

I  
**STRENGTH**

GYM

12-WEEK PROGRAM



***6 PERCENT***

F I T N E S S



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# 6P STRENGTH

*This program was engineered by NCAA SAA Sprint Champion and 3x NCAA SAA Football Champion, CJ Stone. Every detail in this guide has been tested and proven to build lean muscle, strength, and mass was a staple in his road to success. In this program, you will find everything you need to get absolute results and start your fitness journey!*

## NUTRITION

<b>Maintain Weight</b>	<b>Men: Consume 2,500 calories/day + Nutrition &amp; Workouts</b> <b>Women: Consume 2,000 calories/day + Nutrition &amp; Workouts</b>
<b>Lose Weight</b>	<b>Men: Consume 2,000 calories/day + Nutrition &amp; Workouts</b> <b>Women: Consume 1,500 calories/day + Nutrition &amp; Workouts</b>
<b>Cut</b>	<b>Men: Consume 2,300 calories/day + Nutrition &amp; Workouts</b> <b>Women: Consume 1,800 calories/day + Nutrition &amp; Workouts</b>
<b>Gain Weight</b>	<b>Men: Consume 3,000 calories/day + Nutrition &amp; Workouts</b> <b>Women: 2,500 calories/day + Nutrition &amp; Workouts</b>

### **WEEKS 1-4:**

Eat 3 Meals a day + pre workout snack + post workout snack

*Breakfast -> Lunch -> Snack -> Pre-Workout Snack -> Post-Workout Snack -> Dinner*

### **WEEKS 4-12:**

Eat 3 Meals a day + pre workout + post workout snack + bedtime snack

*Breakfast -> Lunch -> Snack -> Pre-Workout Snack -> Post-Workout Snack ->*

*Dinner -> Bedtime Snack*

### **ALWAYS:**

Breakfast = Protein + Sugars + Carbs + Fats

Pre-Workout Snack = Protein + Sugars + Carbs + Fats

Post-Workout Snack= Protein + sugars + Carbs

Lunch/Dinner = Protein + Carbs + Fats + Veggies (No Sugars)

**\*\*\*Shakes count as snacks, not meals.**

### **SNACK SUGGESTIONS:**

Bananas

Granola Bars

Nuts

Protein Shakes

Oats

Yogurt

Peanut Butter

Chocolate

Smoothies

### **DIETING ON A BUDGET:**

One of the most beneficial things towards my gains were eating whole foods often and as much as I could. One of the best ways to do this I by getting a Sam's/Costco card and buying in bulk. Protein isn't cheap and buying in bulk will save you long term. Always check the local News Paper for sales at your local grocery store too. Some stores will have certain days of the week where they will sell off that week's extra chicken, steak, fish, Etc. It's your job to keep an eye out and buy in bulk and freeze those proteins.



# FOOD LIST

PROTEINS	CARBOHYDRATES	VEGGIES	FATS
* Chicken Breast (231 calories)	* Pasta (1 cup = 220 calories)	* Spinach (1 cup = 41 calories)	* Peanut Butter (2 Tbsp. = 188 calories)
* Omega 3	* Wheat Pasta (1 cup = 176 calories)	* Broccoli (1 cup = 31 calories)	* Coconut oil (1 tsp. = 39 calories)
* Eggs (1 = 78 calories)	* Brown Rice (1 cup = 216 calories)	* Cauliflower (1 cup = 27 calories)	* Macadamia Nut Oil (1 tsp = 41 calories)
* Egg Whites (17 calories)	* White Rice (1 cup = 206 calories)	* Asparagus (1 cup = 27 calories)	* Macadamia Nuts (1 cup = 962 calories)
* Filet Mignon (278 calories)	* Basmati Rice (1 cup = 191 calories)	* Green beans (1 cup = 30 calories)	* Almonds (1 cup = 827 calories)
* Steak (308 calories)	* Sweet Potato (114 calories)	* String Beans (1 cup = 30 calories)	* Walnuts (1 cup = 523 calories)
* Whey Isolate	* Oats (1 cup = 307 calories)	* Carrots (1 cup = 45 calories)	* Cashews (1 cup = 754 calories)
* Tilapia (112 calories)	* Grits (1 cup = 143 calories)	* Corn (1 cup = 125 calories)	* Olive Oil (1 tsp = 41 calories)
* Catfish (199 calories)	* Red Potatoes (108 calories)	* Squash (1 cup = 20 calories)	* Avocado (1 cup = 234 calories)
* Sashimi (262 calories)	* Multigrain Bread (65 calories/slice)	* Zucchini (1 cup = 20 calories)	* Almond Butter (1 Tbsp = 98 calories)
* Shrimp (3oz. = 84 calories)	* Simple Sugars	* Pickles (1 cup = 16 calories)	
* Orange Roughy (100 calories)	* Banana (105 calories)	* Cucumbers (1 cup = 16 calories)	
* Buffalo (207 calories)	* Apple (95 calories)	* Celery (1 cup = 14 calories)	
* Ostrich (165 calories)	* Berries (1 cup = 85 calories)	* Cabbage (1 cup = 17 calories)	
* Turkey Breast (Not Deli Meat) (150 calories)	* Raisins (1 cup = 450 calories)	* Lettuce/Romaine/Iceberg (1 cup = 5 calories)	
* Ground Turkey/Chicken (160 calories)	* Dates (1 cup = 414 calories)		
* LEAN Red Meat (170 calories)	* Pineapple (1 cup = 82 calories)		
	* Plum (1 cup = 76 calories)		



