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David Laid DUP Program

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Squat	4x12	
Romanian DL	3x10	
Lunges	3x10 each leg	
Glute Ham Raise or Reverse Hyper	3x10	

Push 1

Bench	1 rep Max	
Bench	4x4	
Push Press	3x4	
Weighted Dips	3x10	
DB flyes or Pec Deck	3x10	
DB laterals	3x10	
Skull Crusher	3x10	
DB tricep extensions 3x10		

Pull 1

Deadlift	3 rep max	
Deadlift	4x6	
Stiff Leg Deadlift	3x10	
Pull Ups	3x8-10	
Yates Row	3x10	
Shrugs	3x10	
Barbell Curl	3x10	
Seated Hammer Curl	3x10	

* Add weight on pull ups as needed

Legs 2

Squat	3rep Max	
Squat	4x8	
Romanian DL	3x10	
Lunges	3x10 each leg	
Glute Ham Raise or Reverse Hyper	3x10	

Push 2

OHP	5 rep Max	
OHP	4x12	
BB Incline Bench	3x12	
DB Laterals	3x10	



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Weighted Dips	3x10	
DB tricep extensions	3x10	
Skull Crusher	3x10	

Pull 2

Deadlift	1 rep Max	
Deadlift	4x2	
Stiff LDL	3x10	
Pull Ups	3x8-10	
Yates Row	3x10	
Shrugs	3x10	
Barbell Curl	3x10	
Seated Hammer Curl	3x10	

* Add weight on pull ups as needed

Week 4

Legs 1

Squat	5 rep Max	
Squat	4x12	
Romanian DL	3x10	
Lunges	3x10 each leg	
Glute Ham Raise or Reverse Hyper	3x10	

Push 1

Bench	1 rep Max	
Bench	4x4	
Push Press	3x4	
Weighted Dips	3x10	
DB flyes or Pec Deck	3x10	
DB laterals	3x10	
Skull Crusher	3x10	
DB tricep extensions	3x10	

Pull 1

Deadlift	3 rep max	
Deadlift	4x6	
Stiff Leg Deadlift	3x10	
Pull Ups	3x8-10	
Yates Row	3x10	
Shrugs	3x10	
Barbell Curl	3x10	
Seated Hammer Curl	3x10	

* Add weight on pull ups as needed

Legs 2

Squat	3rep Max	
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Squat	4x8	
Romanian DL	3x10	
Lunges	3x10 each leg	
Glute Ham Raise or Reverse Hyper	3x10	

Push 2	OHP	5 rep Max	
	OHP	4x12	
	BB Incline Bench	3x12	
	DB Laterals	3x10	
	Weighted Dips	3x10	
	DB tricep extensions	3x10	
	Skull Crusher	3x10	

Pull 2	Deadlift	1 rep Max	
	Deadlift	4x2	
	Stiff LDL	3x10	
	Pull Ups	3x8-10	
	Yates Row	3x10	
	Shrugs	3x10	
	Barbell Curl	3x10	
	Seated Hammer Curl	3x10	
	* Add weight on pull ups as needed		

Week 7

Legs 1	Squat	5 rep Max	
	Squat	4x12	
	Romanian DL	3x10	
	Lunges	3x10 each leg	
	Glute Ham Raise or Reverse Hyper	3x10	

Push 1	Bench	1 rep Max	
	Bench	4x4	
	Push Press	3x4	
	Weighted Dips 3x10	3x10	
	DB flies or Pec Deck	3x10	
	DB laterals	3x10	
	Skull Crusher	3x10	
	DB tricep extensions	3x10	

Pull 1	Deadlift	3 rep max	
	Deadlift	4x6	

Stiff Leg Deadlift	3x10
Pull Ups	3x8-10
Yates Row	3x10
Shrugs	3x10
Barbell Curl	3x10
Seated Hammer Curl	3x10
* Add weight on pull ups as needed	

Legs 2

Squat	3rep Max
Squat	4x8
Romanian DL	3x10
Lunges	3x10 each leg
Glute Ham Raise or Reverse Hyper	3x10

Push 2

OHP	5 rep Max
OHP	4x12
BB Incline Bench	3x12
DB Laterals	3x10
Weighted Dips	3x10
DB tricep extensions	3x10
Skull Crusher	3x10

Pull 2

Deadlift	1 rep Max
Deadlift	4x2
Stiff LDL	3x10
Pull Ups	3x8-10
Yates Row	3x10
Shrugs	3x10
Barbell Curl	3x10
Seated Hammer Curl	3x10
* Add weight on pull ups as needed	

David Laid DUP Program

Week 2

Squat	1 rep Max
Squat	4x4
Romanian DL	3x10
Lunges	3x10 each leg
Glute Ham Raise or Reverse Hyper	3x10
Bench	3 rep Max
Bench	4x8
Push Press	3x8
Weighted Dips	3x10
DB flyes or Pec Deck	3x10
DB laterals	3x10
Skull Crusher	3x10
DB Tricep extensions	3x10
Deadlift	1 rep Max
Deadlift	4x2
Stiff LDL	3x10
Pull Ups	3x8-10
Yates Row	3x10
Shrugs	3x10
Barbell Curl	3x10
Seated Hammer Curl	3x10
Stiff Leg Deads should be done from a 2-3" deficit	
Squat	5 rep Max
Squat	4x12
Romanian DL	3x10
Lunges	3x10 each leg
Glute Ham Raise or Reverse Hyper	3x10
OHP	1 rep Max
OHP	4x4
BB Incline	3x4
DB Laterals	3x10

weighted dips	3x10
DB Tricep extensions	3x10
Skull Crusher	3x10

Deadlift	5 rep Max
Deadlift	4x10
Stiff LDL	3x10
Pull Ups	3x8-10
Yates Row	3x10
Shrugs	3x10
Barbell Curl	3x10
Seated Hammer Curl	3x10
Stiff Leg Deads should be done from a 2-3" deficit	

Week 5

Squat	1 rep Max
Squat	4x4
Romanian DL	3x10
Lunges	3x10 each leg
Glute Ham Raise or Reverse Hyper	3x10

Bench	3 rep Max
Bench	4x8
Push Press	3x8
Weighted Dips	3x10
DB flyes or Pec Deck	3x10
DB Laterals	3x10
Skull Crusher	3x10
DB Tricep extensions	3x10

Deadlift	1 rep Max
Deadlift	4x2
Stiff LDL	3x10
Pull Ups	3x8-10
Yates Row	3x10
Shrugs	3x10
Barbell Curl	3x10
Seated Hammer Curl	3x10
Stiff Leg Deads should be done from a 2-3" deficit	

Squat	5 rep Max
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