

	Week 7						
	Weight	Reps per normal set	Rep out target	Set goal	Reps on last set	Video	Notes
Day 1							
Squat	115	5	n/a	5			
Bench With Feet Up	100	5	n/a	5			
Deficit Deadlift	120	5	n/a	5			
Pull-downs		6		5			
Accessories							
Bicep Curl		15		4			
Tricep Extention		15		4			
Day 2							
Bench Press	120	5	n/a	5			
Zercher Squat	95	5	n/a	5			
Landmine Press	55	5	n/a	5			
DB rows	35	12		4			
Accessories							
Calf Raise		15-20		4			
Reverse Crunch		15-20		4			
Day 3							
Deadlift	175	5	n/a	5			
Long Pause Bench	95	5	n/a	5			
One-arm pulldown		10-12		4			
Accessories							
Bicep Curl		15		4			
Tricep		12		4			
Face Pull							

	Week 7						
	Weight	Reps per normal set	Rep out target	Set goal	Reps on last set	Video	Notes
Day 4							
OHP	75	5	n/a	5			
Paused Squat	100	5	n/a	5			
Barbell rows	120	5	10	5	12		
Accessories							
Calf Raise		15-20		4			
Planck		n/a		4			