# PROGRAM STRUCTURE

<i>Day 1</i>	<i>Press/Pulls (Bench Press)</i>
<i>Day 2</i>	<i>Legs (Back Squats)</i>
<i>Day 3</i>	<i>Press &amp; Accessories (Bench Press Variants)</i>
<i>Day 4</i>	<i>Legs (Squat Variants)</i>
<i>Day 5</i>	<i>Optional: Workouts</i>


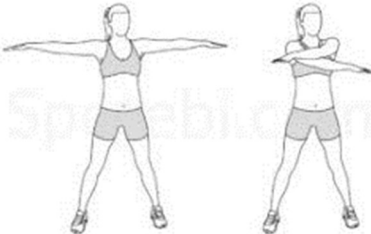



## QUICK TIPS:

- Completing the warmup in its entirety is the best way to warm up bodily processes and be ready for exercise.
- Set goals for yourself, no matter the size
- *Progressive Overload* is the Key to building strength and muscle mass. Start with moderate weight and work up until your last set is the heaviest possible weight that you can complete all the programmed reps with.
- If your last set at 80% begins to be relatively easy, then congratulations! You've gotten stronger. Increase your max no more than 15 lbs. and set it as your new max to work from.
- Occasionally add a Burnout Set to the end of programmed Bench/Squats sets
- Never Ego lift! Work with weight you can manage and progress toward your goals!
- If you pick a weight where you find yourself breaking form or can't complete all the reps, then that weight is TOO HEAVY! Decrease the weight so you can have QUALITY reps.
- Keeping a tight core and breathing while lifting is critical
- Lift percentages can also be calculated by taking your max and multiplying it by the decimal of the percent (ex:  $300 \times .75\% = \text{percentage}$ )
- It's ok to have bad days. You will have off days and feel weaker than normal. Just focus on finishing the workout.
- Eating is a crucial part of building muscle! Make sure you are eating enough food during this program to get the best results.

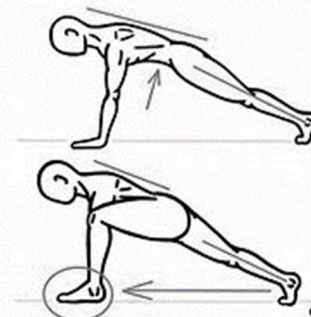
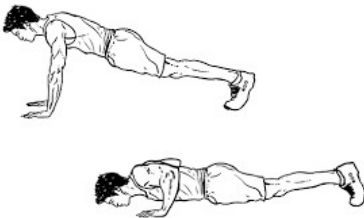
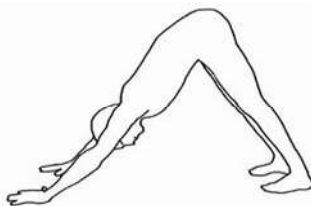

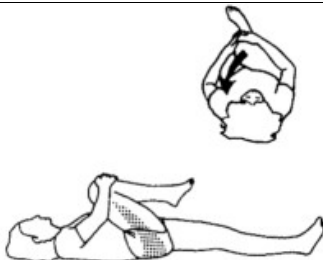



# WARM UP

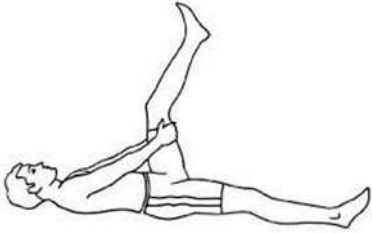



STRETCH	REPS/TIME	DIAGRAM
Forward Arm Rotations (small)	X 10	
Forward Arm Rotations (big)	X 10	
Backwards Arm Rotations (small)	X 10	
Backwards arm Rotations (big)	X 10	
Arm Cross Body Swings	X 10	
Body Weight Squats	X 10	





Spider-Man	2 x 10 sec. on each leg	
Push-Ups	X 10	
Downward Dog	10 sec.	
Knee to Chest	10 sec. each leg	
Knee to Opposite Shoulder	10 sec.	
Knee Across	10 sec.	



