

Kyle Campofiore

Month of Program: April - May5/6

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 - 435

\* B - 325

\* DL - 455

DAY 1	DATE:	Wk1:	Wk2:	Wk3:	Wk4:			
A) SSB High Box Squat	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4	4					2m
	2	4	4					2m
	3	4	4					2m
	4	4	4					2m
B) BB RDLS	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
<i>*straight leg</i>	1	3	8-10					90
	2	3	8-10					90
	3	3	8-10					90
	4	3	8-10					90
C) Supported 1-Arm RFE Split Squat	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	8ea					90
	2	3	8ea					90
	3	3	8ea					90
	4	3	8ea					90
D) Slider Hamstring Curls	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	10-12					60
	2	3	10-12					60
	3	3	10-12					60
	4	3	10-12					60
E) 1/2 Kneeling Band Pallof Press	Week	Sets	sec	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	20ea					60
	2	3	20ea					60
	3	3	20ea					60
	4	3	20ea					60

DAY 2	DATE:	Wk1:	Wk2:	Wk3:	Wk4:			
A) BB Bench Press	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4	2	275				2m
	2	4	2					2m
	3	4	2					2m
	4	4	2					2m
B) Spoto Press	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
C) 2DB Low Incline 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
D) DB Pullover	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	10-12					90
	2	3	10-12					90
	3	3	10-12					90
	4	3	10-12					90
E1) Close Grip BB Bench Press	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	6	150				-
	2	3	6					-
	3	3	6					-
	4	3	6					-
E2) Cable Facepulls	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	12					60
	2	3	12					60
	3	3	12					60
	4	3	12					60

DAY 3	DATE:	Wk1:	Wk2:	Wk3:	Wk4:			
A) Reverse Sled Pull	Week	Sets	Yards	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	20	225				60
	2	3	20					60
	3	3	20					60
	4	3	20					60
B) BB DL	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
<i>*work up to 3RM</i>	1	4	3	315				2m
	2	4	3					2m
	3	4	3					2m
	4	4	3					2m
C) 2DB Walking Lunges	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	8ea					90
	2	3	8ea					90
	3	3	8ea					90
	4	3	8ea					90
D) 1-Arm KB Suitcase RDL	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	10ea					60
	2	3	10ea					60
	3	3	10ea					60
	4	3	10ea					60
E) Body Saws	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	10-12					60
	2	3	10-12					60
	3	3	10-12					60
	4	3	10-12					60

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

B) 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 Seated OHP	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	12					ran
	2	3	12					ran
	3	3	12					ran
	4	3	12					ran

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

E1) 2DB Hammer Curls	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	8-10					-
	2	3	8-10					-
	3	3	8-10					-
	4	3	8-10					-
E2) Cable Tricep Pushdowns	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	8-10					60
	2	3	8-10					60
	3	3	8-10					60
	4	3	8-10					60