

# CYCLE 1:

## WK1

Here is your training for week 2/5/2017.

Just a quick note -- since this is not a customized program, everyone's training log is loaded with "Deadlift (conv)". But you'll notice it's just "deadlift" here in the email. If you're a conventional deadlifter, that's no big deal. If you're a sumo deadlifter, you'll need to delete "Deadlift (conv)" from your log and add "Deadlift (sumo)" to it. Don't forget to add appropriate modifiers too (belts, pause, anything else). I'm NOT telling everyone in the project to pull conventional! :)

### Monday

Squat w/belt Competition

Competition Raw Bench Competition

Deadlift w/belt Competition

### Thursday

Squat w/belt 80% of 1RM AMRAP

Competition Raw Bench 80% of 1RM AMRAP

### Friday

Deadlift w/belt 80% of 1RM AMRAP

Feet up Bench x10 @6, x10 @7, x10 @8 plus 3 down sets (repeat)

## WK2

Here is your training for week 2/12/2017.

### Monday

Squat w/belt x10 @6, x10 @7, x10 @8 plus 3 down sets (repeat)

Competition Raw Bench x10 @6, x10 @7, x10 @8 plus 3 down sets (repeat)

Military x11 @6, x11 @7, x11 @8 plus 2 down sets (repeat)

### Tuesday

Deadlift w/belt x10 @6, x10 @7, x10 @8 plus 3 down sets (repeat)

Pin Press (mid range) x5 @7, x5 @8, x5 @9 No Drop Sets

Ab Wheel x10 @7, x10 @8, x10 @9 plus 1 down set (load drop)

### Thursday

Front Squat x11 @6, x11 @7, x11 @8 plus 2 down sets (repeat)

Bench (touch and go) x1 @8 then move to 87%x2x8 (-6%).

Split Squat x10 @7, x10 @8, x10 @9 plus 1 down set (load drop)

Friday

Row of your choice x10 @7, x10 @8, x10 @9 plus 1 down set (load drop)

Vertical Pull of your choice x10 @7, x10 @8, x10 @9 plus 1 down set (load drop)

Bus Drivers x10 @7, x10 @8, x10 @9 plus 1 down set (load drop)

### **WK3**

Here is your training for week 2/19/2017.

Monday

Squat w/belt x1 @8, x8 @9 plus 2 down sets (load drop)

Competition Raw Bench x1 @8, x7 @9 plus 2 down sets (load drop)

Push Press x9 @6, x9 @7, x9 @8 plus 3 down sets (repeat)

Tuesday

Deadlift w/belt x1 @8, x8 @9 plus 2 down sets (load drop)

2ct Pause Bench x1 @8, x6 @9 plus 2 down sets (load drop)

Lunges x9 @6, x9 @7, x9 @8 plus 3 down sets (repeat)

Thursday

2ct Pause Squat x1 @8, x6 @9 plus 2 down sets (load drop)

Bench (touch and go) x1 @8 then move to 78%x4x7 (-15%).

Wide Grip Bench x9 @6, x9 @7, x9 @8 plus 3 down sets (repeat)

Friday

2ct Pause Deadlift x1 @8, x6 @9 plus 2 down sets (load drop)

Pin Press (chest level) x1 @8, x6 @9 plus 2 down sets (load drop)

Row of your choice x9 @6, x9 @7, x9 @8 plus 3 down sets (repeat)

### **WK4**

Here is your training for week 2/26/2017.