Hamstring Stretch	10 sec	
Lying Leg Kicks	X 10	
Static Lunge with a Twist	10 sec.	
0.5 Mile Run	0.5 Miles	

*Now you're ready to start your workout!*

## AB GENERATOR

<https://ab-generator-1.web.app/home>

1. Select 2 exercise from Rectus Abdominus, 1 exercise from Obliques, and 1 exercise from Core.
2. 1 round of these 4 Ab Workouts = 1 total set
3. Complete 3 Sets with a 2-minute break between each set.
  - SUPER AB CIRCUIT = Perform 4 x 30 (10 reps w/ legs middle, 10 reps with legs right, 10 reps with legs left) crunches on the Ab Crunch Machine, then complete 3 sets of the circuit below.

Rectus Abdominus	
Exercise	Reps/Time
Crunches	30
Flutter Kicks	30 each leg
Reverse Crunches	15
Reverse Superman	15 each side
Hollow Rocks	15
Planks	45 sec.
X Crunches	15
Sprinter Sit-Ups	15 each side
6 inches	45 sec.
Push-up Planks	45 sec.
Seated Knee Tucks	15

Obliques	
Exercise	Reps/Time
Bicycles	50 total
Twisters	45 sec.
Russian Twists	50 total
Jack Knives	30 total
Side Planks	30 sec.

Core	
Exercise	Reps/Time
Superman	30 sec.
Kneeling Opposite Holds	30 sec. each side
Aqua Man	15 each side
Back Bridge	45 sec.
Single Leg Back Bridge	20 sec.



# WEEK 1, DAY 1: BENCH MAX

If you already know your max, skip this test and continue to page 10

Before you start the program, a bench max testing is **NEEDED** so that you will have a set workload to work on for the remainder of the program.

**1. 1 X 5 at 60%**

Refer to the percentage sheet and select a target weight that is realistically attainable for you. Do 1 set of 8 reps at 60% (according to the percentage sheets). **Rest: 2 minutes.**

**2. 1 X 5 at 65%** - Increase the weight to 65%. Complete 1 set of 5 reps. **Rest 2 minutes.**

**3. 1 X 3 at 75%** - Increase weight to 75% and complete 1 set of 3 reps. **Rest 2 minutes.**

**4. 1 x 1 at 80%** - Increase weight to 80% and complete 1 set of 1-2 reps. **Rest 3 minutes.**

**5. 1 X AMAP at 80%**

Increase weight to 80%. Complete 1 set of As Many Reps Possible. **STOP** if you feel as if you can do more than 10 reps, reset and add enough weight to the bar where you cannot exceed 10 reps.

\* if you get more than 10 reps, you can continue but your max may not be as accurate.

**6. Take note of the weight you finished step 4 on and how many reps you were able complete. Refer to the percentage sheets and find your total reps achieved.**

100%	95%	.92.5%	90%	.87.5%	85%	.82.5%	80%	.77.5%	75%
1RM	2RM	3RM	4RM	5RM	6RM	7RM	8RM	9RM	10RM

In the same column, go down until you find your weight that you did your last set on and scroll to the 100% 1RM value in the corresponding row

100%	95%	.92.5%	90%	.87.5%	85%	.82.5%	80%	.77.5%	75%
1RM	2RM	3RM	4RM	5RM	6RM	7RM	8RM	9RM	10RM
295	280.2	272.8	265	258	250	242	235	228	221
290	275	268	261	253	246	239	232	225	218
285	270	263	256	249	242	235	228	221	214
280	266	259	252	245	238	231	224	217	210
275	261	254	247	240	233	226	219	212	205
270	265	249	243	236	229	222	215	208	201
265	251	245	238	231	225	218	212	205	198
260	242	235	229	223	216	210	204	197	190
255	242	235	229	223	216	210	204	197	190
250	237	231	225	218	212	206	200	193	186
245	232	226	220	214	208	202	196	189	182

\*In this example, the athlete's bench max is 260lbs.

Congrats! You now have your max bench and ready to finish your workout! (Take note of your Max.)



## WEEK 2, DAY 2: SQUAT MAX

If you already know your max, skip this test and continue to page 10

*Just like the Bench Max, a maximum squat number is NEEDED so that you will have a set workload to work on for the remainder of the program. The squat test is the same as the bench test.*

**1. 1 X 5 at 60%**

Refer to the percentage sheet and select a target weight that is realistically attainable for you. Do 1 set of 8 reps at 60% (according to the percentage sheets). **Rest 2 minutes.**

**2. 1 X 5 at 65%** - Increase the weight to 65%. Complete 1 set of 5 reps. **Rest 2 minutes.**

**3. 1 X 3 at 75%** - Increase weight to 75% and complete 1 set of 3 reps. **Rest 2 minutes.**

**4. 1 x 1 @ 80%** - Increase weight to 80% and complete 1 set of 1-2 reps. **Rest 2 minutes.**

**5. 1 X AMAP at 80%**

Increase weight to 80%. Complete 1 set of As Many Reps As Possible. **STOP** if you feel as if you can do more than 10 reps, reset and add enough weight to the bar where you cannot exceed 10 reps.

