

Program: Example program with more features!

This program was made using streprogen, the Python strength program generator. The latest version can be found at <https://pypi.python.org/pypi/streprogen/>.

Program parameters

Parameter	Value
duration	6
reps_per_exercise	30
avg_intensity	70
reps_scalers	1, 1, 1, 1.2, 0.8, 0.8
intensity_scalers	1, 1, 0.9, 1, 1, 1
units	lbs

Exercise information

Exercise	Start	End	Reps min	Reps max	Weekly increase
Day A					
Squats	80 lbs	90 lbs	5	8	2.0%
Day B					
Deadlifts	80 lbs	90 lbs	1	8	2.0%
Dips	3 x 12				

Program

Week 1

Day A

Exercise	Sets / reps			
Squats	7 x 55lbs	7 x 55lbs	7 x 55lbs	7 x 55lbs

Day B

Exercise	Sets / reps		
Deadlifts	6 x 60lbs	6 x 60lbs	6 x 60lbs
Dips	3 x 12		

Week 2

Day A

Exercise	Sets / reps			
Squats	7 x 60lbs	7 x 60lbs	7 x 60lbs	7 x 60lbs

Day B

Exercise	Sets / reps		
Deadlifts	7 x 60lbs	6 x 60lbs	6 x 60lbs
Dips	3 x 12		

Week 3

Day A

Exercise	Sets / reps			
Squats	8 x 55lbs	8 x 55lbs	8 x 55lbs	7 x 60lbs

Day B

Exercise	Sets / reps		
Deadlifts	7 x 60lbs	7 x 60lbs	7 x 60lbs
Dips	3 x 12		

Week 4

Day A

Exercise	Sets / reps			
Squats	8 x 60lbs	7 x 60lbs	7 x 60lbs	6 x 65lbs
	5 x 70lbs	5 x 70lbs		

Day B

Exercise	Sets / reps			
Deadlifts	7 x 60lbs	6 x 65lbs	5 x 70lbs	4 x 75lbs
	4 x 75lbs			
Dips	3 x 12			

Week 5

Day A

Exercise	Sets / reps		
Squats	7 x 60lbs	7 x 60lbs	7 x 60lbs

Day B

Exercise	Sets / reps		
Deadlifts	8 x 60lbs	6 x 65lbs	4 x 70lbs
Dips	3 x 12		

Week 6

Day A

Exercise	Sets / reps		
Squats	7 x 65lbs	7 x 65lbs	7 x 65lbs

Day B

Exercise	Sets / reps		
Deadlifts	6 x 65lbs	6 x 65lbs	5 x 70lbs
Dips	3 x 12		