

Program: 3DaySplitWithPeriodization

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	22
intensity	80
units	kg

Exercise information

Exercise	Start	End	Reps min	Reps max	Weekly increase
Day A - Chest/tri					
Bench	100 kg	112.0 kg	3	8	1.5%
Dips	105 kg	117.6 kg	4	8	1.5%
Incline bench	80 kg	89.6 kg	3	8	1.5%
French press	4x10				
Day B - Back/bi					
Light squats	100 kg	112.0 kg	4	8	1.5%
Deadlifts	140 kg	156.8 kg	2	5	1.5%
Seated rows	90 kg	100.8 kg	5	8	1.5%
Chin ups	4x8				
Curls	5x8				
Day C - Legs					
Heavy Squats	120 kg	134.4 kg	3	8	1.5%
Bench	105 kg	117.6 kg	3	8	1.5%
Stiffleg DLs	100 kg	112.0 kg	3	8	1.5%
Chin ups	3x10				
Claf raises	4x10				

Program

Week 1

Day A - Chest/tri

Exercise	Sets / reps			
Bench	6 x 80kg	6 x 80kg	5 x 80kg	4 x 85kg
Dips	6 x 85kg	6 x 85kg	5 x 85kg	4 x 90kg
Incline bench	6 x 62.5kg	6 x 62.5kg	5 x 65kg	4 x 70kg
French press	3x12			

Day B - Back/bi

Exercise	Sets / reps			
Light squats	6 x 80kg	6 x 80kg	5 x 80kg	4 x 85kg
Deadlifts	4 x 120kg	4 x 120kg	4 x 120kg	4 x 120kg
Seated rows	6 x 70kg	5 x 75kg	5 x 75kg	
Chin ups	4x8			
Curls	5x8			

Day C - Legs

Exercise	Sets / reps			
Heavy Squats	6 x 95kg	6 x 95kg	5 x 100kg	4 x 105kg
Bench	6 x 85kg	6 x 85kg	5 x 85kg	4 x 90kg
Stiffleg DLs	6 x 80kg	6 x 80kg	5 x 80kg	4 x 85kg
Chin ups	3x10			
Claf raises	4x10			

Week 2

Day A - Chest/tri

Exercise	Sets / reps			
Bench	8 x 75kg	6 x 85kg	5 x 85kg	5 x 85kg
Dips	8 x 80kg	6 x 85kg	5 x 90kg	5 x 90kg
Incline bench	8 x 60kg	6 x 65kg	5 x 70kg	5 x 70kg
French press	4x10			

Day B - Back/bi

Exercise	Sets / reps				
Light squats	8 x 75kg	6 x 85kg	5 x 85kg	5 x 85kg	
Deadlifts	5 x 120kg	5 x 120kg	5 x 120kg	4 x 125kg	
Seated rows	7 x 70kg	6 x 75kg	6 x 75kg	6 x 75kg	6 x 75kg
Chin ups	4x8				
Curls	5x8				

Day C - Legs

Exercise	Sets / reps			
Heavy Squats	8 x 90kg	6 x 100kg	5 x 105kg	5 x 105kg
Bench	8 x 80kg	6 x 85kg	5 x 90kg	5 x 90kg
Stiffleg DLs	8 x 75kg	6 x 85kg	5 x 85kg	5 x 85kg
Chin ups	3x10			
Claf raises	4x10			

Week 3

Day A - Chest/tri

Exercise	Sets / reps				
Bench	7 x 80kg	6 x 85kg	5 x 90kg	3 x 100kg	
Dips	6 x 90kg	6 x 90kg	6 x 90kg	5 x 95kg	5 x 95kg
Incline bench	7 x 65kg	6 x 70kg	5 x 72.5kg	3 x 77.5kg	
French press	3x12				

Day B - Back/bi

Exercise	Sets / reps				
Light squats	6 x 85kg	6 x 85kg	6 x 85kg	5 x 90kg	5 x 90kg
Deadlifts	5 x 125kg	5 x 125kg	3 x 135kg	3 x 135kg	
Seated rows	6 x 80kg	6 x 80kg	6 x 80kg	5 x 80kg	5 x 80kg
Chin ups	4x8				
Curls	3x12				

Day C - Legs

Exercise	Sets / reps			
Heavy Squats	7 x 100kg	6 x 105kg	5 x 110kg	3 x 120kg
Bench	7 x 85kg	6 x 90kg	5 x 95kg	3 x 105kg
Stiffleg DLs	7 x 80kg	6 x 85kg	5 x 90kg	3 x 100kg
Chin ups	3x10			
Claf raises	5x8			

Week 4

Day A - Chest/tri

Exercise	Sets / reps			
Bench	6 x 85kg	5 x 85kg	5 x 85kg	4 x 90kg
Dips	6 x 90kg	5 x 90kg	5 x 90kg	4 x 95kg
Incline bench	6 x 67.5kg	5 x 70kg	5 x 70kg	4 x 72.5kg
French press	3x12			

Day B - Back/bi

Exercise	Sets / reps			
Light squats	6 x 85kg	5 x 85kg	5 x 85kg	4 x 90kg
Deadlifts	4 x 130kg	4 x 130kg	3 x 135kg	
Seated rows	6 x 75kg	5 x 80kg	5 x 80kg	5 x 80kg
Chin ups	4x8			
Curls	5x8			

