

Weights updated: 24/02/16

8/6/3 Workout with BB Accessories

8/6/3

As

of:

Workout

Routine
21/03/2017

Week 4

Bench

Date:

Weight:

Main Lift

Warm up	Warm up	Warm up	Set 1	Set 2	Set 3
			10 x 32.5	10 x 42.5	10 x 50.0

Accessory Exercises

Exercise	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps
Decline DB Press (4 x 12)								
Face pull (4 x 12)								
Low/High 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 47.5	10 x 60.0	10 x 72.5

Accessory Exercises

Exercise	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps
Smith Front/Back (4 x 12)								
Calf Raises (4 x 12)								
Walking Lunges (4 x 12)								
Roll out (4 x Max)								

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Military Press

Date:

Weight:

Main Lift

Warm up	Warm up	Warm up	Set 1	Set 2	Set 3
			10 x 22.5	10 x 30.0	10 x 35.0

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 52.5	10 x 67.5	10 x 80.0

Accessory Exercises

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