\* if you get more than 10 reps, you can continue but your max may not be as accurate.

**6. Just like the bench max, take note of the weight you finished step 4 on and how many reps you were able complete. Refer to the percentage sheets and find your total reps achieved, then trace to the left to find your max for squat!**

100%	95%	.92.5%	90%	.87.5%	85%	.82.5%	80%	.775%
1RM	2RM	3RM	4RM	5RM	6RM	7RM	8RM	9RM
295	280.2	272.8	265	258	250	242	235	228
290	275	268	261	253	246	239	232	225
285	270	263	256	249	242	235	228	221
280	266	259	252	245	238	231	224	217
275	261	254	247	240	233	226	219	212
270	265	249	243	236	229	222	215	208
265	251	245	238	231	225	218	212	205
260	242	235	229	223	216	210	204	198
255	242	235	229	223	216	210	204	198
250	237	231	225	218	212	206	200	194
245	232	226	220	214	208	202	196	190

\*In this example, the athlete's bench max is 260lbs.

Congrats! This value is your max squat and you are now ready to finish your workout!

\*Like bench, take note of you Squat Max so you will remember it for future reference.



# WEEK 1

Day	Exercise 1	Exercise 2	Exercise 3	Exercise 4	Exercise 5	Exercise 6	Exercise 7	Exercise 8
1	<b>Bench Max</b> (see page 2)  <b>Or</b>  8 @ 60% 5 @ 65% 5 @ 70% 5 @ 75% 3 @ 80%	<b>Dumbbell Shoulder Press</b>  3 x 10  Rest: 90 sec.	<b>Pull Ups</b>  3 x 10  Rest: 90 sec.	<b>Close Grip DB Bench</b>  3 x 10  Rest 90 sec:	<b>Cable Rows</b>  3 x 10  Rest: 90 sec.	<b>DB Shrugs</b>  3 x 10  Rest: 60 sec.	<b>EZ Bar Curls</b>  3 x 10  Rest: 60 sec.	<b>Ab Circuit</b>
2	<b>Squat Max</b> (see page 3)  <b>Or</b>  8 @ 60% 5 @ 65% 5 @ 70% 5 @ 75% 3 @ 80%	<b>DB RDL's</b>  3 x 10  Rest: 90 sec.	<b>DB Lunges</b>  3 x 8 (each leg)  Rest: 90 sec.	<b>Seated Calf Raise</b>  3 x 12  Rest: 60 sec.	<b>Leg Press</b>  3 x 10  Rest: 90 sec.	<b>Ab Circuit</b>		
3	<b>Bench Press</b>  10 @ 65% 10 @ 70% 8 @ 75% 8 @ 75%  Rest 2 min.	<b>DB Reverse Fly's</b>  3 x 10  Rest: 90 sec.	<b>Dips</b>  3 x 10  Rest: 90 sec.	<b>Hammer Curls</b>  3 x 10  Rest: 90 sec.	<b>Overhead Tricep Extensions</b>  3 x 10  Rest: 90 sec.	<b>Plate Front Raises</b>  3 x 10  Rest: 60 sec.	<b>Plate Lateral Raises</b>  3 x 10  Rest: 60 sec.	<b>Ab Circuit</b>
4	<b>Back Squats</b>  10 @ 65% 10 @ 70% 8 @ 75% 8 @ 75%  Rest: 2 min.	<b>Goblet Squat</b>  3 x 10  Rest: 90 sec.	<b>Single Leg Leg Press</b>  3 x 10  Rest: 90 sec.	<b>Back Extensions</b>  3 x 10  Rest: 90 sec.	<b>Hamstring Curls</b>  3 x 10  Rest: 90 sec.	<b>Leg Extensions</b>  3 x 10  Rest: 90 sec.	<b>Standing Calf Raise</b>  3 x 12  Rest: 60 sec.	<b>Ab Circuit</b>



## WEEKS 2 - 4

Day	Exercise 1	Exercise 2	Exercise 3	Exercise 4	Exercise 5	Exercise 6	Exercise 7	Exercise 8
1	<b>Bench Press:</b> 8 @ 65% 5 @ 70% 5 @ 75% 3 @ 80% Rest: 2 min.	<b>Dumbbell Shoulder Press</b> 3 x 10 Rest 90 sec.	<b>Pull Ups</b> 3 x 10 Rest 90 sec.	<b>Close Grip DB Press</b> 3 x 10 Rest: 90 sec.	<b>Barbell Rows</b> 3 x 10 Rest: 90 sec.	<b>DB Shrugs</b> 3 x 10 Rest: 60 sec.	<b>EZ Bar Curls</b> 3 x 10 Rest: 60 sec.	Ab Circuit
2	<b>Back Squats</b> 8 @ 65% 5 @ 70% 5 @ 75% 3 @ 80% Rest: 2 min.	<b>DB RDL</b> 3 x 10 Rest: 90 sec.	<b>DB Lunges</b> 3 x 8 (each leg) Rest: 90 sec.	<b>Seated Calf Raises</b> 3 x 12 Rest: 90 sec.	<b>Leg Press</b> 3 x 10 Rest: 90 sec.	Ab Circuit		
3	<b>Bench Press</b> 10 @ 65% 10 @ 70% 8 @ 75% 8 @ 75% Rest: 2 min.	<b>DB Reverse Fly's</b> 3 x 10 Rest: 90 sec.	<b>Dips (weighted or unweighted)</b> 3 x 10 Rest 90 sec.	<b>Hammer Curls</b> 3 x 10 Rest: 90 sec.	<b>Overhead Tricep Extension</b> 3 x 10 Rest: 90 sec.	<b>Plate Front Raises</b> 3 x 10 Rest: 60 sec.	<b>Plate Lateral Raises</b> 3 x 10 Rest: 60 sec.	Ab Circuit
4	<b>Back Squats:</b> 10 @ 65% 10 @ 70% 8 @ 75% 8 @ 75% Rest: 2 min.	<b>Goblet Squat</b> 3 x 10 Rest: 90 sec.	<b>Single Leg Leg Press</b> 3 x 10 Rest: 90 sec.	<b>Back Extension</b> 3 x 10 Rest: 90 sec.	<b>Hamstring Curls</b> 3 x 10 Rest: 90 sec.	<b>Leg Extension</b> 3 x 10 Rest: 90 sec.	<b>Standing Calf Raises</b> 3 x 12 Rest: 60 sec.	Ab Circuit



## WEEKS 5 - 8

Day	Exercise 1	Exercise 2	Exercise 3	Exercise 4	Exercise 5	Exercise 6
1	<b>Bench Press</b>  5 @ 65% 5 @ 70% 5 @ 75% 5 @ 80%  Rest: 2 min.	<u>Super Set 1</u>  <b>Arnold Press &amp; Pull Ups</b>  4 x 10 each  Rest: 2 min.	Inclined Alternating DB Bench  4 x 10  Rest: 90 sec.	<u>Super Set 2</u>  <b>Single Arm DB Rows &amp; Shrugs</b>  4 x 10 each  Rest: 2 min.	<b>Machine Curls</b>  4 x 10  Rest: 60 sec.	<b>Ab Circuit</b>
2	<b>Back Squats</b>  5 @ 65% 5 @ 70% 5 @ 75% 5 @ 80%  Rest: 2 min.	<b>Barbell RDL's</b>  4 x 10  Rest: 90 sec.	<u>Super Set</u>  <b>DB Split Squats, Standing Calf Raises</b>  4 x 10 each  Rest: 2 min.	<b>Leg Press</b>  4 x 12  Rest: 90 sec.	<b>Super Ab Circuit</b>	
3	<b>Barbell Incline Bench</b>  5 @ 60% 5 @ 65% 5 @ 70% 5 @ 70%  Rest: 2 min.	<b>Decline Bench Machine</b>  4 x 10  Rest: 90 sec.	<u>SuperSet 1</u>  <b>DB Reverse Fly's &amp; Dips</b>  4 x 10 each  Rest: 2 min.	<u>Super Set 2</u>  <b>Hammer Curls &amp; Overhead Tricep Extensions</b>  4 x 10 each  Rest: 2 min.	<u>Super Set 3</u>  <b>Plate Front &amp; Side Raises</b>  4 x 10 each  Rest: 90 sec.	<b>Ab Circuit</b>
4	<b>Front Squats (Work off of 80% Max Squat)</b>  5 @ 65% 5 @ 70% 5 @ 75% 5 @ 80%  Rest: 2 min.	<u>SuperSet 1</u>  <b>Single Leg Press, Goblet Squats</b>  4 x 10 each  Rest: 90 sec.	<b>Hamstring Curls</b>  4 x 10  Rest: 90 sec.	<b>Leg Extensions</b>  4 x 10  Rest: 90 sec.	<u>SuperSet 2</u>  <b>Back Extensions &amp; Seated Calf Raises</b>  4 x 10 each  Rest 90 sec.	<b>Super Ab Circuit</b>





