

Program: My Program

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	8
reps_per_exercise	25
avg_intensity	75
reps_scalers	1.2, 0.8, 1, 1.2, 1.2, 0.8, 1, 0.8
intensity_scalers	1, 1, 1, 1, 1, 1, 1, 1
units	kg

Exercise information

Exercise	Start	End	Reps min	Reps max	Weekly increase
Day A					
Bench press	130 kg	150 kg	2	8	1.8%
Squats	100 kg	120 kg	3	10	2.3%
Biceps	4 x 10				
Day B					
Dips	90 kg	150 kg	3	8	6.6%
Triceps	3 x 12				
Biceps	4 x 10				

Program

Week 1

Day A

Exercise	Sets / reps
Bench press	8 x 87.5kg 8 x 87.5kg 6 x 97.5kg 5 x 102.5kg 2 x 120kg
Squats	9 x 62.5kg 7 x 70kg 6 x 75kg 4 x 82.5kg 3 x 87.5kg
Biceps	4 x 10

Day B

Exercise	Sets / reps
Dips	8 x 60kg 7 x 62.5kg 7 x 62.5kg 6 x 67.5kg 5 x 70kg 4 x 75kg 3 x 80kg
Triceps	3 x 12
Biceps	4 x 10

Week 2

Day A

Exercise	Sets / reps
Bench press	8 x 90kg 5 x 107.5kg 5 x 107.5kg 2 x 125kg
Squats	8 x 70kg 6 x 80kg 3 x 92.5kg
Biceps	4 x 10

Day B

Exercise	Sets / reps
Dips	8 x 67.5kg 7 x 70kg 5 x 80kg 3 x 90kg
Triceps	3 x 12
Biceps	4 x 10

Week 3

Day A

Exercise	Sets / reps			
Bench press	8 x 90kg	8 x 90kg	6 x 100kg	2 x 125kg
Squats	8 x 70kg	7 x 72.5kg	5 x 82.5kg	3 x 92.5kg
Biceps	4 x 10			

Day B

Exercise	Sets / reps			
Dips	8 x 70kg	7 x 75kg	6 x 80kg	5 x 85kg
	4 x 87.5kg	3 x 92.5kg		
Triceps	3 x 12			
Biceps	4 x 10			

Week 4

Day A

Exercise	Sets / reps			
Bench press	8 x 90kg	8 x 90kg	6 x 102.5kg	4 x 112.5kg
	2 x 125kg			
Squats	10 x 62.5kg	8 x 70kg	6 x 80kg	3 x 95kg
	3 x 95kg			
Biceps	4 x 10			

Day B

Exercise	Sets / reps			
Dips	8 x 75kg	7 x 80kg	7 x 80kg	6 x 85kg
	5 x 90kg	4 x 95kg	3 x 100kg	
Triceps	3 x 12			
Biceps	4 x 10			

Week 5

Day A

Exercise	Sets / reps			
Bench press	8 x 95kg 2 x 132.5kg	7 x 102.5kg	7 x 102.5kg	5 x 115kg
Squats	8 x 75kg 3 x 100kg	7 x 80kg	6 x 85kg	5 x 90kg
Biceps	4 x 10			

Day B

Exercise	Sets / reps			
Dips	8 x 85kg 5 x 100kg	7 x 90kg 4 x 105kg	7 x 90kg 3 x 112.5kg	7 x 90kg
Triceps	3 x 12			
Biceps	4 x 10			

Week 6

Day A

Exercise	Sets / reps			
Bench press	8 x 97.5kg	5 x 115kg	5 x 115kg	2 x 135kg
Squats	9 x 72.5kg	6 x 87.5kg	3 x 102.5kg	
Biceps	4 x 10			

Day B

Exercise	Sets / reps			
Dips	8 x 90kg	8 x 90kg	5 x 105kg	3 x 117.5kg
Triceps	3 x 12			
Biceps	4 x 10			

Week 7

Day A

Exercise	Sets / reps			
Bench press	8 x 95kg	8 x 95kg	5 x 112.5kg	2 x 132.5kg
Squats	9 x 70kg	7 x 80kg	5 x 90kg	3 x 100kg
Biceps	4 x 10			

Day B

Exercise	Sets / reps			
Dips	8 x 92.5kg	7 x 97.5kg	6 x 102.5kg	5 x 110kg
	4 x 115kg	3 x 122.5kg		
Triceps	3 x 12			
Biceps	4 x 10			

Week 8

Day A

Exercise	Sets / reps			
Bench press	8 x 100kg	6 x 112.5kg	4 x 125kg	2 x 140kg
Squats	9 x 75kg	6 x 90kg	3 x 105kg	
Biceps	4 x 10			

Day B

Exercise	Sets / reps			
Dips	8 x 100kg	7 x 105kg	5 x 117.5kg	3 x 132.5kg
Triceps	3 x 12			
Biceps	4 x 10			