

Kyle Campofiore

Month of Program: Jan. - Feb.2/6

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 Squat	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
<i>*2 sets at 6-8 reps, 3rd set is a backoff set at 12-15 reps</i>	1	3	6-8					2m
	2	3	6-8					2m
	3	3	6-8					2m
	4	x	x	x	x	x	x	x
B) TBDL	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	8-10					2m
	2	3	8-10					2m
	3	3	8-10					2m
	4	x	x	x	x	x	x	x
C) Goblet Reverse Lunges	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	8-10					90
	2	3	8-10					90
	3	3	8-10					90
	4	x	x	x	x	x	x	x
D) SL Box Squat off Box	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
<i>*use 15-18” box</i>	1	3	8-10					90
	2	3	8-10					90
	3	3	8-10					90
	4	x	x	x	x	x	x	x
E1) Sled Push	Week	Sets	Yards	Wt.	Wt.	Wt.	Wt.	Rest
	1	2-3	60					-
	2	2-3	60					-
	3	2-3	60					-
	4	x	x	x	x	x	x	-
E2) Body Saws	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	2-3	12-15					90
	2	2-3	12-15					90
	3	2-3	12-15					90
	4	x	x	x	x	x	x	x

DAY 2	DATE:	Wk1:	Wk2:	Wk3:	Wk4:
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A) TNG BB Bench Press	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3		15/	12/	10/		90
	2	3		15/	12/	10/		90
	3	3		15/	12/	10/		90
	4	x	x	x	x	x	x	x

B) 2DB Incline Bench Press	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	10-12					90
	2	3	10-12					90
	3	3	10-12					90
	4	x	x	x	x	x	x	x

C) DB Pullover	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	12-15					90
	2	3	12-15					90
	3	3	12-15					90
	4	x	x	x	x	x	x	x

D) Cable Facepulls	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	15-20					75
	2	3	15-20					75
	3	3	15-20					75
	4	x	x	x	x	x	x	x

E1) Push Ups	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	2	10-12					-
	2	2	10-12					-
	3	2	10-12					-
	4	x	x	x	x	x	x	-

E2) Cable Tricep Pushdowns	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	2	15-20					75
	2	2	15-20					75
	3	2	15-20					75
	4	x	x	x	x	x	x	x

DAY 3	DATE:	Wk1:	Wk2:	Wk3:	Wk4:			
A) Deadlifts	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
<i>*2 sets at 6-8 reps, 3rd set is a backoff set at 8-12 reps</i>	1	3						90
	2	3						90
	3	3						90
	4	x	x	x	x	x	x	x
B) Hack Squat	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	12-15					90
	2	3	12-15					90
	3	3	12-15					90
	4	x	x	x	x	x	x	x
C) Goblet Lateral Lunge	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	10ea					90
	2	3	10ea					90
	3	3	10ea					90
	4	x	x	x	x	x	x	x
D) GHR	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	5-8					90
	2	3	5-8					90
	3	3	5-8					90
	4	x	x	x	x	x	x	x
E1) 2KB Suitcase Carries	Week	Sets	Yards	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	60					-
	2	3	60					-
	3	3	60					-
	4	x	x	x	x	x	x	x
E2) Standing Pallof Press	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	10-12					75
	2	3	10-12					75
	3	3	10-12					75
	4	x	x	x	x	x	x	x

DAY 4	DATE:	Wk1:	Wk2:	Wk3:	Wk4:
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A) Seated Wide Grip Cable Rows	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4		20/	15/	15/	12/	90
	2	4		20/	15/	12/	12/	90
	3	4		20/	15/	12/	12/	90
	4	x	x	x	x	x	x	x

B) 1-Arm DB Rows	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	10-12					90
	2	3	10-12					90
	3	3	10-12					90
	4	x	x	x	x	x	x	x

C) 1/2 Kneeling 1-Arm Cable Lat Pulldown	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	12-15					90
	2	3	12-15					90
	3	3	12-15					90
	4	x	x	x	x	x	x	x

D) 2DB Bench Press	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3		15/	12/	10/		90
	2	3		15/	12/	10/		90
	3	3		15/	12/	10/		90
	4	x	x	x	x	x	x	x

E1) NG Inverted Rows	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	2	12-15					-
	2	2	12-15					-
	3	2	12-15					-
	4	x	x	x	x	x	x	x

E2) 2DB Bicep Curls	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	2	12-15					75
	2	2	12-15					75
	3	2	12-15					75
	4	x	x	x	x	x	x	x