Monday

Squat w/belt x1 @8, x7 @9 plus 3 down sets (load drop)

Competition Raw Bench x1 @8, x6 @9 plus 3 down sets (load drop)

Push Press x8 @6, x8 @7, x8 @8 plus 4 down sets (repeat)

Tuesday

Deadlift w/belt x1 @8, x7 @9 plus 3 down sets (load drop)

2ct Pause Bench x1 @8, x5 @9 plus 3 down sets (load drop)

Lunges x8 @6, x8 @7, x8 @8 plus 4 down sets (repeat)

Thursday

2ct Pause Squat x1 @8, x5 @9 plus 3 down sets (load drop)  
Bench (touch and go) x1 @8, x9 @10 plus 3 down sets (load drop)  
Wide Grip Bench x8 @6, x8 @7, x8 @8 plus 4 down sets (repeat)

Friday

2ct Pause Deadlift x1 @8, x5 @9 plus 3 down sets (load drop)  
Pin Press (chest level) x1 @8, x5 @9 plus 3 down sets (load drop)  
Row of your choice x8 @6, x8 @7, x8 @8 plus 4 down sets (repeat)

## **WK5**

Here is your training for week 3/5/2017.

Monday

Squat w/belt x1 @8, x8 @9 plus 2 down sets (load drop)  
Competition Raw Bench x1 @8, x7 @9 plus 2 down sets (load drop)  
Push Press x9 @6, x9 @7, x9 @8 plus 3 down sets (repeat)

Tuesday

Deadlift w/belt x1 @8, x8 @9 plus 2 down sets (load drop)  
2ct Pause Bench x1 @8, x6 @9 plus 2 down sets (load drop)  
Lunges x9 @6, x9 @7, x9 @8 plus 3 down sets (repeat)

Thursday

2ct Pause Squat x1 @8, x6 @9 plus 2 down sets (load drop)  
Bench (touch and go) x1 @8 then move to 80%x3x8 (-12%).  
Wide Grip Bench x9 @6, x9 @7, x9 @8 plus 3 down sets (repeat)

Friday

2ct Pause Deadlift x1 @8, x6 @9 plus 2 down sets (load drop)  
Pin Press (chest level) x1 @8, x6 @9 plus 2 down sets (load drop)  
Row of your choice x9 @6, x9 @7, x9 @8 plus 3 down sets (repeat)

## **WK6**

Here is your training for week 3/12/2017.

Monday

Squat w/belt x1 @8, x7 @9 plus 2 down sets (load drop)  
Competition Raw Bench x1 @8, x6 @9 plus 2 down sets (load drop)  
Push Press x8 @6, x8 @7, x8 @8 plus 3 down sets (repeat)

Tuesday

Deadlift w/belt x1 @8, x7 @9 plus 2 down sets (load drop)  
2ct Pause Bench x1 @8, x5 @9 plus 2 down sets (load drop)

Lunges x8 @6, x8 @7, x8 @8 plus 3 down sets (repeat)

Thursday

2ct Pause Squat x1 @8, x5 @9 plus 2 down sets (load drop)

Bench (touch and go) x1 @8, x7 @10 plus 2 down sets (load drop)

Wide Grip Bench x8 @6, x8 @7, x8 @8 plus 3 down sets (repeat)

Friday

2ct Pause Deadlift x1 @8, x5 @9 plus 2 down sets (load drop)

Pin Press (chest level) x1 @8, x5 @9 plus 2 down sets (load drop)

Row of your choice x8 @6, x8 @7, x8 @8 plus 3 down sets (repeat)

## **WK7**

Here is your training for week 3/19/2017.

Monday

Squat w/belt x10 @6, x10 @7, x10 @8 plus 3 down sets (repeat)

Competition Raw Bench x10 @6, x10 @7, x10 @8 plus 3 down sets (repeat)

Military x11 @6, x11 @7, x11 @8 plus 2 down sets (repeat)

Tuesday

Deadlift w/belt x10 @6, x10 @7, x10 @8 plus 3 down sets (repeat)

Pin Press (mid range) x7 @7, x7 @8, x7 @9 No Drop Sets

Ab Wheel x10 @7, x10 @8, x10 @9 plus 1 down set (load drop)

Thursday

Front Squat x11 @6, x11 @7, x11 @8 plus 2 down sets (repeat)

Bench (touch and go) x1 @8 then move to 87%x2x8 (-6%).

