

Kyle Campofiore

Month of Program: June - July

Renewal Date: 4

7/9

| 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 |

| | | | | | | | | |
|--------------------------|-------|------|-------|-------|------|-----|-----|------|
| DAY 1 | DATE: | Wk1: | Wk2: | Wk3: | Wk4: | | | |
| | | | | | | | | |
| A) BB Bench Press | Week | Sets | Reps | Wt. | Wt. | Wt. | Wt. | Rest |
| | 1 | 3 | 2,2,1 | 295 | | | | 1-2m |
| | 2 | 3 | 2,2,1 | | | | | 1-2m |
| | 3 | 3 | 2,1,1 | | | | | 1-2m |
| | 4 | 3 | 8 | | | | | 75 |
| | | | | | | | | |
| B) BB Spoto Press | Week | Sets | Reps | Wt. | Wt. | Wt. | Wt. | Rest |
| | 1 | 4 | 3 | 235 | | | | 75 |
| | 2 | 4 | 3 | | | | | 75 |
| | 3 | 4 | 3 | | | | | 75 |
| | 4 | 3 | 5 | | | | | 75 |
| | | | | | | | | |
| C2) 1-Arm DB OH Press | Week | Sets | Reps | Wt. | Wt. | Wt. | Wt. | Rest |
| | 1 | 4 | 6ea | 50-55 | | | | 60 |
| | 2 | 4 | 6ea | | | | | 60 |
| | 3 | 4 | 6ea | | | | | 60 |
| | 4 | 3 | 8ea | | | | | 60 |
| | | | | | | | | |
| D) Tricep Band Pushdowns | Week | Sets | Reps | Wt. | Wt. | Wt. | Wt. | Rest |
| | 1 | 3 | 15 | | | | | 60 |
| | 2 | 3 | 15 | | | | | 60 |
| | 3 | 3 | 15 | | | | | 60 |
| | 4 | 3 | 15 | | | | | 60 |
| | | | | | | | | |
| E) Trap Bar Carries | Week | Sets | Yards | Wt. | Wt. | Wt. | Wt. | Rest |
| | 1 | 3 | 20 | 225 | | | | 75 |
| | 2 | 3 | 20 | | | | | 75 |
| | 3 | 3 | 20 | | | | | 75 |
| | 4 | 3 | 20 | | | | | 75 |

| | | | | | | | | |
|------------------------------|-------|------|-------|------|------|-----|-----|------|
| DAY 2 | DATE: | Wk1: | Wk2: | Wk3: | Wk4: | | | |
| | | | | | | | | |
| A) BB Squat | Week | Sets | Reps | Wt. | Wt. | Wt. | Wt. | Rest |
| | 1 | 3 | 2,2,1 | 315 | | | | 1-2m |
| | 2 | 3 | 2,2,1 | | | | | 1-2m |
| | 3 | 3 | 2,1,1 | | | | | 1-2m |
| | 4 | 3 | 8 | | | | | 90 |
| | | | | | | | | |
| B) BB Stiff Leg DL | Week | Sets | Reps | Wt. | Wt. | Wt. | Wt. | Rest |
| | 1 | 4 | 4 | 260 | | | | 90 |
| | 2 | 4 | 4 | | | | | 90 |
| | 3 | 4 | 4 | | | | | 90 |
| | 4 | 3 | 8 | | | | | 90 |
| | | | | | | | | |
| C) 1-Arm DB RFE Split Squats | Week | Sets | Reps | Wt. | Wt. | Wt. | Wt. | Rest |
| <i>*assisted</i> | 1 | 3 | 6ea | 70 | | | | 75 |
| | 2 | 3 | 6ea | | | | | 75 |
| | 3 | 3 | 6ea | | | | | 75 |
| | 4 | 2 | 8ea | | | | | 75 |
| | | | | | | | | |
| D) TRX Sled Pull | Week | Sets | Yards | Wt. | Wt. | Wt. | Wt. | Rest |
| | 1 | 3 | 10 | 315 | | | | 90 |
| | 2 | 3 | 10 | | | | | 90 |
| | 3 | 3 | 10 | | | | | 90 |
| | 4 | 3 | 10 | | | | | 90 |
| | | | | | | | | |
| E) Front Squat ISO HOLD | Week | Sets | sec | Wt. | Wt. | Wt. | Wt. | Rest |
| | 1 | 3 | 15 | | | | | 75 |
| | 2 | 3 | 15-20 | | | | | 75 |
| | 3 | 3 | 15-25 | | | | | 75 |
| | 4 | 3 | 20-25 | | | | | 75 |

