

Weightlifting Routine

Monday

Exercise	Volume	Reps	Sets	Notes
Bench Press		4▲	1	
Barbell OHP		5▲	1	
DB Lat Raises		8▲▲	1	
Barbell Rows		5-6	2	
Assisted Chins		6-8	1	

Tuesday

Exercise	Volume	Reps	Sets	Notes
Bulgarian Split Squat		6-8	2	Glute Bias
RDLs		5-6	2	
Band-Assisted Nordics		5	3	
Wrist Extensions		15-20	2	2-0-3-0 tempo

Thursday

Exercise	Volume	Reps	Sets	Notes
Bench Press		10-12	3	
Incline Press (15°)		10-12	3	
Weighted Ring Rows		10-12	2	2-1-2 tempo
Banded Face Pulls		12-15	2	
3-Way Band Pull-Aparts		15	3	1 regular, 1 low, 1 high

Friday

Exercise	Volume	Reps	Sets	Notes
Weighted Dips		6-8	2	
Seated DB Lat Raises		10-12	2	3-0-1 tempo (light)
Incline DB Rear Delt Flys		12-15	2	2-1-2-1 tempo
One-Armed Pushups		5	1	

▲ = 3-set cluster ramping down by 1. Increase reps by 1 for progression

▲▲ = 3-set cluster ramping down by 2. Increase reps by 1 for progression

Stretching, Skill Work, and Cardio

Stretching and Skill Work

Exercise	Mon	Tue	Wed	Thu	Fri	Details
Shoulder CARs	<input type="checkbox"/>				<input type="checkbox"/>	1×4 (per side)
Spiderman Rocks	<input type="checkbox"/>		<input type="checkbox"/>			1×8 (per side)
Pancake PNF w/ pulses	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	3 rounds
Paused Cossack Squats	<input type="checkbox"/>		<input type="checkbox"/>			2×5 (per side)
90-90 Switches			<input type="checkbox"/>			2×6 (per side)
Dead Hang w/ shrugs		<input type="checkbox"/>			<input type="checkbox"/>	1×45s (5+ shrugs)
Neck CARs		<input type="checkbox"/>		<input type="checkbox"/>		5 (per side)
Wall Angels		<input type="checkbox"/>		<input type="checkbox"/>		2×8
Bretzel		<input type="checkbox"/>		<input type="checkbox"/>		60s (per side)
Squat Rocks	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	2×60s

Optional

Exercise	Mon	Tue	Wed	Thu	Fri	Details
Handstand Pushup GTG play	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1×1-2
Meditate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10 minutes

Cardio

#	Activity	Range	Time	Notes	✓
1					<input type="checkbox"/>
2					<input type="checkbox"/>
+					<input type="checkbox"/>
!	4×4 C2 HIIT				<input type="checkbox"/>