## WEEKS 9 – 12

Day	Exercise 1	Exercise 2	Exercise 3	Exercise 4	Exercise 5	Exercise 6
1	<b>Bench Press:</b>  5 @ 65% 5 @ 70% 5 @ 75% 5 @ 80%  Rest: 2 min.	<u>Super Set 1</u>  <b>Over Head Press, Pull Ups</b>  4 x 10 each  Rest: 2 min.	<b>Landmine Chest Press (or) Close grip DB bench</b>  4 x 12  Rest: 90 sec.	<u>Super Set 2</u>  <b>Barbell Rows &amp; DB Reverse Fly's</b>  4 x 10 each  Rest: 90 sec.	<u>Super Set 3</u>  <b>DB Shrugs, EZ Bar Curls</b>  4 x 10 each  Rest: 90 sec.	Ab Circuit
2	<b>Back Squat</b>  5 @ 65% 5 @ 70% 5 @ 75% 5 @ 80%  Rest: 2 min.	<b>Barbell RDL's</b>  4 x 10  Rest: 90 sec.	<b>Leg Press</b>  4 x 15  Rest: 90 sec.	<b>DB Split Squats</b>  4 x 10  Rest: 90 sec.	<b>Seated Calf Raises</b>  4 x 10  Rest: 90 sec.	Super Ab Circuit
3	<b>Bench Press</b>  1 x 8 @ 65% 3 x 8 @ 70%  Rest: 2 min.	<u>Super Set 1</u>  <b>Hammer Curls, OverHead Extensions</b>  4 x 10 each  Rest: 2 min.	<b>Landmine Shoulder Press (or) Single Arm DB Shoulder Press</b>  4 x 10  Rest: 90 sec.	<u>Super Set 2</u>  <b>DB Rows, Dips</b>  4 x 10 each  Rest: 90 sec.	<u>Super Set 3</u>  <b>Plate Front/Side Raises</b>  4 x 10 each  Rest: 90 sec.	Ab Circuit
4	<b>1 ½ Squats</b>  8 @ 55% 8 @ 60% 8 @ 65% 8 @ 65%  Rest: 2 min	<u>Super Set 1</u>  <b>Goblet Squats, Seated Calf Raises</b>  4 x 10 each  Rest: 90 sec.	<b>Hamstring Curls</b>  4 x 10  Rest: 90 sec.	<b>Leg Extensions</b>  4 x 10  Rest: 90 sec.	<u>Super Set 2</u>  <b>Single Leg Leg Press, Back Extensions</b>  4 x 10 each  Rest: 90 sec.	Super Ab Circuit



## DAY 5: SUN'S OUT GUNS OUT

### OPTION 1:

1	EXERCISE 1	EXERCISE 2 & 3	EXERCISE 4	EXERCISE 5	EXERCISE 6	EXERCISE 7	EXERCISE 8
LIFT	BARBELL 24'S	<u>Super Set</u> Tricep Cable Pushdowns, Overhead Tricep Extensions	Hammer Curls	Straight Bar Pushdowns	Reverse Grip Tricep Pushdowns	Single Arm Preacher Curls	Ab Circuit
REPS	4 x 24	4 X 12 each	4 x 10	4 x 12	4 x 12	4 x 12	3 sets
REST	90 sec.	2 min.	90 sec.				1 min.

### OPTION 2:

2	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5	EXERCISE 6	EXERCISE 7	EXERCISE 8
LIFT	Tricep Cable Pushdowns	Barbell Curls	Incline Tricep Extensions	Rope Hammer Curls	Hammer Curls	EZ Bar Pushdown	Preacher Curl	Ab Circuit
REPS	6 x 12	6 x 12	4 x 12	4 x 12	4 x 12	4 x 12	4 x 12	3 Sets
REST	90 sec.							1 min.



### **OPTION 3:**

3	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5	EXERCISE 6	EXERCISE 7	EXERCISE 8
Lift:	Rope Pushdown	Hammer Curls + Drop Set	<u>Super Set:</u> EZ Bar Pushdown, Overhead Extension		EZ Bar Cable Curls	One Arm Tricep Pushdown	Preacher Curls	Ab Circuit
Reps:	4 x 12	4 x 10 (each arm)	4 x 12		4 x 12	4 x 10	4 x 12	3 Sets
Rest:	90 SEC.							1 min.

### **OPTION 4:**

4	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5	EXERCISE 6	EXERCISE 7	EXERCISE 8
LIFT	Seated Hammer Curls + Drop Set	Overhead Extensions + Drop Set	Dumbbell Reverse Curls	Rope Pushdowns + Drop Set	Barbell Curls + Drop Set	Plate Front Raises + Drop Set	Plate Lateral Raises + Drop Set	Ab Circuit
REPS	4 x 10, 4 x 10	4 x 10, 4 x 10	4 x 12	4 x 12, 4 x 12	4 x 12 4 x 12	4 x 10, 4 x 10	4 x 10, 4 x 10	3 Sets
REST	90 sec.							1 min.



