

Program: EssentialFeatures

This program was made using `streprogen`, the Python strength program generator. The latest version can be found at <https://pypi.python.org/pypi/streprogen/>.

Program parameters

Parameter	Value
duration	8
reps_per_exercise	25
intensity	80
units	kg

Exercise information

Exercise	Start	End	Reps min	Reps max	Weekly increase
Day 1					
Bench	80 kg	89.6 kg	3	8	1.5%
Squats	100 kg	112.0 kg	3	8	1.5%
Curls	3 x 12				
Day 2					
Deadlifts	100 kg	116.0 kg	3	8	2.0%
Squats	90 kg	110 kg	3	8	2.8%
Saturday					
Deadlifts	100 kg	112.0 kg	3	8	1.5%
Curls	30 kg	33.6 kg	3	8	1.5%

Program

Week 1

Day 1

Exercise	Sets / reps				
Bench	7 x 60kg	6 x 65kg	5 x 65kg	4 x 70kg	3 x 70kg
Squats	7 x 75kg	6 x 80kg	5 x 80kg	4 x 85kg	3 x 90kg
Curls	3 x 12				

Day 2

Exercise	Sets / reps				
Deadlifts	7 x 75kg	6 x 80kg	5 x 80kg	4 x 85kg	3 x 90kg
Squats	7 x 70kg	6 x 70kg	5 x 75kg	4 x 75kg	3 x 80kg

Saturday

Exercise	Sets / reps				
Deadlifts	6 x 80kg	5 x 80kg	5 x 80kg		
Curls	7 x 22kg	6 x 24kg	5 x 24kg	4 x 26kg	3 x 26kg

Week 2

Day 1

Exercise	Sets / reps					
Bench	7 x 60kg	7 x 60kg	7 x 60kg	6 x 65kg	5 x 65kg	4 x 70kg
Squats	7 x 75kg	7 x 75kg	7 x 75kg	6 x 80kg	5 x 85kg	4 x 90kg
Curls	3 x 12					

Day 2

Exercise	Sets / reps					
Deadlifts	7 x 80kg	7 x 80kg	7 x 80kg	6 x 80kg	5 x 85kg	4 x 90kg
Squats	7 x 70kg	7 x 70kg	7 x 70kg	6 x 75kg	5 x 75kg	4 x 80kg

Saturday

Exercise	Sets / reps					
Deadlifts	7 x 75kg	5 x 85kg				
Curls	7 x 24kg	7 x 24kg	7 x 24kg	6 x 24kg	5 x 26kg	4 x 26kg

Week 3

Day 1

Exercise	Sets / reps				
Bench	6 x 65kg	6 x 65kg	6 x 65kg	5 x 70kg	5 x 70kg
Squats	6 x 80kg	6 x 80kg	6 x 80kg	5 x 85kg	5 x 85kg
Curls	3 x 12				

Day 2

Exercise	Sets / reps				
Deadlifts	6 x 85kg	6 x 85kg	6 x 85kg	5 x 85kg	5 x 85kg
Squats	6 x 75kg	6 x 75kg	6 x 75kg	5 x 80kg	5 x 80kg

Saturday

Exercise	Sets / reps				
Deadlifts	6 x 80kg	5 x 85kg			
Curls	6 x 24kg	6 x 24kg	6 x 24kg	5 x 26kg	5 x 26kg

Week 4

Day 1

Exercise	Sets / reps				
Bench	6 x 65kg	5 x 70kg	5 x 70kg	5 x 70kg	4 x 75kg
Squats	6 x 85kg	5 x 85kg	5 x 85kg	5 x 85kg	4 x 90kg
Curls	3 x 12				

Day 2

Exercise	Sets / reps				
Deadlifts	6 x 85kg	5 x 90kg	5 x 90kg	5 x 90kg	4 x 95kg
Squats	6 x 80kg	5 x 80kg	5 x 80kg	5 x 80kg	4 x 85kg

Saturday

Exercise	Sets / reps				
Deadlifts	6 x 85kg	5 x 85kg	4 x 90kg		
Curls	6 x 26kg	5 x 26kg	5 x 26kg	5 x 26kg	4 x 28kg

Week 5

Day 1

Exercise	Sets / reps				
Bench	7 x 65kg	6 x 70kg	6 x 70kg	5 x 70kg	5 x 70kg
Squats	7 x 80kg	6 x 85kg	6 x 85kg	5 x 90kg	5 x 90kg
Curls	3 x 12				

Day 2

Exercise	Sets / reps				
Deadlifts	7 x 85kg	6 x 85kg	6 x 85kg	5 x 90kg	5 x 90kg
Squats	7 x 75kg	6 x 80kg	6 x 80kg	5 x 85kg	5 x 85kg

Saturday

Exercise	Sets / reps				
Deadlifts	7 x 80kg	6 x 85kg	4 x 95kg		
Curls	7 x 24kg	6 x 26kg	6 x 26kg	5 x 26kg	5 x 26kg

Week 6

Day 1

Exercise	Sets / reps				
Bench	7 x 65kg	6 x 70kg	6 x 70kg	6 x 70kg	6 x 70kg
Squats	7 x 80kg	6 x 85kg	6 x 85kg	6 x 85kg	6 x 85kg
Curls	3 x 12				

Day 2

Exercise	Sets / reps				
Deadlifts	7 x 85kg	6 x 90kg	6 x 90kg	6 x 90kg	6 x 90kg
Squats	7 x 80kg	6 x 85kg	6 x 85kg	6 x 85kg	6 x 85kg

Saturday

Exercise	Sets / reps				
Deadlifts	7 x 80kg	5 x 90kg			
Curls	7 x 24kg	6 x 26kg	6 x 26kg	6 x 26kg	6 x 26kg

Week 7

Day 1

Exercise	Sets / reps				
Bench	6 x 70kg	5 x 75kg	5 x 75kg	5 x 75kg	4 x 75kg
Squats	6 x 85kg	5 x 90kg	5 x 90kg	5 x 90kg	4 x 95kg
Curls	3 x 12				

Day 2

Exercise	Sets / reps				
Deadlifts	6 x 90kg	5 x 95kg	5 x 95kg	5 x 95kg	4 x 100kg
Squats	6 x 85kg	5 x 90kg	5 x 90kg	5 x 90kg	4 x 95kg

Saturday

Exercise	Sets / reps				
Deadlifts	6 x 85kg	5 x 90kg	4 x 95kg		
Curls	6 x 26kg	5 x 28kg	5 x 28kg	5 x 28kg	4 x 28kg

Week 8

Day 1

Exercise	Sets / reps				
Bench	7 x 65kg	6 x 70kg	5 x 75kg	4 x 75kg	3 x 80kg
Squats	7 x 85kg	6 x 90kg	5 x 90kg	4 x 95kg	3 x 100kg
Curls	3 x 12				

Day 2

Exercise	Sets / reps				
Deadlifts	7 x 85kg	6 x 90kg	5 x 95kg	4 x 100kg	3 x 105kg
Squats	7 x 85kg	6 x 85kg	5 x 90kg	4 x 95kg	3 x 100kg

Saturday

Exercise	Sets / reps				
Deadlifts	6 x 90kg	5 x 90kg	5 x 90kg		
Curls	7 x 26kg	6 x 26kg	5 x 28kg	4 x 28kg	3 x 30kg