

# Week 1

## Day: 1 / Deadlift

Dips: \_\_\_\_

ChinPulls: \_\_\_\_

GoodMornings: \_\_\_\_

### Warmup

- ☐ 5 x 95
- ☐ 5 x 100
- ☐ 5 x 120

### 5s PRO

- ☐ 5 x 142.5 / 5 x Dips
- ☐ 5 x 165 / 5 x Dips
- ☐ 5 x 187.5 / 5 x Dips

### Squat FSL

- ☐ 5 x 125 / 5 x Dips
- ☐ 5 x 125 / 5 x Dips
- ☐ 5 x 125 / 5 x Dips
- ☐ 5 x 125 / 5 x Dips
- ☐ 5 x 125 / 5 x Dips

### Accessory

- ☐ 5 x ChinPulls / 5 x GoodMornings
- ☐ 5 x ChinPulls / 5 x GoodMornings
- ☐ 5 x ChinPulls / 5 x GoodMornings
- ☐ 5 x ChinPulls / 5 x GoodMornings
- ☐ 5 x ChinPulls / 5 x GoodMornings

## Day: 2 / OverheadPress

Rows: \_\_\_\_

Pushups: \_\_\_\_

AbWheel: \_\_\_\_

### Warmup

- ☐ 5 x 45
- ☐ 5 x 50

### 5s PRO

- ☐ 5 x 57.5 / 5 x Rows
- ☐ 5 x 67.5 / 5 x Rows
- ☐ 5 x 77.5 / 5 x Rows

### BenchPress FSL

- ☐ 5 x 87.5 / 5 x Rows
- ☐ 5 x 87.5 / 5 x Rows
- ☐ 5 x 87.5 / 5 x Rows
- ☐ 5 x 87.5 / 5 x Rows
- ☐ 5 x 87.5 / 5 x Rows

### Accessory

- ☐ 5 x Pushups / 5 x AbWheel
- ☐ 5 x Pushups / 5 x AbWheel
- ☐ 5 x Pushups / 5 x AbWheel
- ☐ 5 x Pushups / 5 x AbWheel
- ☐ 5 x Pushups / 5 x AbWheel

## Week 2

### Day: 1 / Squat

TricepExtensions: \_\_\_\_

Curls: \_\_\_\_

HangingLegRaises: \_\_\_\_

#### Warmup

- ☐ 5 x 95
- ☐ 5 x 105

#### 5s PRO

- ☐ 5 x 125 / 5 x TricepExtensions
- ☐ 5 x 145 / 5 x TricepExtensions
- ☐ 5 x 162.5 / 5 x TricepExtensions

#### Deadlift FSL

- ☐ 5 x 142.5 / 5 x TricepExtensions
- ☐ 5 x 142.5 / 5 x TricepExtensions
- ☐ 5 x 142.5 / 5 x TricepExtensions
- ☐ 5 x 142.5 / 5 x TricepExtensions
- ☐ 5 x 142.5 / 5 x TricepExtensions

#### Accessory

- ☐ 5 x Curls / 5 x HangingLegRaises
- ☐ 5 x Curls / 5 x HangingLegRaises
- ☐ 5 x Curls / 5 x HangingLegRaises
- ☐ 5 x Curls / 5 x HangingLegRaises
- ☐ 5 x Curls / 5 x HangingLegRaises

### Day: 2 / BenchPress

ChinPulls: \_\_\_\_

Dips: \_\_\_\_

GoodMornings: \_\_\_\_

#### Warmup

- ☐ 5 x 45
- ☐ 5 x 60
- ☐ 5 x 75

#### 5s PRO

- ☐ 5 x 87.5 / 5 x ChinPulls
- ☐ 5 x 102.5 / 5 x ChinPulls
- ☐ 5 x 115 / 5 x ChinPulls

#### OverheadPress FSL

- ☐ 5 x 57.5 / 5 x ChinPulls
- ☐ 5 x 57.5 / 5 x ChinPulls
- ☐ 5 x 57.5 / 5 x ChinPulls
- ☐ 5 x 57.5 / 5 x ChinPulls
- ☐ 5 x 57.5 / 5 x ChinPulls

#### Accessory

- ☐ 5 x Dips / 5 x GoodMornings
- ☐ 5 x Dips / 5 x GoodMornings
- ☐ 5 x Dips / 5 x GoodMornings
- ☐ 5 x Dips / 5 x GoodMornings
- ☐ 5 x Dips / 5 x GoodMornings

## Week 3

### Day: 1 / Deadlift

Pushups: \_\_\_\_

Rows: \_\_\_\_

AbWheel: \_\_\_\_

#### Warmup

- ☐ 5 x 95
- ☐ 5 x 110
- ☐ 5 x 130

#### 5s PRO

- ☐ 5 x 155 / 5 x Pushups
- ☐ 5 x 175 / 5 x Pushups
- ☐ 5 x 197.5 / 5 x Pushups

#### Squat FSL

- ☐ 5 x 135 / 5 x Pushups
- ☐ 5 x 135 / 5 x Pushups
- ☐ 5 x 135 / 5 x Pushups
- ☐ 5 x 135 / 5 x Pushups
- ☐ 5 x 135 / 5 x Pushups

#### Accessory

- ☐ 5 x Rows / 5 x AbWheel
- ☐ 5 x Rows / 5 x AbWheel
- ☐ 5 x Rows / 5 x AbWheel
- ☐ 5 x Rows / 5 x AbWheel
- ☐ 5 x Rows / 5 x AbWheel

### Day: 2 / OverheadPress

Curls: \_\_\_\_

TricepExtensions: \_\_\_\_

HangingLegRaises: \_\_\_\_

#### Warmup

- ☐ 5 x 45
- ☐ 5 x 55

#### 5s PRO

- ☐ 5 x 62.5 / 5 x Curls
- ☐ 5 x 72.5 / 5 x Curls
- ☐ 5 x 80 / 5 x Curls

#### BenchPress FSL

- ☐ 5 x 95 / 5 x Curls
- ☐ 5 x 95 / 5 x Curls
- ☐ 5 x 95 / 5 x Curls
- ☐ 5 x 95 / 5 x Curls
- ☐ 5 x 95 / 5 x Curls

#### Accessory

- ☐ 5 x TricepExtensions / 5 x HangingLegRaises
- ☐ 5 x TricepExtensions / 5 x HangingLegRaises
- ☐ 5 x TricepExtensions / 5 x HangingLegRaises
- ☐ 5 x TricepExtensions / 5 x HangingLegRaises
- ☐ 5 x TricepExtensions / 5 x HangingLegRaises

## Week 4

### Day: 1 / Squat

Dips: \_\_\_\_

ChinPulls: \_\_\_\_

GoodMornings: \_\_\_\_

#### Warmup

- ☐ 5 x 95
- ☐ 5 x 115

#### 5s PRO

- ☐ 5 x 135 / 5 x Dips
- ☐ 5 x 155 / 5 x Dips
- ☐ 5 x 172.5 / 5 x Dips

#### Deadlift FSL

- ☐ 5 x 155 / 5 x Dips
- ☐ 5 x 155 / 5 x Dips
- ☐ 5 x 155 / 5 x Dips
- ☐ 5 x 155 / 5 x Dips
- ☐ 5 x 155 / 5 x Dips

#### Accessory

- ☐ 5 x ChinPulls / 5 x GoodMornings
- ☐ 5 x ChinPulls / 5 x GoodMornings
- ☐ 5 x ChinPulls / 5 x GoodMornings
- ☐ 5 x ChinPulls / 5 x GoodMornings
- ☐ 5 x ChinPulls / 5 x GoodMornings

### Day: 2 / BenchPress

Rows: \_\_\_\_

Pushups: \_\_\_\_

AbWheel: \_\_\_\_

#### Warmup

- ☐ 5 x 45
- ☐ 5 x 55
- ☐ 5 x 70
- ☐ 5 x 80

#### 5s PRO

- ☐ 5 x 95 / 5 x Rows
- ☐ 5 x 107.5 / 5 x Rows
- ☐ 5 x 122.5 / 5 x Rows

#### OverheadPress FSL

- ☐ 5 x 62.5 / 5 x Rows
- ☐ 5 x 62.5 / 5 x Rows
- ☐ 5 x 62.5 / 5 x Rows
- ☐ 5 x 62.5 / 5 x Rows
- ☐ 5 x 62.5 / 5 x Rows

#### Accessory

- ☐ 5 x Pushups / 5 x AbWheel
- ☐ 5 x Pushups / 5 x AbWheel
- ☐ 5 x Pushups / 5 x AbWheel
- ☐ 5 x Pushups / 5 x AbWheel
- ☐ 5 x Pushups / 5 x AbWheel

# Week 5

## Day: 1 / Deadlift

TricepExtensions: \_\_\_\_

Curls: \_\_\_\_

HangingLegRaises: \_\_\_\_

### