

Les pourcentages indiqués correspondent à la charge calculée en fonction de la performance visée en semaine 12 (100%).

Bloc 1 (Semaines 1–4)

Semaine 1

Jour 1

- Squat – $4 \times 55\% \times 8$
- Bench – $5 \times 60\% \times 10$
- Bench prise serrée – $4 \times 60\% \times 12$

Jour 2

- Deadlift – $4 \times 55\% \times 6$
- Squat high bar – $4 \times 60\% \times 8$
- Bench – $4 \times 60\% \times 10$

Jour 3

- Bench – $6 \times 60\% \times 8$
- Bench prise serrée – $4 \times 60\% \times 10$
- Squat high bar – $4 \times 60\% \times 8$

Jour 4

- Squat – $4 \times 57\% \times 8$
 - Deadlift (RDL) – $3 \times 55\% \times 8$
 - Bench – $4 \times 57\% \times 10$
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Semaine 2

Jour 1

- Squat – $5 \times 57\% \times 8$
- Bench – $5 \times 62\% \times 8$
- Bench prise serrée – $4 \times 62\% \times 10$

Jour 2

- Deadlift – $4 \times 57\% \times 6$
- Squat high bar – $4 \times 62\% \times 8$
- Bench – $4 \times 62\% \times 8$

Jour 3

- Bench – $6 \times 62\% \times 6-8$
- Bench prise serrée – $4 \times 62\% \times 8-10$
- Squat high bar – $4 \times 62\% \times 6-8$

Jour 4

- Squat – $5 \times 60\% \times 7$
 - Deadlift (RDL) – $3 \times 57\% \times 8$
 - Bench – $4 \times 60\% \times 8$
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Semaine 3

Jour 1

- Squat – $5 \times 60\% \times 6$
- Bench – $5 \times 65\% \times 6-8$
- Bench prise serrée – $4 \times 65\% \times 8$

Jour 2

- Deadlift – $4 \times 60\% \times 5$
- Squat high bar – $4 \times 65\% \times 6$
- Bench – $4 \times 65\% \times 6$

Jour 3

- Bench – $6 \times 65\% \times 6$
- Bench prise serrée – $4 \times 65\% \times 8$
- Squat high bar – $4 \times 65\% \times 6$

Jour 4

- Squat – $5 \times 62\% \times 6$
 - Deadlift (RDL) – $3 \times 60\% \times 6$
 - Bench – $4 \times 62\% \times 6-8$
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Semaine 4 – DELOAD

Jour 1

- Squat – $2 \times 55\% \times 5$
- Bench – $2 \times 55\% \times 6$
- Bench prise serrée – $2 \times 55\% \times 8$

Jour 2

- Deadlift – $2 \times 55\% \times 4$
- Squat high bar – $2 \times 55\% \times 6$
- Bench – $2 \times 55\% \times 6$

Jour 3

- Bench – $3 \times 55\% \times 5$
- Bench prise serrée – $2 \times 55\% \times 6$
- Squat high bar – $2 \times 55\% \times 5$

Jour 4

- Squat – $2 \times 55\% \times 5$
 - Deadlift (RDL) – $2 \times 55\% \times 5$
 - Bench – $2 \times 55\% \times 6$
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Bloc 2 (Semaines 5–8)

Semaine 5

Jour 1

- Squat – $5 \times 70\% \times 5$
- Bench – $5 \times 72\% \times 6$
- Hack squat – $4 \times 65\% \times 10$
- Rowing barre – $4 \times 70\% \times 10$

Jour 2

- Deadlift – $4 \times 70\% \times 4-5$
- Squat high bar – $4 \times 67\% \times 8$
- Bench haltères – $4 \times 65\% \times 10$
- Tractions lestées – $4 \times 70\% \times \text{AMRAP}$

Jour 3

- Bench – $6 \times 75\% \times 4-5$
- Bench prise serrée – $4 \times 67\% \times 8$
- Rowing haltères – $4 \times 65\% \times 12$
- Hack squat – $3 \times 65\% \times 12$

Jour 4

- Squat – $4 \times 67\% \times 6$
 - Deadlift (RDL) – $3 \times 65\% \times 6$
 - Bench – $4 \times 70\% \times 6$
 - Tractions lestées – $3 \times 70\% \times \text{AMRAP}$
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Semaine 6

Jour 1

- Squat – $5 \times 72\% \times 4-5$
- Bench – $5 \times 75\% \times 5-6$
- Hack squat – $4 \times 67\% \times 8-10$
- Rowing barre – $4 \times 72\% \times 8-10$

Jour 2

- Deadlift – $4 \times 72\% \times 4$
- Squat high bar – $4 \times 70\% \times 6-8$
- Bench haltères – $4 \times 67\% \times 8-10$
- Tractions lestées – $4 \times 72\% \times \text{AMRAP}$

Jour 3

- Bench – $6 \times 77\% \times 4$
- Bench prise serrée – $4 \times 70\% \times 8$
- Rowing haltères – $4 \times 67\% \times 10-12$
- Hack squat – $3 \times 67\% \times 10$

Jour 4

- Squat – $4 \times 70\% \times 5$
 - Deadlift (RDL) – $3 \times 67\% \times 5-6$
 - Bench – $4 \times 72\% \times 5-6$
 - Tractions lestées – $3 \times 72\% \times \text{AMRAP}$
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Semaine 7

Jour 1

- Squat – $5 \times 75\% \times 4$
- Bench – $5 \times 77\% \times 4-5$
- Hack squat – $4 \times 70\% \times 8$
- Rowing barre – $4 \times 75\% \times 8$

Jour 2

- Deadlift – $4 \times 75\% \times 3-4$
- Squat high bar – $4 \times 72\% \times 6$
- Bench haltères – $4 \times 70\% \times 8$
- Tractions lestées – $4 \times 75\% \times \text{AMRAP}$

Jour 3

- Bench – $6 \times 80\% \times 3-4$
- Bench prise serrée – $4 \times 72\% \times 6-8$
- Rowing haltères – $4 \times 70\% \times 10$
- Hack squat – $3 \times 70\% \times 10$

Jour 4

- Squat – $4 \times 72\% \times 4-5$
 - Deadlift (RDL) – $3 \times 70\% \times 5$
 - Bench – $4 \times 75\% \times 4-5$
 - Tractions lestées – $3 \times 75\% \times \text{AMRAP}$
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Semaine 8 – DELOAD

Jour 1

- Squat – $2 \times 65\% \times 4$
- Bench – $2 \times 65\% \times 5$
- Hack squat – $2 \times 60\% \times 8$
- Rowing barre – $2 \times 60\% \times 10$

Jour 2

- Deadlift – $2 \times 65\% \times 3$
- Squat high bar – $2 \times 60\% \times 6$
- Bench haltères – $2 \times 60\% \times 8$
- Tractions lestées – $2 \times 65\% \times \text{AMRAP}$

Jour 3

- Bench – $3 \times 65\% \times 4$
- Bench prise serrée – $2 \times 60\% \times 6$
- Rowing haltères – $2 \times 60\% \times 10$
- Hack squat – $2 \times 60\% \times 8$

Jour 4

- Squat – $2 \times 65\% \times 4$
 - Deadlift (RDL) – $2 \times 60\% \times 4$
 - Bench – $2 \times 65\% \times 5$
 - Tractions lestées – $2 \times 65\% \times \text{AMRAP}$
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Bloc 3 (Semaines 9–12)

Semaine 9

Jour 1

- Squat – $1 \times 85\% \times 3 + 3 \times 80\% \times 5$
- Bench – $1 \times 85\% \times 3 + 3 \times 80\% \times 5$
- Hack squat – $3 \times 70\% \times 10$

Jour 2

- Deadlift – $1 \times 82\% \times 3 + 3 \times 75\% \times 4$
- Bench haltères – $3 \times 70\% \times 8-10$
- Tractions lestées – $3 \times 80\% \times \text{AMRAP}$

Jour 3

- Bench – $1 \times 87\% \times 2-3 + 3 \times 82\% \times 4$
- Rowing barre – $4 \times 75\% \times 8-10$

Jour 4

- Squat – $3 \times 75\% \times 5$
 - Deadlift (vitesse) – $3 \times 70\% \times 4$
 - Bench – $3 \times 75\% \times 5$
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Semaine 10

Jour 1

- Squat – $1 \times 90\% \times 2 + 3 \times 82\% \times 3$
- Bench – $1 \times 90\% \times 2 + 3 \times 82\% \times 3-4$
- Hack squat – $3 \times 72\% \times 8$

Jour 2

- Deadlift – $1 \times 87\% \times 2 + 3 \times 80\% \times 3$
- Bench haltères – $3 \times 72\% \times 8-10$
- Tractions lestées – $3 \times 85\% \times \text{AMRAP}$

Jour 3

- Bench – $1 \times 92\% \times 1-2 + 3 \times 85\% \times 3$
- Rowing haltères – $4 \times 77\% \times 8-10$

Jour 4

- Squat – $3 \times 77\% \times 4$
 - Deadlift (vitesse) – $3 \times 72\% \times 3$
 - Bench – $3 \times 77\% \times 4$
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Semaine 11 – DELOAD

Jour 1

- Squat – $2 \times 70\% \times 3$
- Bench – $2 \times 70\% \times 4$
- Hack squat – $2 \times 65\% \times 8$

Jour 2

- Deadlift – $2 \times 70\% \times 2$
- Bench haltères – $2 \times 65\% \times 8$
- Tractions lestées – $2 \times 70\% \times \text{AMRAP}$

Jour 3

- Bench – $2 \times 70\% \times 3$
- Rowing barre – $2 \times 65\% \times 10$

Jour 4

- Squat – $2 \times 70\% \times 3$
 - Deadlift (vitesse) – $2 \times 65\% \times 3$
 - Bench – $2 \times 70\% \times 4$
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Semaine 12 – PEAK / TEST

Jour 1

- Squat – $1 \times 95-100\% \times 1 + 2 \times 85\% \times 3$
- Bench – $1 \times 95-100\% \times 1 + 2 \times 85\% \times 3$
- Hack squat – $2 \times 65\% \times 8$ (optionnel)

Jour 2

- Deadlift – $1 \times 95-100\% \times 1 + 2 \times 80\% \times 3$
- Bench haltères – $2 \times 65\% \times 8$
- Tractions lestées – $2 \times 100\% \times \text{AMRAP}$

Jour 3

- Bench – $1 \times 95-100\% \times 1 + 2 \times 85\% \times 3$
- Rowing – $3 \times 65\% \times 8$

Jour 4

- Squat – $2 \times 70\% \times 3$
- Deadlift – $2 \times 70\% \times 2$
- Bench – $2 \times 70\% \times 3$