Split Squat x10 @7, x10 @8, x10 @9 plus 1 down set (load drop)

Friday

Row of your choice x10 @7, x10 @8, x10 @9 plus 1 down set (load drop)

Vertical Pull of your choice x10 @7, x10 @8, x10 @9 plus 1 down set (load drop)

Bus Drivers x10 @7, x10 @8, x10 @9 plus 1 down set (load drop)

## **WK8**

Here is your training for week 3/26/2017.

Monday

Squat w/belt x1 @8, x5 @9 plus 3 down sets (load drop)

Competition Raw Bench x1 @8, x5 @9 plus 3 down sets (load drop)

Military x8 @6, x8 @7, x8 @8 plus 4 down sets (repeat)

Tuesday

Deadlift w/belt x1 @8, x5 @9 plus 3 down sets (load drop)

Pin Press (chest level) x1 @8, x5 @9 plus 3 down sets (load drop)

Squat x6 @6, x6 @7, x6 @8 plus 4 down sets (repeat)

Thursday

Pin Squat x1 @8, x5 @9 plus 3 down sets (load drop)

Bench (touch and go) x1 @8 then move to 76%x5x8 (-17%).

Feet up Bench x6 @6, x6 @7, x6 @8 plus 4 down sets (repeat)

Friday

2" Deficit Deadlift x1 @8, x5 @9 plus 3 down sets (load drop)

2ct Pause Bench x1 @8, x5 @9 plus 3 down sets (load drop)

Snatch Grip SLDL x8 @6, x8 @7, x8 @8 plus 4 down sets (repeat)

## **WK9**

Here is your training for week 4/2/2017.

Monday

Squat w/belt x1 @8, x4 @9 plus 2 down sets (load drop)

Competition Raw Bench x1 @8, x4 @9 plus 2 down sets (load drop)

Military x9 @6, x9 @7, x9 @8 plus 3 down sets (repeat)

Tuesday

Deadlift w/belt x1 @8, x4 @9 plus 2 down sets (load drop)

Pin Press (chest level) x1 @8, x6 @9 plus 2 down sets (load drop)

Squat x5 @6, x5 @7, x5 @8 plus 3 down sets (repeat)

Thursday

Pin Squat x1 @8, x6 @9 plus 2 down sets (load drop)

Bench (touch and go) x1 @8, x10 @10 plus 2 down sets (load drop)

Feet up Bench x5 @6, x5 @7, x5 @8 plus 3 down sets (repeat)

Friday

2" Deficit Deadlift x1 @8, x6 @9 plus 2 down sets (load drop)

2ct Pause Bench x1 @8, x6 @9 plus 2 down sets (load drop)

Snatch Grip SLDL x9 @6, x9 @7, x9 @8 plus 3 down sets (repeat)

## **WK10**

Here is your training for week 4/9/2017.

#### Monday

Squat w/belt x1 @8, x5 @9 plus 2 down sets (load drop)

Competition Raw Bench x1 @8, x5 @9 plus 2 down sets (load drop)

Military x8 @6, x8 @7, x8 @8 plus 3 down sets (repeat)

#### Tuesday

Deadlift w/belt x1 @8, x5 @9 plus 2 down sets (load drop)

Pin Press (chest level) x1 @8, x5 @9 plus 2 down sets (load drop)

Squat x6 @6, x6 @7, x6 @8 plus 3 down sets (repeat)

#### Thursday

Pin Squat x1 @8, x5 @9 plus 2 down sets (load drop)

Bench (touch and go) x1 @8 then move to 80%x3x8 (-12%).

Feet up Bench x6 @6, x6 @7, x6 @8 plus 3 down sets (repeat)

#### Friday

2" Deficit Deadlift x1 @8, x5 @9 plus 2 down sets (load drop)

2ct Pause Bench x1 @8, x5 @9 plus 2 down sets (load drop)

Snatch Grip SLDL x8 @6, x8 @7, x8 @8 plus 3 down sets (repeat)

#### **WK11**

Here is your training for week 4/16/2017.

