

Day 2 - ____ / ____			#	RPE	Day 3- ____ / ____			#	RPE
A	Benchpress	12			A	Rev Lunge\ Bulgarian SS\ SL Leg Press	8ea		
		6					6ea		
		3					4ea		
		2					4ea		
		1					4ea		
		1				8			
B	Forward Lunge	6ea			B	OH Press	8		
		6ea					6		
		6ea					6		
C	DB Tricep Ext	4\6			C	Delt Raises	3\10		
	DB Shrugs	4\8				DB Rows	3\10		
D	Pushup Var	3\15			D	Cable Bicep	3\8		
E	Low Rows	3\12				Cable Tricep	3\8		
F	Situp Var	3\1min			E	Hanging Crunch	4\15		
Day 1 - ____ / ____			#	RPE	Day 4 - ____ / ____			#	RPE
A	Back Squat	5			A	Rev Lunge\ Bulgarian SS\ SL Leg Press	8ea		
		3					6ea		
		2					4ea		
		2					4ea		
		1					4ea		
		1				10			
		3			B	Side Lunge	10		
	DB Jumps	5\2					10		
B	Chinups	3\8					C	Pushup Var	3\10
	Pullup Holds	3\30s			D	Wrist Curls	3\15		
C	DB Pullovers	3\8				DB Shrugs	3\20		
	DB Curls	3\8ea			E	Plank	3\1min		
D	3-way Plank	3\1min			F	Russian Twist	3\20ea		