

Day 1					
Exercise	Sets	Reps	Rep Total	%1RM	RPE
Squat	3	7 to 9	24	67-72.5%	6 to 7
Bench	4	7 to 9	32	67-72.5%	6 to 7
FS or RDL	3	4 to 6	15	80-85%	8 to 9
Vert Pull	3	7 to 9	24	NA	6 to 7
Day 2					
Exercise	Sets	Reps	Rep Total	%1RM	RPE
Squat	5	1 to 3	10	82-87.5%	6 to 7
Bench	6	1 to 3	12	82-87.5%	6 to 7
Deadlift	5	1 to 3	10	82-87.5%	6 to 7
Day 3					
Exercise	Sets	Reps	Rep Total	%1RM	RPE
Squat	3	3 to 5	12	82-87.5%	8 to 9
Bench	4	3 to 5	16	82-87.5%	8 to 9
OHP	3	4 to 6	15	80-85%	8 to 9
Hor Pull	3	4 to 6	15	NA	8 to 9
Day 4					
Exercise	Sets	Reps	Rep Total	%1RM	RPE
Opp Sq	3	4 to 6	15	80-85%	8 to 9
CGBP	4	4 to 6	20	80-85%	8 to 9
Deadlift	3	3 to 5	12	82-87.5%	8 to 9