

Kyle Campofiore

Month of Program: July - Aug8/9

Renewal Date: 4

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 Squat	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4	8	265				90
	2	4	8					90
	3	4	8-10					90
	4	3	10					90
B) BB Rows	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4	8					75
	2	4	8					75
	3	4	8-10					75
	4	3	10					75
C2) 2DB Walking Lunges	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	10ea					75
	2	3	10ea					75
	3	3	10ea					75
	4	3	10ea					75
D) 1-Arm DB Chest Supported Rows	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) 2DB Hammer Curls	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	10					75
	2	3	10					75
	3	3	10					75
	4	3	10					75

DAY 2	DATE:	Wk1:	Wk2:	Wk3:	Wk4:
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A) TBDL	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4	6-8	265				90
	2	4	6-8					90
	3	4	6-8					90
	4	3	8					90

B) BB OHP Press	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4	8					75
	2	4	8					75
	3	4	8-10					75
	4	3	10					75

C) 2DB Reverse Lunges	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	8ea					75
	2	3	8ea					75
	3	3	8-10					75
	4	3	10ea					75

D) 2DB Bench Press	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	12					90
	2	3	12					90
	3	3	12					90
	4	3	12					90

E) 2DB Skull Crushers	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	15					75
	2	3	15					75
	3	3	15					75
	4	3	15					75

DAY 3	DATE:	Wk1:	Wk2:	Wk3:	Wk4:
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A) BB Bench Press	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4	8	220				ran
	2	4	8					ran
	3	4	8-10					ran
	4	3	10					ran

B) Stiff Leg BB DL	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4	8	275				ran
	2	4	8					ran
	3	4	8					ran
	4	3	8					ran

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

D) 1-Arm SL DB RDL	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	8ea					75
	2	3	8ea					75
	3	3	8-10					75
	4	3	10ea					75

E) Push Ups	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	10					75
	2	3	10					75
	3	3	10					75
	4	3	10					75

DAY 4	DATE:	Wk1:	Wk2:	Wk3:	Wk4:
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A) SSB Squat w/pause	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4	6	265				ran
	2	4	6					ran
	3	4	6					ran
	4	3	6					ran

B) Wide Grip Lat Pulldowns	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4	15					ran
	2	4	15					ran
	3	4	15					ran
	4	3	15					ran

C) GHR	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					75

D) 1-Arm DB Deadstop Rows	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) Tall Kneeling Pallof Press	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	10ea					75
	2	3	10ea					75
	3	3	10ea					75
	4	3	10ea					75