| | | | | | |
|-------|-------|------|------|------|------|
| DAY 3 | DATE: | Wk1: | Wk2: | Wk3: | Wk4: |
|-------|-------|------|------|------|------|

| A) Paused Bench Press | Week | Sets | Reps | Wt. | Wt. | Wt. | Wt. | Rest |
|------------------------------------------|------|------|------|-----|-----|-----|-----|------|
| <i>*pay attention to the elbow flare</i> | 1 | 4 | 6 | | | | | ran |
| | 2 | 4 | 6 | | | | | ran |
| | 3 | 4 | 6 | | | | | ran |
| | 4 | 3 | 6 | | | | | ran |

| B) Seated Hammer Strength 1-Arm Lat Rows | Week | Sets | Reps | Wt. | Wt. | Wt. | Wt. | Rest |
|------------------------------------------|------|------|------|-----|-----|-----|-----|------|
| | 1 | 4 | 8ea | | | | | ran |
| | 2 | 4 | 8ea | | | | | ran |
| | 3 | 4 | 8ea | | | | | ran |
| | 4 | 3 | 10ea | | | | | ran |

| C) 2DB Incline Bench Press | Week | Sets | Reps | Wt. | Wt. | Wt. | Wt. | Rest |
|----------------------------|------|------|------|-----|-----|-----|-----|------|
| | 1 | 4 | 10 | | | | | 75 |
| | 2 | 4 | 10 | | | | | 75 |
| | 3 | 4 | 10 | | | | | 75 |
| | 4 | 3 | 10 | | | | | 75 |

| D) 1-Arm Deadstop DB Rows | Week | Sets | Reps | Wt. | Wt. | Wt. | Wt. | Rest |
|---------------------------|------|------|------|-----|-----|-----|-----|------|
| | 1 | 4 | 6ea | | | | | 75 |
| | 2 | 4 | 6ea | | | | | 75 |
| | 3 | 4 | 6ea | | | | | 75 |
| | 4 | 3 | 6ea | | | | | 75 |

| E) Cable Facepulls | Week | Sets | Reps | Wt. | Wt. | Wt. | Wt. | Rest |
|--------------------|------|------|-------|-----|-----|-----|-----|------|
| | 1 | 3 | 10 | | | | | 75 |
| | 2 | 3 | 10 | | | | | 75 |
| | 3 | 3 | 10-12 | | | | | 75 |
| | 4 | 3 | 12 | | | | | 75 |

| | | | | | |
|-------|-------|------|------|------|------|
| DAY 4 | 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 | 2,1,1 | | | | | ran |
| | 4 | 3 | 5 | | | | | ran |

| B) SSB Squat | Week | Sets | Reps | Wt. | Wt. | Wt. | Wt. | Rest |
|--------------|------|------|------|-----|-----|-----|-----|------|
| | 1 | 3 | 10 | | | | | ran |
| | 2 | 3 | 10 | | | | | ran |
| | 3 | 3 | 10 | | | | | ran |
| | 4 | 3 | 10 | | | | | ran |

| C) Glute Ham Raises | Week | Sets | Reps | Wt. | Wt. | Wt. | Wt. | Rest |
|---------------------|------|------|------|-----|-----|-----|-----|------|
| | 1 | 4 | 6-10 | | | | | 75 |
| | 2 | 4 | 6-10 | | | | | 75 |
| | 3 | 4 | 6-10 | | | | | 75 |
| | 4 | 3 | 8 | | | | | 75 |

| D) 2DB Walking Lunges | Week | Sets | Reps | Wt. | Wt. | Wt. | Wt. | Rest |
|-----------------------|------|------|------|-----|-----|-----|-----|------|
| | 1 | 3 | 6ea | | | | | 75 |
| | 2 | 3 | 6ea | | | | | 75 |
| | 3 | 3 | 6-8 | | | | | 75 |
| | 4 | 3 | 8ea | | | | | 75 |

| E) Reverse AB Crunch w/ heel tap | Week | Sets | Reps | Wt. | Wt. | Wt. | Wt. | Rest |
|----------------------------------|------|------|-------|-----|-----|-----|-----|------|
| | 1 | 3 | 10 | | | | | 75 |
| | 2 | 3 | 10 | | | | | 75 |
| | 3 | 3 | 10-12 | | | | | 75 |
| | 4 | 3 | 12 | | | | | 75 |