



Preparation Phase

Strength, Day 1

Sets Reps E-Is-C-Ic Rest Wt Reps Wt Reps Wt Reps

A1 DB Split Squat

Notes: Shoulders aligned with hips. Hips straight up and down.

Week 1	2	(8-10)	3-0-1-0	30						
Week 2	3	(8-10)	3-0-1-0	30						
Week 3	3	(6-8)	3-0-1-0	30						

A2 Cook Hip Lift

Notes: Squeeze opposite leg to chest. Push through the heel and squeeze glute.

Week 1	2	(6-8)	2-0-2-2	30						
Week 2	3	(8-10)	2-0-2-2	30						
Week 3	3	(10-12)	2-0-2-2	30						

A3 Cable Pull Through

Notes: Knees about 10 degree bend. Squeeze glutes to push hips forward and stand up.

Week 1	2	(8-10)	2-0-1-0	30						
Week 2	3	(8-10)	2-0-1-0	30						
Week 3	3	(6-8)	2-0-1-0	30						

B1 Barbell Bench Press

Notes: Shoulders retraced and flat on bench to start.

Week 1	2	(8-10)	3-0-1-0	60						
Week 2	3	(8-10)	3-0-1-0	60						
Week 3	3	(6-8)	3-0-1-0	60						

B2 Semi Supinated Chin-up

Notes: Palms facing one another. Squeeze shoulder blades together at the top.

Week 1	2	(4-6)	2-0-1-0	60						
Week 2	3	(4-6)	2-0-1-0	60						
Week 3	3	(6-8)	2-0-1-0	60						

C1 ½ Cubans

Notes: Avoid shrugging. Elbows stationary when rotating the weight.

Week 1	2	(6-8)	2-0-2-0	30						
Week 2	2	(6-8)	2-0-2-0	30						
Week 3	2	(6-8)	2-0-2-0	30						

C2 Bow and Arrow

Notes: Elbow up at the back. Squeeze shoulder blades together for the iso hold.

Week 1	2	(10-12)	2-0-2-3	30						
Week 2	2	(10-12)	2-0-2-3	30						
Week 3	2	(10-12)	2-0-2-3	30						