

Foam Rolling (3-4 minutes)

Dynamic Warm-Up (8 minutes)

*Perform at the beginning of each training session

- Supine Bridge x8
- Side Lying Book Openers x5ea
- Kneeling Rockbacks x5
- Yoga Push Ups x5
- Stationary Greatest Stretch x3ea
- Squat-Stand x5
- Lateral Lunge w/OH reach x3ea

Notes:

Cool Down

*Perform at the end of each training session

- Single Leg Hamstring Floss x5ea
- Pigeon Pose x15s/ea
- Kneeling Rockbacks x5
- Half Kneeling Wall Stretch x15s/ea
- 1-Arm TRX Lat Stretch w/ Rotation x15s/ea
- TRX Deep Squat Stretch x20s

Date	Wk1:	Wk2:	Wk3:	Wk4:		Day 1
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max: 315 x1

A) BB Squats						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	4	3	275			
2	4	3				
3	4	3				
4	4	3				

Warm Up: Bar x8, 135x5, 185x3, 225x2

B) Paused BB Squats						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	5				
2	3	5				
3	3	5				
4	3	5				

(3 sec pause at bottom - medium weight)

C) Sumo Deadlift						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	2.2.2				
2	3	2.2.2				
3	3	1.1.1				
4	3	1.1.1				

(15sec rest between reps)

D1) Dual DB Stiff Legged RDLs						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	12				
2	3	12				
3	3	12				
4	3	12				

D2) Box Step Ups						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	6ea				
2	3	6ea				
3	3	6ea				
4	3	6ea				

E1) Heavy KB Carries						
Week	Sets	Yards	Wt.	Wt.	Wt.	Wt.
1	3	40				
2	3	40				
3	3	40				
4	3	40				

E2) Copenhagen Plank						
Week	Sets	sec	Wt.	Wt.	Wt.	Wt.
1	3	15ea				
2	3	15ea				
3	3	15ea				
4	3	15ea				

F) Cool Down

Bench: 265

A) BB Bench Press						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	4	3	225			
2	4	3				
3	4	3				
4	4	3				

Warm Up: BBx8, 135x5, 185 x3

B) Paused BB Bench Press						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	5	185			
2	3	5				
3	3	5				
4	3	5				

(3 sec pause at bottom - medium weight)

C) BB Rows						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	8				
2	3	8				
3	3	8				
4	3	8				

D1) Incline SA DB Bench Press						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	6ea				
2	3	6ea				
3	3	6ea				
4	3	6ea				

D2) Deadstop KB Rows						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	6ea				
2	3	6ea				
3	3	6ea				
4	3	6ea				

E1) DB Skull Crushers						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	12				
2	3	12				
3	3	12				
4	3	12				

E2) DB Curls						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	8				
2	3	8				
3	3	8				
4	3	8				

F) Cool Down

A) Barbell Front Squats						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	8				
2	3	8				
3	3	8				
4	3	8				

B) Dual DB Deficit Split Squats						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	8ea				
2	3	8ea				
3	3	8ea				
4	3	8ea				

(Stand on top of 2 plates)

C) BB Sumo RDLS						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	8				
2	3	8				
3	3	8				
4	3	8				

D1) Dual DB SL RDLs						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	8ea				
2	3	8ea				
3	3	8ea				
4	3	8ea				

D2) SL Box Squats						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	8ea				
2	3	8ea				
3	3	8ea				
4	3	8ea				

E1) Suitcase DB Carries						
Week	Sets	Yards	Wt.	Wt.	Wt.	Wt.
1	3	20ea				
2	3	20ea				
3	3	20ea				
4	3	20ea				

E2) Weighted RKC Plank						
Week	Sets	Sec	Wt.	Wt.	Wt.	Wt.
1	3	20				
2	3	20				
3	3	20				
4	3	20				

F) Cool Down

A) Incline BB Bench Press						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	8				
2	3	8				
3	3	8				
4	3	8				

Warm Up: BBx8, 135x5, 185 x3

B) Close Grip BB Bench Press						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	10				
2	3	10				
3	3	10				
4	3	10				

C) BB UH Rows						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	10				
2	3	10				
3	3	10				
4	3	10				

D1) SA DB Bench Press w/Hips off Bench						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	10ea				
2	3	10ea				
3	3	10ea				
4	3	10ea				

D2) SA DB Row						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	10ea				
2	3	10ea				
3	3	10ea				
4	3	10ea				

E1) Chest Supported DB High Rows						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	10				
2	3	10				
3	3	10				
4	3	10				

E2) SA Tricep Kickbacks						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	10ea				
2	3	10ea				
3	3	10ea				
4	3	10ea				

F) Cool Down
