

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																																																																																																																																																																																																																																																					
<div>max: 315 x1</div> <div>A) BB Squats</div> <table><tr><td>Week</td><td>Sets</td><td>Reps</td><td>Wt.</td><td>Wt.</td><td>Wt.</td><td>Wt.</td></tr><tr><td>1</td><td>3</td><td>5</td><td>245</td><td></td><td></td><td></td></tr><tr><td>2</td><td>4</td><td>5</td><td></td><td></td><td></td><td></td></tr><tr><td>3</td><td>4</td><td>3</td><td></td><td></td><td></td><td></td></tr><tr><td>4</td><td>4</td><td>3</td><td></td><td></td><td></td><td></td></tr></table> <div>(90 sec rest between sets)</div> <div>B) Sumo Deadlift</div> <table><tr><td>Week</td><td>Sets</td><td>Reps</td><td>Wt.</td><td>Wt.</td><td>Wt.</td><td>Wt.</td></tr><tr><td>1</td><td>3</td><td>5</td><td>285</td><td></td><td></td><td></td></tr><tr><td>2</td><td>4</td><td>5</td><td></td><td></td><td></td><td></td></tr><tr><td>3</td><td>4</td><td>3</td><td></td><td></td><td></td><td></td></tr><tr><td>4</td><td>4</td><td>3</td><td></td><td></td><td></td><td></td></tr></table> <div>(90 sec rest between sets)</div> <div>C) Deadlift w/pause at knees</div> <table><tr><td>Week</td><td>Sets</td><td>Reps</td><td>Wt.</td><td>Wt.</td><td>Wt.</td><td>Wt.</td></tr><tr><td>1</td><td>3</td><td>8</td><td>225</td><td></td><td></td><td></td></tr><tr><td>2</td><td>3</td><td>8</td><td></td><td></td><td></td><td></td></tr><tr><td>3</td><td>3</td><td>8</td><td></td><td></td><td></td><td></td></tr><tr><td>4</td><td>3</td><td>8</td><td></td><td></td><td></td><td></td></tr></table> <div>(60 sec rest between sets)</div> <div>D1) Heavy DB Box Step Ups</div> <table><tr><td>Week</td><td>Sets</td><td>Reps</td><td>Wt.</td><td>Wt.</td><td>Wt.</td><td>Wt.</td></tr><tr><td>1</td><td>3</td><td>6ea</td><td></td><td></td><td></td><td></td></tr><tr><td>2</td><td>3</td><td>6ea</td><td></td><td></td><td></td><td></td></tr><tr><td>3</td><td>3</td><td>6ea</td><td></td><td></td><td></td><td></td></tr><tr><td>4</td><td>3</td><td>6ea</td><td></td><td></td><td></td><td></td></tr></table> <div>D2) Weight RKC Plank</div> <table><tr><td>Week</td><td>Sets</td><td>Reps</td><td>Wt.</td><td>Wt.</td><td>Wt.</td><td>Wt.</td></tr><tr><td>1</td><td>3</td><td>25s</td><td></td><td></td><td></td><td></td></tr><tr><td>2</td><td>3</td><td>25s</td><td></td><td></td><td></td><td></td></tr><tr><td>3</td><td>3</td><td>25s</td><td></td><td></td><td></td><td></td></tr><tr><td>4</td><td>3</td><td>25s</td><td></td><td></td><td></td><td></td></tr></table> <div>E1) Sled Pull</div> <table><tr><td>Week</td><td>Sets</td><td>Yards</td><td>Wt.</td><td>Wt.</td><td>Wt.</td><td>Wt.</td></tr><tr><td>1</td><td>3</td><td>40</td><td></td><td></td><td></td><td></td></tr><tr><td>2</td><td>3</td><td>40</td><td></td><td></td><td></td><td></td></tr><tr><td>3</td><td>3</td><td>40</td><td></td><td></td><td></td><td></td></tr><tr><td>4</td><td>3</td><td>40</td><td></td><td></td><td></td><td></td></tr></table> <div>E2) Heavy KB Carries</div> <table><tr><td>Week</td><td>Sets</td><td>Yards</td><td>Wt.</td><td>Wt.</td><td>Wt.</td><td>Wt.</td></tr><tr><td>1</td><td>3</td><td>30</td><td></td><td></td><td></td><td></td></tr><tr><td>2</td><td>3</td><td>30</td><td></td><td></td><td></td><td></td></tr><tr><td>3</td><td>3</td><td>30</td><td></td><td></td><td></td><td></td></tr><tr><td>4</td><td>3</td><td>30</td><td></td><td></td><td></td><td></td></tr></table> <div>F) Cool Down</div>							Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	1	3	5	245				2	4	5					3	4	3					4	4	3					Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	1	3	5	285				2	4	5					3	4	3					4	4	3					Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	1	3	8	225				2	3	8					3	3	8					4	3	8					Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	1	3	6ea					2	3	6ea					3	3	6ea					4	3	6ea					Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.	1	3	25s					2	3	25s					3	3	25s					4	3	25s					Week	Sets	Yards	Wt.	Wt.	Wt.	Wt.	1	3	40					2	3	40					3	3	40					4	3	40					Week	Sets	Yards	Wt.	Wt.	Wt.	Wt.	1	3	30					2	3	30					3	3	30					4	3	30				
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Date	Wk1:	Wk2:	Wk3:	Wk4:		Day 2
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3rep max: 225

A) Cluster Paused Bench Press						
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				

B) Board Bench Press						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	4	3				
2	4	3				
3	4	3				
4	4	3				

C) Tate Press						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	4	8				
2	4	8				
3	4	8				
4	4	8				

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

D2) Side Plank vs. Chain						
Week	Sets	sec	Wt.	Wt.	Wt.	Wt.
1	3	15ea				
2	3	15ea				
3	3	20ea				
4	3	20ea				

E1) Push Ups						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	2	25				
2	2	25				
3	2	25				
4	2	25				

E2) Tricep Pushdowns						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	2	25				
2	2	25				
3	2	25				
4	2	25				

F) Cool Down

A) Paused Barbell Squats						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	5				
2	3	5				
3	3	3				
4	3	3				

(3 sec pause)

B) BB Front Squats						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	8				
2	3	8				
3	3	8				
4	3	8				

C) Conventional Deadlift						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	5				
2	3	5				
3	3	3				
4	3	3				

D1) Heavy DB RDLs						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	12				
2	3	12				
3	3	12				
4	3	12				

D2) RFE Split Squats						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	6ea				
2	3	6ea				
3	3	6ea				
4	3	6ea				

E1) Walking Lunges						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	8ea				
2	3	8ea				
3	3	8ea				
4	3	8ea				

E2) 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) Paused BB Bench Press						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	8				
2	3	8				
3	3	8				
4	3	8				

(moderately challenging weight)

B) BB Rows						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	4	6				
2	4	6				
3	4	6				
4	4	6				

C) Heavy SA DB Rows						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	8ea				
2	3	8ea				
3	3	8ea				
4	3	8ea				

D1) Incline DB Bench Press						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	12				
2	3	12				
3	3	12				
4	3	12				

D2) DB Skull Crushers						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	3	12				
2	3	12				
3	3	12				
4	3	12				

E1) Cable Face Pulls						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	2	20				
2	2	20				
3	2	20				
4	2	20				

E2) DB Bicep Curls						
Week	Sets	Reps	Wt.	Wt.	Wt.	Wt.
1	2	20				
2	2	20				
3	2	20				
4	2	20				

F) Cool Down