Day C - Legs

Exercise	Sets / reps			
Heavy Squats	6 x 100kg	5 x 105kg	5 x 105kg	4 x 110kg
Bench	6 x 90kg	5 x 90kg	5 x 90kg	4 x 95kg
Stiffleg DLs	6 x 85kg	5 x 85kg	5 x 85kg	4 x 90kg
Chin ups	3x10			
Claf raises	4x10			

Week 5

Day A - Chest/tri

Exercise	Sets / reps			
Bench	7 x 85kg	6 x 85kg	6 x 85kg	4 x 95kg
Dips	7 x 85kg	6 x 90kg	6 x 90kg	4 x 100kg
Incline bench	7 x 67.5kg	6 x 70kg	6 x 70kg	4 x 75kg
French press	3x12			

Day B - Back/bi

Exercise	Sets / reps			
Light squats	7 x 85kg	6 x 85kg	6 x 85kg	4 x 95kg
Deadlifts	5 x 125kg	5 x 125kg	3 x 140kg	
Seated rows	6 x 80kg	6 x 80kg	6 x 80kg	6 x 80kg
Chin ups	4x8			
Curls	4x10			

Day C - Legs

Exercise	Sets / reps			
Heavy Squats	7 x 100kg	6 x 105kg	6 x 105kg	4 x 115kg
Bench	7 x 85kg	6 x 90kg	6 x 90kg	4 x 100kg
Stiffleg DLs	7 x 85kg	6 x 85kg	6 x 85kg	4 x 95kg
Chin ups	3x10			
Claf raises	3x12			

Week 6

Day A - Chest/tri

Exercise	Sets / reps			
Bench	8 x 85kg	6 x 90kg	5 x 95kg	5 x 95kg
Dips	8 x 85kg	6 x 95kg	5 x 100kg	5 x 100kg
Incline bench	8 x 65kg	6 x 72.5kg	5 x 75kg	5 x 75kg
French press	4x10			

Day B - Back/bi

Exercise	Sets / reps				
Light squats	8 x 85kg	6 x 90kg	5 x 95kg	5 x 95kg	
Deadlifts	5 x 130kg	5 x 130kg	5 x 130kg	4 x 140kg	
Seated rows	7 x 80kg	6 x 80kg	6 x 80kg	6 x 80kg	6 x 80kg
Chin ups	4x8				
Curls	5x8				

Day C - Legs

Exercise	Sets / reps			
Heavy Squats	8 x 100kg	6 x 110kg	5 x 115kg	5 x 115kg
Bench	8 x 85kg	6 x 95kg	5 x 100kg	5 x 100kg
Stiffleg DLs	8 x 85kg	6 x 90kg	5 x 95kg	5 x 95kg
Chin ups	3x10			
Claf raises	5x8			

Week 7

Day A - Chest/tri

Exercise	Sets / reps			
Bench	6 x 85kg	5 x 90kg	5 x 90kg	4 x 95kg
Dips	6 x 90kg	5 x 95kg	5 x 95kg	4 x 100kg
Incline bench	6 x 70kg	5 x 72.5kg	5 x 72.5kg	4 x 75kg
French press	5x8			

Day B - Back/bi

Exercise	Sets / reps			
Light squats	6 x 85kg	5 x 90kg	5 x 90kg	4 x 95kg
Deadlifts	4 x 135kg	4 x 135kg	3 x 140kg	
Seated rows	6 x 80kg	5 x 80kg	5 x 80kg	5 x 80kg
Chin ups	4x8			
Curls	3x12			

Day C - Legs

Exercise	Sets / reps			
Heavy Squats	6 x 105kg	5 x 110kg	5 x 110kg	4 x 115kg
Bench	6 x 90kg	5 x 95kg	5 x 95kg	4 x 100kg
Stiffleg DLs	6 x 85kg	5 x 90kg	5 x 90kg	4 x 95kg
Chin ups	3x10			
Claf raises	5x8			

Week 8

Day A - Chest/tri

Exercise	Sets / reps			
Bench	6 x 90kg	6 x 90kg	5 x 95kg	4 x 100kg
Dips	6 x 95kg	6 x 95kg	5 x 100kg	4 x 105kg
Incline bench	6 x 72.5kg	6 x 72.5kg	5 x 75kg	4 x 80kg
French press	4x10			

Day B - Back/bi

Exercise	Sets / reps			
Light squats	6 x 90kg	6 x 90kg	5 x 95kg	4 x 100kg
Deadlifts	4 x 140kg	4 x 140kg	4 x 140kg	4 x 140kg
Seated rows	6 x 80kg	5 x 85kg	5 x 85kg	
Chin ups	4x8			
Curls	4x10			

Day C - Legs

Exercise	Sets / reps			
Heavy Squats	6 x 110kg	6 x 110kg	5 x 115kg	4 x 120kg
Bench	6 x 95kg	6 x 95kg	5 x 100kg	4 x 105kg
Stiffleg DLs	6 x 90kg	6 x 90kg	5 x 95kg	4 x 100kg
Chin ups	3x10			
Claf raises	5x8			