

Week 1, Day 1, Routine A

Exercise	Weight	Side	Reps	Sets
Squat	45	0.0	5	2
	115	35.0	4	1
	150	52.5	3	1
	165	60.0	5	3
Press	45	0.0	5	2
	65	10.0	4	1
	80	17.5	3	1
	90	22.5	5	3
Dead Lift	135	0.0	5	2
	135	0.0	4	1
	175	20.0	3	1
	195	30.0	5	3

Week 1, Day 2, Routine B

Exercise	Weight	Side	Reps	Sets
Squat	45	0.0	5	2
	120	37.5	4	1
	160	57.5	3	1
	175	65.0	5	3
Bench Press	45	0.0	5	2
	75	15.0	4	1
	95	25.0	3	1
	105	30.0	5	3
Dead Lift	135	0.0	5	2
	145	5.0	4	1
	190	27.5	3	1
	210	37.5	5	3

Week 1, Day 3, Routine A

Exercise	Weight	Side	Reps	Sets
Squat	45	0.0	5	2
	130	42.5	4	1
	165	60.0	3	1
	185	70.0	5	3
Press	45	0.0	5	2
	65	10.0	4	1
	85	20.0	3	1
	95	25.0	5	3
Dead Lift	135	0.0	5	2
	160	12.5	4	1
	205	35.0	3	1
	225	45.0	5	3

Week 2, Day 1, Routine B

Exercise	Weight	Side	Reps	Sets
Squat	45	0.0	5	2
	135	45.0	4	1
	175	65.0	3	1
	195	75.0	5	3
Bench Press	45	0.0	5	2
	75	15.0	4	1
	100	27.5	3	1
	110	32.5	5	3
Dead Lift	135	0.0	5	2
	170	17.5	4	1
	215	40.0	3	1
	240	52.5	5	3

Week 2, Day 2, Routine A

Exercise	Weight	Side	Reps	Sets
Squat	45	0.0	5	2
	145	50.0	4	1
	185	70.0	3	1
	205	80.0	5	3
Press	45	0.0	5	2
	70	12.5	4	1
	90	22.5	3	1
	100	27.5	5	3
Dead Lift	135	0.0	5	2
	180	22.5	4	1
	230	47.5	3	1
	255	60.0	5	3

Week 2, Day 3, Routine B

Exercise	Weight	Side	Reps	Sets
Squat	45	0.0	5	2
	150	52.5	4	1
	195	75.0	3	1
	215	85.0	5	3
Bench Press	45	0.0	5	2
	80	17.5	4	1
	105	30.0	3	1
	115	35.0	5	3
Dead Lift	135	0.0	5	2
	190	27.5	4	1
	245	55.0	3	1
	270	67.5	5	3