

8/6/3**As****of:****Workout****Routine****16/02/2017****Phase 4****Bench**

Date:

Weight:

Main Lift

Warm up	Warm up	Warm up	Set 1	Set 2	Set 3
			10 x 30.0	10 x 37.5	10 x 45.0

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
			10 x 42.5	10 x 52.5	10 x 62.5

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
			10 x 20.0	10 x 27.5	10 x 32.5

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
			10 x 47.5	10 x 60.0	10 x 72.5

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)								