

PUSH #1

Bench	4x4	
Push Press	3x4	RPE 8-9
Weighted Dips	3x10	RPE 8-9
DB flyes or Pec Deck	3x10	RPE 8-9
DB laterals	3x10	RPE 8-9
Skull Crusher	3x10	RPE 8-9
DB tricep extensions	3x10	RPE 8-9

PULL #1

Deadlift	4x6	
Stiff Leg Deadlift	3x10	RPE 8-9
Pull Ups	3x8-10	RPE 8-9
Yates Row	3x10	RPE 8-9
Shrugs	3x10	RPE 8-9
Barbell Curl	3x10	RPE 8-9
Seated Hammer Curl	3x10	RPE 8-9

* Add weight on pull ups as needed

LEGS #1

Squat	4x12	
Romanian DL	3x10	RPE 8-9
Lunges	3x10 each leg	RPE 8-9
Glute Ham Raise or Reverse Hyper	3x10	RPE 8-9

PUSH #2

OHP	4x12	
BB Incline Bench	3x12	RPE 8-9
DB Laterals	3x10	RPE 8-9
Weighted Dips	3x10	RPE 8-9
DB tricep extensions	3x10	RPE 8-9
Skull Crusher	3x10	RPE 8-9

PULL #2

Deadlift	4x2	
Stiff LDL	3x10	RPE 8-9
Pull Ups	3x8-10	RPE 8-9
Yates Row	3x10	RPE 8-9
Shrugs	3x10	RPE 8-9
Barbell Curl	3x10	RPE 8-9
Seated Hammer Curl	3x10	RPE 8-9

* Add weight on pull ups as needed

LEGS #2

Squat	4x8	
Romanian DL	3x10	RPE 8-9
Lunges	3x10 each leg	RPE 8-9
Glute Ham Raise or Reverse Hyper	3x10	RPE 8-9