

8/6/3**As****of:****Workout****Routine****27/01/2017****Phase 1****Bench****Main Lift**

Warm up	Warm up	Warm up	Set 1	Set 2	Set 3
			8 x 50.0	8 x 57.5	8 x 60.0

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**Main Lift**

Warm up	Warm up	Warm up	Set 1	Set 2	Set 3
			8 x 57.5	8 x 67.5	8 x 72.5

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

Main Lift

Warm up	Warm up	Warm up	Set 1	Set 2	Set 3
			8 x 27.5	8 x 30.0	8 x 32.5

Accessory Exercises

Exercise	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps
Landmine press (4 x 8-12)								

Deadlift

Main Lift

Warm up	Warm up	Warm up	Set 1	Set 2	Set 3
			8 x 65.0	8 x 75.0	8 x 80.0

Accessory Exercises

Exercise	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps
Good morning (4 x 8-12)								