

Kyle Campofiore

Month of Program: Nov. - Dec. 12/12

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):

* SQ - 420

* B - 325

* DL - 445

DAY 1	DATE:	Wk1:	Wk2:	Wk3:	Wk4:			
A) BB Squat	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4	2	315				2m
	2	4	2					2m
	3	4	2					2m
	4	4	2					2m
B) Sumo Block Pulls	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4	3	340				2m
	2	4	3					2m
	3	4	3					2m
	4	4	3					2m
C) 1-Arm RFE Split Squats	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
<i>*use 3" block</i>	1	3	6ea	60				90
	2	3	6ea					90
	3	3	6ea					90
	4	3	6ea					90
D) 2DB RDLS	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	2	10-12	65				90
	2	2	10-12					90
	3	2	10-12					90
	4	2	10-12					90
E) Back Squat Walkouts	Week	Sets	sec	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	15-20	365				90
	2	3	15-20					90
	3	3	15-20					90
	4	3	15-20					90

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	2	250				2m
	2	4	2					2m
	3	4	2					2m
	4	4	2					2m

B) BB Board Press	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
<i>*cluster - perform 1 rep, rest 15-20 secs, and repeat</i>	1	3	3	265				90
	2	3	3					90
	3	3	3					90
	4	3	3					90

C) 2DB Seated OHP	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	4-6	65				90
	2	3	4-6					90
	3	3	4-6					90
	4	3	4-6					90

D) 1-Arm DB Floor Press	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	6ea					90
	2	3	6ea					90
	3	3	6ea					90
	4	3	6ea					90

E) 1-Arm Cable Tricep Pushdowns	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	8-10	50				75
	2	3	8-10					75
	3	3	8-10					75
	4	3	8-10					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	2	365				ran
	2	4	2					ran
	3	4	2					ran
	4	4	2					ran

B) BB Box Squat	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4	3	275				ran
	2	4	3					ran
	3	4	3					ran
	4	4	3					ran

C) GHR	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	6-8					90
	2	3	6-8					90
	3	3	6-8					90
	4	3	6-8					90

D) 2DB Walking Lunges	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	2	10ea					90
	2	2	10ea					90
	3	2	10ea					90
	4	2	10ea					90

E) Cable Facepulls	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

DAY 4	DATE:	Wk1:	Wk2:	Wk3:	Wk4:
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A) Close Grip Bench Press	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
<i>*use multi-purpose bar - 4 sec pause at bottom</i>	1	4	6	155				ran
	2	4	6					ran
	3	4	6					ran
	4	4	6					ran

B) Wide Grip Lat Pulldowns	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	8-10					75
	2	4	8-10					75
	3	4	8-10					75
	4	4	8-10					75

D) 1-Arm DB Row	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	2	12ea					75
	2	2	12ea					75
	3	2	12ea					75
	4	2	12ea					75

E) 2DB Tate Press	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