

Kyle Campofiore

Month of Program: June

Renewal Date: 4

6/6

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 Bench Press	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4	2	275				1-2m
	2	4	2					1-2m
	3	4	2					1-2m
	4	3	5					1-2m
B) BB Spoto Press	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4	6	215				75
	2	4	6					75
	3	4	6					75
	4	3	5					75
C2) 1-Arm DB OH Press	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4	8ea	35-40				60
	2	4	8ea					60
	3	4	8ea					60
	4	3	8ea					60
D) PJR Pullover	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	8	50-55				60
	2	3	8					60
	3	3	8-10					60
	4	3	10					60
E) 2KB Carries	Week	Sets	Yards	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	40					75
	2	3	40					75
	3	3	40					75
	4	3	40					75

DAY 2	DATE:	Wk1:	Wk2:	Wk3:	Wk4:
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A) BB Squat	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4	2	285				1-2m
	2	4	2					1-2m
	3	4	2					1-2m
	4	3	5					1-2m

B) BB Stiff Leg DL	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4	6	225				75
	2	4	6					75
	3	4	6					75
	4	3	8					75

C) 1-Arm DB RFE Split Squats	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
<i>*assisted</i>	1	2	10ea	50-60				75
	2	2	10ea					75
	3	2	10ea					75
	4	2	10ea					75

D) 1-Arm SL KB RDL	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	8ea	20-24				60
	2	3	8ea					60
	3	3	8ea					60
	4	3	8ea					60

E) Sled Push	Week	Sets	Yards	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	20	225				75
	2	3	20					75
	3	3	20					75
	4	3	20					75

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

B) Seated Hammer Strength 1-Arm Lat Rows	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4	10ea					ran
	2	4	10ea					ran
	3	4	10-12					ran
	4	3	12ea					ran

C) 1-Arm Deadstop DB Rows	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4	10					75
	2	4	10					75
	3	4	10-12					75
	4	3	8					75

D) Pull Ups	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4	3-8					75
	2	4	3-8					75
	3	4	3-8					75
	4	3	3-8					75

E) 2DB Hammer Curls	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	8					75
	2	3	8					75
	3	3	8-10					75
	4	3	10					75

DAY 4	DATE:	Wk1:	Wk2:	Wk3:	Wk4:
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A) Sumo DL	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4	2					ran
	2	4	2					ran
	3	4	2					ran
	4	3	5					ran

B) SSB Squat	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	8					ran
	2	3	8					ran
	3	3	8-10					ran
	4	3	10					ran

C) Glute Ham Raises	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	4	5-8					75
	2	4	5-8					75
	3	4	5-8					75
	4	3	5-8					75

D) 2DB Low Box Step Ups	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
<i>*use a 12-15” box</i>	1	3	6ea					75
	2	3	6ea					75
	3	3	6ea					75
	4	3	6ea					75

E) Reverse AB Crunch	Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	Rest
	1	3	8					75
	2	3	8					75
	3	3	8-10					75
	4	3	10					75