

## **David Laid DUP Program**













#### **Learn more**

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 tricen 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

ОНР	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	

<sup>\*</sup> 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	

<sup>\*</sup> 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

#### 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 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 Barbell Curl 3x10 3x10 Seated Hammer Curl 3x10 \* Add weight on pull ups as needed

Legs 2

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

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

Pull 2

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

#### 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

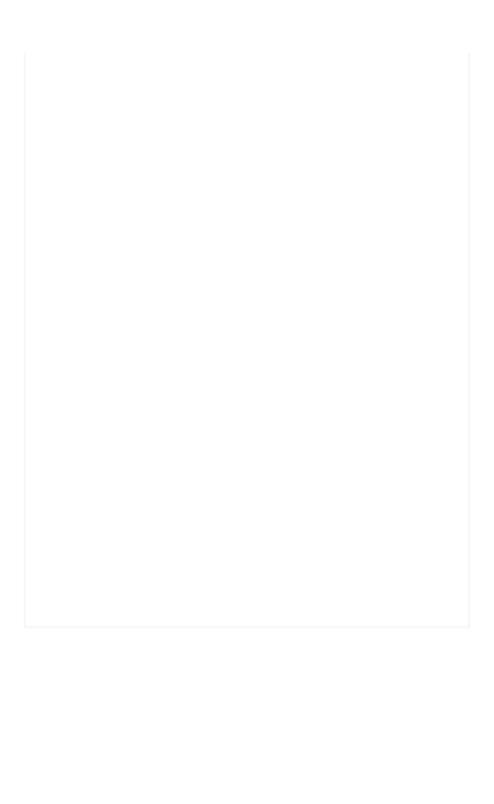
 Shrugs
 3x10

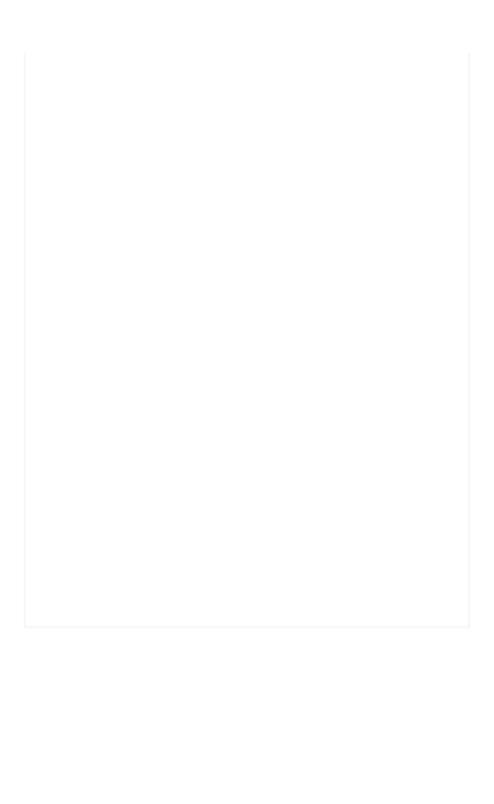
 Barbell Curl
 3x10

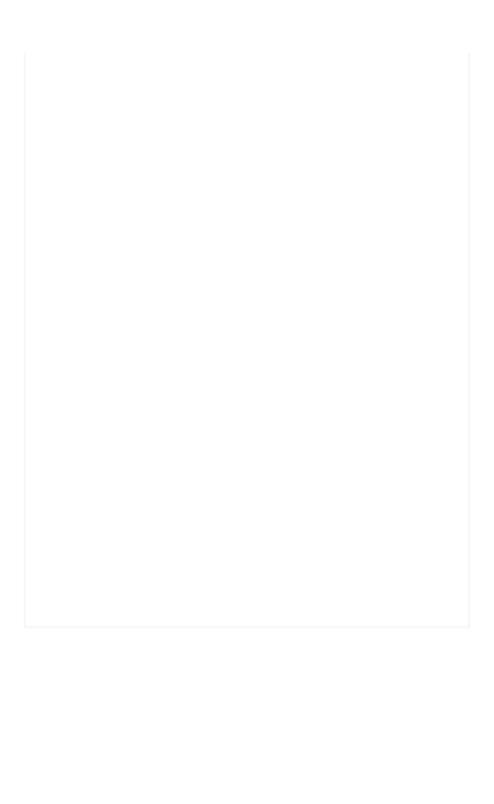
 Seated Hammer Curl
 3x10

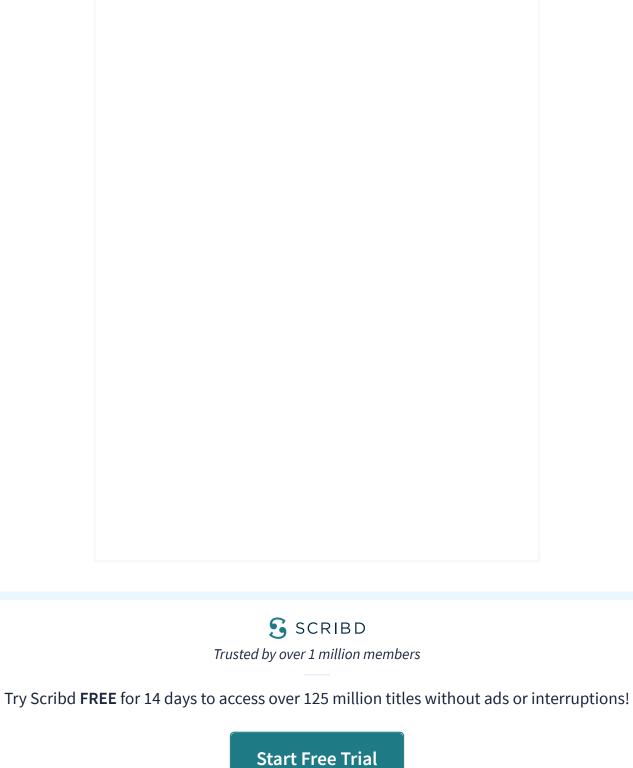
Stiff Leg Deads should be done from a 2-3" deficit

Squat 5 rep Max

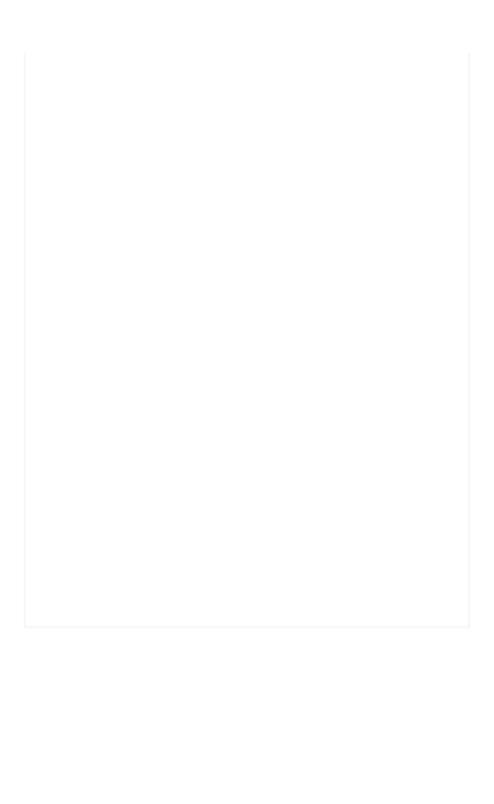








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