#### 4-5 Days Out

Squat w/belt x1 @ Opener

Competition Raw Bench x1 @ Opener

Deadlift w/belt x1 @ Opener

#### 2-3 Days Out

Squat w/belt Go through your warm-ups

Competition Raw Bench Go through your warm-ups

Deadlift w/belt Go through your warm-ups

#### Competition Day

Squat w/belt Competition

Competition Raw Bench Competition

Deadlift w/belt Competition

## CYCLE 2:

### Week 1

#### Monday

Squat w/belt x1 @8, x4 @9 plus 2 down sets (load drop)  
Competition Raw Bench x1 @8, x4 @9 plus 2 down sets (load drop)  
Military x8 @6, x8 @7, x8 @8 plus 3 down sets (repeat)

#### Tuesday

Deadlift w/belt x1 @8, x4 @9 plus 2 down sets (load drop)  
2ct Pause Bench x1 @8, x4 @9 plus 2 down sets (load drop)  
Split Squat x6 @6, x6 @7, x6 @8 plus 3 down sets (repeat)

#### Thursday

2ct Pause Squat x1 @8, x4 @9 plus 2 down sets (load drop)  
Bench (touch and go) x1 @8 then move to 74%x5x9 (-19%).  
Wide Grip Bench x6 @6, x6 @7, x6 @8 plus 3 down sets (repeat)

#### Friday

2ct Pause Deadlift x1 @8, x4 @9 plus 2 down sets (load drop)  
Pin Press (mid range) x1 @8, x4 @9 plus 2 down sets (load drop)  
RDL x8 @6, x8 @7, x8 @8 plus 3 down sets (repeat)

### Week2

#### Monday

Squat w/belt x1 @8, x3 @9 plus 2 down sets (load drop)  
Competition Raw Bench x1 @8, x3 @9 plus 2 down sets (load drop)  
Military x8 @6, x8 @7, x8 @8 plus 3 down sets (repeat)

#### Tuesday

Deadlift w/belt x1 @8, x3 @9 plus 2 down sets (load drop)  
2ct Pause Bench x1 @8, x3 @9 plus 2 down sets (load drop)  
Split Squat x6 @6, x6 @7, x6 @8 plus 3 down sets (repeat)

#### Thursday

2ct Pause Squat x1 @8, x3 @9 plus 2 down sets (load drop)  
Bench (touch and go) x1 @8 then move to 74%x5x9 (-19%).

Wide Grip Bench x6 @6, x6 @7, x6 @8 plus 3 down sets (repeat)

Friday

2ct Pause Deadlift x1 @8, x3 @9 plus 2 down sets (load drop)

Pin Press (mid range) x1 @8, x3 @9 plus 2 down sets (load drop)

RDL x8 @6, x8 @7, x8 @8 plus 3 down sets (repeat)

### **Week 3:**

Monday

Squat w/belt x1 @8, x2 @9 plus 3 down sets (load drop)

Competition Raw Bench x1 @8, x2 @9 plus 3 down sets (load drop)

Military x9 @6, x9 @7, x9 @8 plus 4 down sets (repeat)

Tuesday

Deadlift w/belt x1 @8, x2 @9 plus 3 down sets (load drop)

2ct Pause Bench x1 @8, x4 @9 plus 3 down sets (load drop)

Split Squat x5 @6, x5 @7, x5 @8 plus 4 down sets (repeat)

Thursday

2ct Pause Squat x1 @8, x4 @9 plus 3 down sets (load drop)

Bench (touch and go) x1 @8, x11 @10 plus 1 down set (load drop)

Wide Grip Bench x5 @6, x5 @7, x5 @8 plus 4 down sets (repeat)

Friday

2ct Pause Deadlift x1 @8, x4 @9 plus 3 down sets (load drop)

Pin Press (mid range) x1 @8, x4 @9 plus 3 down sets (load drop)

RDL x9 @6, x9 @7, x9 @8 plus 4 down sets (repeat)

### **Week 4:**

Monday

Squat w/belt x1 @8, x3 @9 plus 2 down sets (load drop)

Competition Raw Bench x1 @8, x3 @9 plus 2 down sets (load drop)

Military x8 @6, x8 @7, x8 @8 plus 3 down sets (repeat)

Tuesday

Deadlift w/belt x1 @8, x3 @9 plus 2 down sets (load drop)

2ct Pause Bench x1 @8, x3 @9 plus 2 down sets (load drop)

Split Squat x6 @6, x6 @7, x6 @8 plus 3 down sets (repeat)

Thursday

2ct Pause Squat x1 @8, x3 @9 plus 2 down sets (load drop)

Bench (touch and go) x1 @8 then move to 76%x5x8 (-17%).

Wide Grip Bench x6 @6, x6 @7, x6 @8 plus 3 down sets (repeat)



Friday

2ct Pause Deadlift x1 @8, x3 @9 plus 2 down sets (load drop)  
Pin Press (mid range) x1 @8, x3 @9 plus 2 down sets (load drop)  
RDL x8 @6, x8 @7, x8 @8 plus 3 down sets (repeat)

### **Week 5:**

Monday

Squat w/belt x1 @8, x2 @9 plus 2 down sets (load drop)  
Competition Raw Bench x1 @8, x2 @9 plus 2 down sets (load drop)  
Military x9 @6, x9 @7, x9 @8 plus 3 down sets (repeat)

Tuesday

Deadlift w/belt x1 @8, x2 @9 plus 2 down sets (load drop)  
2ct Pause Bench x1 @8, x4 @9 plus 2 down sets (load drop)  
Split Squat x5 @6, x5 @7, x5 @8 plus 3 down sets (repeat)

Thursday

2ct Pause Squat x1 @8, x4 @9 plus 2 down sets (load drop)  
Bench (touch and go) x1 @8, x10 @10 plus 2 down sets (load drop)  
Wide Grip Bench x5 @6, x5 @7, x5 @8 plus 3 down sets (repeat)

Friday

2ct Pause Deadlift x1 @8, x4 @9 plus 2 down sets (load drop)  
Pin Press (mid range) x1 @8, x4 @9 plus 2 down sets (load drop)  
RDL x9 @6, x9 @7, x9 @8 plus 3 down sets (repeat)

### **Week 6:**

Monday

Squat w/belt x1 @8, x3 @9 plus 2 down sets (load drop)  
Competition Raw Bench x1 @8, x3 @9 plus 2 down sets (load drop)  
Military x8 @6, x8 @7, x8 @8 plus 3 down sets (repeat)

Tuesday

Deadlift w/belt x1 @8, x3 @9 plus 2 down sets (load drop)  
2ct Pause Bench x1 @8, x3 @9 plus 2 down sets (load drop)  
Split Squat x6 @6, x6 @7, x6 @8 plus 3 down sets (repeat)

Thursday

2ct Pause Squat x1 @8, x3 @9 plus 2 down sets (load drop)  
Bench (touch and go) x1 @8 then move to 80%x3x8 (-12%).  
Wide Grip Bench x6 @6, x6 @7, x6 @8 plus 3 down sets (repeat)

Friday

2ct Pause Deadlift x1 @8, x3 @9 plus 2 down sets (load drop)

Pin Press (mid range) x1 @8, x3 @9 plus 2 down sets (load drop)

RDL x8 @6, x8 @7, x8 @8 plus 3 down sets (repeat)

### **Week 7**

4-5 Days Out

Squat w/belt x1 @ Opener

Competition Raw Bench x1 @ Opener

Deadlift w/belt x1 @ Opener

2-3 Days Out

Squat w/belt Go through your warm-ups

Competition Raw Bench Go through your warm-ups

Deadlift w/belt Go through your warm-ups

Competition Day

Squat w/belt Competition

Competition Raw Bench Competition

Deadlift w/belt Competition