

Kyle Campofiore

Month of Program: Sept.- Oct. 10/12

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	4	4	295				1-2m
	2	4	4					1-2m
	3	4	4					1-2m
	4	3	5					90
B) BB RDLs	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4	8-10	185				75
	2	4	8-10					75
	3	4	8-10					75
	4	3	8-10					75
C2) RFE Elevated Split Squat	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
<i>*assisted</i>	1	4	6-8ea	40-60				75
	2	4	6-8ea					75
	3	4	6-8ea					75
	4	3	6-8ea					75
D) TRX Hanging Hamstring Curls	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
<i>*use 15-18" box</i>	1	3	8-12	bw				75
	2	3	8-12					75
	3	3	8-12					75
	4	3	8-12					75
E) Standing Pallof Press ISO Hold	Week	Sets	sec	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	20ea	blue				60
	2	3	20ea					60
	3	3	20ea					60
	4	3	20ea					60

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	4	250				1-2m
	2	4	4					1-2m
	3	4	4					1-2m
	4	3	5					90

B) Multi Purpose Bar Seal Rows	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4	8	195				90
	2	4	8					90
	3	4	8					90
	4	3	8					90

C) 2DB Incline Bench Press	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
<i>*high incline</i>	1	4	6-8	85-90				75
	2	4	6-8					75
	3	4	6-8					75
	4	3	10					75

D) Pull Ups/ Chin Ups	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	4-8					75
	2	3	4-8					75
	3	3	4-8					75
	4	3	4-8					75

E) Close Grip Bench Press	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
<i>*use multi-purpose bar</i>	1	3	10-12	95				75
	2	3	10-12					75
	3	3	10-12					75
	4	3	10-12					75

DAY 3	DATE:	Wk1:	Wk2:	Wk3:	Wk4:
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A) Sumo DL	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4	4					ran
	2	4	4					ran
	3	4	4					ran
	4	3	4					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	3	6-8					ran

C) Assisted 1-Arm SL RDL	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4	6-8ea					75
	2	4	6-8ea					75
	3	4	6-8ea					75
	4	3	6-8ea					75

D) 2DB Walking Lunges	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) Weighted Side Plank	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
<i>*regular</i>	1	4	6					ran
	2	4	6					ran
	3	4	6					ran
	4	3	8					ran
B) T-Bar Rows	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4	8-12					ran
	2	4	8-12					ran
	3	4	8-12					ran
	4	3	8-12					ran
C) 1-Arm DB Floor Press	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4	8-10					75
	2	4	8-10					75
	3	4	8-10					75
	4	3	8-10					75
D) Cable Facepulls	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	10					75
	2	3	10					75
	3	3	10					75
	4	3	10					75
E) 2DB Skull Crushers	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	10					75
	2	3	10					75
	3	3	10					75
	4	3	10					75