    | 6-8  |     |     |     |     | ran  |

| C) Lying SL Hamstring Curl | Week | Sets | Reps | Wt. | Wt. | Wt. | Wt. | Rest |
|----------------------------|------|------|------|-----|-----|-----|-----|------|
|                            | 1    | 4    | 8-10 |     |     |     |     | 75   |
|                            | 2    | 4    | 8-10 |     |     |     |     | 75   |
|                            | 3    | 4    | 8-10 |     |     |     |     | 75   |
|                            | 4    | 4    | 8-10 |     |     |     |     | 75   |

| D) RFE Split Squat | Week | Sets | Reps | Wt. | Wt. | Wt. | Wt. | Rest |
|--------------------|------|------|------|-----|-----|-----|-----|------|
|                    | 1    | 3    | 8ea  |     |     |     |     | 75   |
|                    | 2    | 3    | 8ea  |     |     |     |     | 75   |
|                    | 3    | 3    | 8ea  |     |     |     |     | 75   |
|                    | 4    | 3    | 8ea  |     |     |     |     | 75   |

| E) Standing Pallof Press ISO Hold | Week | Sets | sec  | Wt. | Wt. | Wt. | Wt. | Rest |
|-----------------------------------|------|------|------|-----|-----|-----|-----|------|
|                                   | 1    | 3    | 20ea |     |     |     |     | 75   |
|                                   | 2    | 3    | 20ea |     |     |     |     | 75   |
|                                   | 3    | 3    | 20ea |     |     |     |     | 75   |
|                                   | 4    | 3    | 20ea |     |     |     |     | 75   |

|       |       |      |      |      |      |
|-------|-------|------|------|------|------|
| DAY 4 | DATE: | Wk1: | Wk2: | Wk3: | Wk4: |
|-------|-------|------|------|------|------|

| A) BB Spoto Press | Week | Sets | Reps | Wt. | Wt. | Wt. | Wt. | Rest |
|-------------------|------|------|------|-----|-----|-----|-----|------|
|                   | 1    | 4    | 4    |     |     |     |     | ran  |
|                   | 2    | 4    | 4    |     |     |     |     | ran  |
|                   | 3    | 4    | 4    |     |     |     |     | ran  |
|                   | 4    | 4    | 4    |     |     |     |     | ran  |

| B) T-Bar Rows | Week | Sets | Reps | Wt. | Wt. | Wt. | Wt. | Rest |
|---------------|------|------|------|-----|-----|-----|-----|------|
|               | 1    | 4    | 6-8  |     |     |     |     | ran  |
|               | 2    | 4    | 6-8  |     |     |     |     | ran  |
|               | 3    | 4    | 6-8  |     |     |     |     | ran  |
|               | 4    | 4    | 6-8  |     |     |     |     | ran  |

| C) 2DB Bench Press | Week | Sets | Reps | Wt. | Wt. | Wt. | Wt. | Rest |
|--------------------|------|------|------|-----|-----|-----|-----|------|
|                    | 1    | 4    | 6-8  |     |     |     |     | 75   |
|                    | 2    | 4    | 6-8  |     |     |     |     | 75   |
|                    | 3    | 4    | 6-8  |     |     |     |     | 75   |
|                    | 4    | 4    | 6-8  |     |     |     |     | 75   |

| D) 1-Arm DB 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    | 8-10 |     |     |     |     | 75   |
|                           | 2    | 3    | 8-10 |     |     |     |     | 75   |
|                           | 3    | 3    | 8-10 |     |     |     |     | 75   |
|                           | 4    | 3    | 8-10 |     |     |     |     | 75   |