

Week 1

Detail	Monday	Tuesday	Wednesday	Thursday	Friday
Exercise	Barbell Squats Bench Press Bent-Over Rows	Overhead Press Pull-ups (or Lat Pulldowns) Romanian Deadlifts (RDLs)	Rest	Barbell Squats Bench Press Bent-Over Rows	Overhead Press Pull-ups (or Lat Pulldowns) Romanian Deadlifts (RDLs)
Sets	3 3 3	3 3 3	Active recovery, light cardio	3 3 3	3 3 3
Reps	8-10 8-10 8-10	8-10 As Many Reps as Possible (AMRAP) 10-12	-	6-8 6-8 6-8	6-8 AMRAP 8-10
Notes	Focus on form. - -	- - -	-	Increase weight slightly from Monday. Increase weight slightly from Monday. Increase weight slightly from Monday.	Increase weight slightly from Tuesday. - Increase weight slightly from Tuesday.

Week 2

Detail	Monday	Tuesday	Wednesday	Thursday	Friday
Exercise	Barbell Squats	Overhead Press	Rest	Barbell Squats	Overhead Press
	Bench Press	Weighted Pull-ups (or Lat Pulldowns)		Bench Press	Weighted Pull-ups (or Lat Pulldowns)
	Bent-Over Rows	Deadlifts		Bent-Over Rows	Deadlifts
Sets	3	3	Active recovery, light cardio	3	3
	3	3		3	3
	3	1		3	1
Reps	5-7	5-7	-	3-5	3-5
	5-7	5-7		3-5	3-5
	5-7	5		3-5	3
Notes	Increase weight.	Increase weight.	-	Increase weight.	Increase weight.
	Increase weight.	Increase weight.		Increase weight.	Increase weight.
	Increase weight.	Focus on form.		Increase weight.	Increase weight.

Week 3

Detail	Monday	Tuesday	Wednesday	Thursday	Friday
Exercise	Barbell Squats Incline Dumbbell Press Barbell Rows	Overhead Press Pull-ups (or Lat Pulldowns) Romanian Deadlifts (RDLs)	Rest	Front Squats Decline Dumbbell Press T-Bar Rows	Arnold Press Close-Grip Pull-downs Good Mornings
Sets	4 4 4	4 4 4	Active recovery, light cardio	4 4 4	4 4 3
Reps	8-12 8-12 8-12	8-12 8-12 (or AMRAP) 10-15	-	8-12 8-12 8-12	8-12 8-12 (or AMRAP) 12-15
Notes	Moderate weight, focus on muscle contraction. - -	- - -	-	- - -	- - -

Week 4

Detail	Monday	Tuesday	Wednesday	Thursday	Friday
Exercise	Barbell Squats Bench Press Bent-Over Rows	Overhead Press Pull-ups (or Lat Pulldowns) Romanian Deadlifts (RDLs)	Rest	Rest	Rest
Sets	2 2 2	2 2 2	Active recovery, light cardio	-	-
Reps	8-10 8-10 8-10	8-10 AMRAP 10-12	-	-	-
Notes	50% of Week 2 weight 50% of Week 2 weight 50% of Week 2 weight	50% of Week 2 weight - 50% of Week 2 weight	-	-	-