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 (ontional)
Cool Down (optional)
Cat/Cow x8
Cat/Cow x8
Cat/Cow x8 Child's Pose/Cobra x8

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
D) Sulfic Block i diis		1	4	3	340	VVI.	VVI.	V V L.	2m
		2	4	3	J 4 0				2m
		3	4	3					2m
		4	4	3					2m
							1		
C) 1-Arm RFE Split Squats		Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
		1	3	6ea	60				90
*use 3" block		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) Book Squat Walkoute		Mook	Soto		\ <i>\</i> /+	\ \ \ / t	\\/\/+	\\\/ +	Doct
E) Back Squat Walkouts		Week		sec	Wt.	Wt.	Wt.	Wt.	Rest
		2	3	15-20 15-20	365				90
		3	3	15-20					90
				+				-	
		4	3	15-20					90

		Wk2:		Wk3:		Wk4:	
Week	Sets	Reps	Wt.	l Wt.	Wt.	Wt.	Rest
1	4	2		1 1 1 1 1	7 7 61	7 7 4	2m
2	<u>.</u> 4	2	200				2m
3	4	2					2m
4	4	2					2m
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VVeek	Sets	Reps		VVt.	VVt.	VVt.	Rest
1	3	3	265				90
2	3	3					90
3	3	3					90
4	3	3					90
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
1	3	•	65				90
2	3	4-6					90
3	3	4-6					90
4	3	4-6					90
Week	Sets	Reps	Wt.	l Wt.	Wt.	Wt.	Rest
		•		1 1 1 1 1		774	90
2	_						90
3							90
4	3	6ea					90
Week	Sets	Rens	\/\/t	Wt	\/\/t	\/\/t	Rest
1	_			7 7 61		7 7 61	75
2							75
3							75
4	3	8-10		1			75
	1 2 3 4 Week 1 2 3 4 Week 1 2 3 4 4 Week 1 2 3 4 4	1 4 2 4 3 4 4 4 Week Sets 1 3 2 3 3 3 4 3 Week Sets 1 3 3 3 3 4 3 Week Sets 1 3 2 3 3 3 4 3	1 4 2 2 4 2 3 4 2 4 4 2 Week Sets Reps 1 3 3 2 3 3 4 3 3 4 3 4-6 2 3 4-6 3 3 4-6 4 3 4-6 4 3 6ea 2 3 6ea 3 3 6ea 4 3 6ea 4 3 8-10 2 3 8-10 3 3 8-10	1 4 2 250 2 4 2 3 4 2 4 4 2 Week Sets Reps Wt. 1 3 3 3 3 3 3 3 4 3 3 4-6 65 2 3 4-6 65 2 3 4-6 4-6 3 3 4-6 4-6 4 3 4-6 4-6 4 3 6ea 4-6 2 3 6ea 4-6 3 3 6ea 4-6 4 3 6ea 4-6 3 3 6ea 4-6	1 4 2 250 2 4 2 3 3 4 2 4 4 4 2 4 Week Sets Reps Wt. Wt. 1 3 3 3 3 3 3 3 4 3 3 4-6 3 3 4-6 4-6 3 3 4-6 4-6 4 3 4-6 4-6 4 3 4-6 4-6 3 3 6ea 4-6 3 3 6ea 4-6 3 3 6ea 4-6 3 3 6ea 4-6 4 3 6ea 4-6 3 3 6ea 4-6 3 3 6ea 4-6 4 3 6ea 4-6 3 3 6ea 4-6 4 3 6ea 4-6 4	1 4 2 250 2 4 2 3 4 2 4 4 2 Week Sets Reps Wt. Wt. Wt. 1 3 3 3 3 3 3 3 4 3 3 4-6 5 2 3 4-6 3 3 4-6 4-6 3 3 4-6 4-6 4 3 4-6 4-6 4 3 6ea 4-6 3 3 6ea 4-6 4 3 6ea 4-6 4	1 4 2 250 2 4 2 3 4 2 4 4 2 Week Sets Reps Wt. Wt. Wt. Wt. 1 3 3 3 3 3 3 3 3 3 3 3 4 3 4 4 3 4

DAY 3	ATE: Wk1:		Wk2:		Wk3:		Wk4:	
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
D) DD Day Cauch	\\\\a_0\\\	Coto	Dana	\	\ \ \ / 1	\ \ \ / 1	\ \ \ / L	Doot
B) BB Box Squat	Week	4		Wt.	Wt.	Wt.	Wt.	Rest
		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
b) Lbb Training Lariges	1	2	10ea	7 7 4.	1 1 1 1	7 7 61	7721	90
	2	2	10ea					90
	3	2	10ea					90
	4	2	10ea					90
E) Cable Facepulls	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
L) Cable I acopalic	1	3	10-12	V V L.	V V L.	V V L.	V V L.	75
	2	3	10-12					75
	3	3	10-12					75
	4	3	10-12					75
		<u> </u>	10-12					13

DAY 4	: Wk1:	Wk1:		Wk2:		Wk3:		
A) Close Grip Bench Press	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4	6	155				ran
*use multi-purpose bar - 4 sec pause at bottom	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
	1.07			\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	
C) 2DB Bench Press	Week	Sets	•	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