# 100 LBS. – 295 LBS.

100%	95%	.92.5%	90%	.87.5%	85%	.82.5%	80%	.77.5%	75%	.72.5%	70%	.67.5%	65%	.62.5%	60%	.57.5%	55%	.52.5%	50%
1RM	2RM	3RM	4RM	5RM	6RM	7RM	8RM	9RM	10RM	11RM	12RM	13RM	14RM	15RM	16RM	17RM	18RM	19RM	20RM
295	280.2	272.8	265	258	250	24	236	228	221	213	206	199	191	184	177	169	162	154	147
290	275	268	261	253	246	239	232	224	217	210	203	195	188	181	174	166	159	152	145
285	270	263	256	249	242	235	228	220	213	206	199	192	185	178	171	163	156	149	142
280	266	259	252	245	238	231	224	217	210	203	196	189	182	175	168	161	154	147	140
275	261	254	247	240	233	226	220	213	206	199	192	185	178	171	165	158	151	144	137
270	265	249	243	236	229	222	216	209	202	195	189	182	175	168	162	155	148	141	135
265	251	245	238	231	225	218	212	205	198	192	185	178	172	165	159	152	145	139	132
260	247	240	234	227	221	214	208	201	195	188	182	175	169	162	156	149	143	136	130
255	242	235	229	223	216	210	204	197	191	184	178	172	165	159	153	146	140	133	127
250	237	231	225	218	212	206	200	193	187	181	175	168	162	156	150	143	137	131	125
245	232	226	220	214	208	202	196	189	183	177	171	165	159	153	147	140	134	128	122
240	228	222	216	210	204	198	192	186	180	174	168	162	156	150	144	138	132	126	120
235	223	217	211	205	199	193	188	182	176	170	164	158	152	146	141	135	129	123	117
230	218	212	207	201	195	189	184	178	172	166	161	155	149	143	138	132	126	120	115
225	213	208	202	196	191	185	180	174	168	163	157	151	146	140	135	129	123	118	112
220	209	203	195	192	187	181	176	170	165	159	154	148	143	137	132	126	121	115	110
215	204	198	193	188	182	177	172	166	161	155	150	145	139	134	129	123	118	112	107
210	199	194	189	183	178	173	168	162	157	152	147	141	136	131	126	120	115	110	105
205	194	189	184	179	174	169	164	158	153	148	143	138	133	128	123	117	112	107	102
200	190	185	180	175	170	165	160	155	150	145	140	135	130	125	120	115	110	105	100
195	185	180	175	170	165	160	156	151	146	141	136	131	126	121	117	112	107	102	97
190	180	175	171	166	161	156	152	147	142	137	133	128	124	118	114	109	104	99	95
185	175	171	166	161	157	152	148	143	138	134	129	124	120	115	111	106	101	97	92
180	171	166	162	157	153	148	144	139	135	130	126	121	117	112	108	103	99	94	90
175	166	161	157	153	148	144	140	135	131	126	122	118	113	109	105	100	96	91	87
170	161	157	153	148	144	140	136	131	127	123	119	114	110	106	102	97	93	89	85
165	156	152	148	144	140	136	132	127	123	119	115	111	107	103	99	94	90	86	82
160	152	148	144	140	136	132	128	124	120	116	112	108	104	100	96	92	88	84	80
155	147	143	139	135	131	127	124	120	116	112	108	104	100	96	93	89	85	81	77
150	142	138	135	131	127	123	120	116	112	108	105	101	97	93	90	86	82	78	75
145	137	134	130	126	123	119	116	112	108	105	101	97	94	90	87	83	79	76	72
140	133	129	126	122	119	115	112	108	105	101	98	94	91	87	84	80	77	73	70
135	128	124	121	118	114	111	108	104	101	97	94	91	87	84	81	77	74	70	67
130	123	120	117	113	110	107	104	100	97	94	91	87	84	81	78	74	71	68	65
125	118	115	112	109	106	103	100	96	93	90	87	84	81	78	75	71	68	65	62
120	114	111	108	105	102	99	96	93	90	87	84	81	78	75	72	69	66	63	60
115	109	106	103	100	97	94	92	89	86	83	80	77	74	71	69	66	63	60	57
110	104	101	99	96	93	90	88	85	82	79	77	74	71	68	66	63	60	57	55
105	99	97	94	91	89	86	84	81	78	76	73	70	68	65	63	60	57	55	52
100	95	92	90	87	85	82	80	77	75	72	70	67	65	62	60	57	55	52	50



## 300 LBS. – 395 LBS.

100%	95%	.92.5%	90%	.87.5%	85%	.82.5%	80%	.77.5%	75%	.72.5%	70%	.67.5%	65%	.62.5%	60%	.57.5%	55%	.52.5%	50%
1RM	2RM	3RM	4RM	5RM	6RM	7RM	8RM	9RM	10RM	11RM	12RM	13RM	14RM	15RM	16RM	17RM	18RM	19RM	20RM
395	375	365	355	345	335	325	315	306	296	286	276	266	256	246	237	227	217	207	197
390	370	360	350	341	331	321	312	302	292	282	273	263	253	243	234	224	214	204	195
385	365	356	346	336	327	317	308	298	288	279	269	259	250	240	231	221	211	202	192
380	361	351	342	332	323	313	304	294	285	275	266	256	247	237	228	218	209	199	190
375	356	346	337	328	318	309	300	290	281	271	262	253	243	234	225	215	206	196	187
370	351	342	333	323	314	305	296	286	277	268	259	249	240	231	222	212	203	194	185
346	346	337	328	319	310	301	292	282	273	264	255	246	237	228	219	209	200	191	182
360	342	333	324	315	306	297	288	279	270	261	252	243	234	225	216	207	198	189	180
355	337	328	319	310	301	292	284	275	266	257	248	239	230	221	211	204	195	186	177
350	332	323	315	306	297	288	280	271	262	253	245	236	227	218	210	201	192	183	175
345	327	319	310	301	293	284	276	267	258	250	241	232	224	215	207	198	189	181	172
340	323	314	306	297	289	280	272	263	255	246	238	229	221	212	204	195	187	178	170
335	318	309	301	293	284	276	268	259	251	242	234	226	217	209	201	192	184	175	167
330	313	305	297	288	280	272	264	255	247	239	231	222	214	206	198	189	181	173	165
325	308	300	292	284	276	268	260	251	243	235	227	219	211	203	195	186	178	170	162
320	304	296	288	280	272	264	256	248	240	232	224	216	208	200	192	184	176	168	160
315	299	291	283	275	267	259	251	244	236	228	220	212	204	196	189	181	173	165	157
310	294	286	279	271	263	255	248	240	232	224	217	209	201	193	186	178	170	162	155
305	289	282	274	266	259	251	244	236	228	221	213	205	198	190	183	175	167	160	152
300	285	277	270	262	255	247	240	232	225	217	210	202	195	187	180	172	165	157	150





# 400 LBS. 495 LBS.

100%	95%	.92.5%	90%	.87.5%	85%	.82.5%	80%	.77.5%	75%	.72.5%	70%	.67.5%	65%	.62.5%	60%	.57.5%	55%	.52.5%	50%
1RM	2RM	3RM	4RM	5RM	6RM	7RM	8RM	9RM	10RM	11RM	12RM	13RM	14RM	15RM	16RM	17RM	18RM	19RM	20RM
495	470	457	445	433	420	408	396	383	371	358	346	334	321	309	297	284	272	259	247
490	465	453	441	428	416	404	392	379	367	355	343	330	318	306	294	281	269	257	245
485	460	448	436	424	412	400	388	375	363	351	339	327	315	303	291	278	266	254	242
480	456	444	432	420	408	396	384	372	360	348	336	324	312	300	288	276	264	252	240
475	451	439	427	415	403	391	380	368	356	344	332	320	308	296	285	273	261	249	237
470	446	434	423	411	399	387	376	364	352	340	329	317	305	293	282	270	258	246	235
465	441	430	418	406	395	383	372	360	348	337	325	313	302	290	279	267	255	244	232
460	437	425	414	402	391	379	368	356	345	333	322	310	299	287	276	264	253	241	230
455	432	420	409	398	386	375	364	352	341	329	318	307	295	284	273	261	250	238	227
450	427	416	405	393	382	371	360	348	337	326	315	303	292	281	270	258	247	236	225
445	422	411	400	389	378	367	356	344	333	322	311	300	289	278	267	255	244	233	222
440	418	407	396	385	374	363	352	341	330	319	308	297	286	275	264	253	242	231	220
435	413	402	391	380	369	358	348	337	326	315	304	293	282	271	261	250	239	228	217
430	408	397	387	376	365	354	344	333	322	311	301	290	279	268	258	247	236	225	215
425	403	393	382	371	361	350	340	329	318	308	297	286	276	265	255	244	233	223	212
420	399	388	378	367	357	346	336	325	315	304	294	283	273	262	252	241	231	220	210
415	394	383	373	363	352	342	332	321	311	300	290	280	269	259	249	238	228	217	207
410	389	379	369	358	348	338	328	317	307	297	287	276	266	256	246	235	225	215	205
405	384	374	364	354	344	334	324	313	303	293	283	273	263	253	243	232	222	212	202
400	380	370	360	350	340	330	320	310	300	290	280	270	260	250	240	230	220	210	200



## 45-100 LBS.

Max Reps	1	2	3	4	5	6	7	8	9	10	11	12
%1RM	100%	95%	93%	90%	88%	85%	83%	80%	78%	75%	73%	70%
45	43	42	41	39	38	37	36	35	34	33	32	
50	48	46	45	44	43	41	40	39	38	36	35	
55	52	51	50	48	47	45	44	43	41	40	39	
60	57	56	54	53	51	50	48	47	45	44	42	
65	62	60	59	57	55	54	52	50	49	47	46	
70	67	65	63	61	60	58	56	54	53	51	49	
75	71	69	68	66	64	62	60	58	56	54	53	
80	76	74	72	70	68	66	64	62	60	58	56	
85	81	79	77	74	72	70	68	66	64	62	60	
90	86	83	81	79	77	74	72	70	68	65	63	
95	90	88	86	83	81	78	76	74	71	69	67	
100	95	93	90	88	85	83	80	78	75	73	70	

