

**8/6/3****As****of:****Workout****Routine****15/02/2017****Phase 3****Bench**

Date:

Weight:

**Main Lift**

Warm up	Warm up	Warm up	Set 1	Set 2	Set 3
			8 x 57.5	6 x 65.0	3 x 70.0

**Accessory Exercises**

Exercise	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps
Incline DB Press (4 x 12)								
Face pull (4 x 12)								
Cable flyes ss/w press (4 x 12)								
Press ups (4 x Max)								

**Squat**

Date:

Weight:

**Main Lift**

Warm up	Warm up	Warm up	Set 1	Set 2	Set 3
			8 x 80.0	6 x 90.0	3 x 95.0

**Accessory Exercises**

Exercise	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps
Leg press (4 x 15)								
Leg extension (4 x 12)								
Leg curl (4 x 12)								
Roll out (4 x Max)								

**Military Press**

Date:

Weight:

**Main Lift**

Warm up	Warm up	Warm up	Set 1	Set 2	Set 3
			8 x 40.0	6 x 45.0	3 x 47.5

**Accessory Exercises**

Exercise	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps
Landmine press (4 x 8-12)								
Lateral/Rear raises (4 x 8-12)								
DB Curls (4 x 8-12)								
Roll outs (4 x Max)								

**Deadlift**

Date:

Weight:

**Main Lift**

Warm up	Warm up	Warm up	Set 1	Set 2	Set 3
			8 x 90.0	6 x 102.5	3 x 107.5

**Accessory Exercises**

Exercise	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps
BB Row (4 x 8-12)								
Hip thrust (4 x 8-12)								
Pull up (4 x Max)								
Leg raise (4 x 8-12)								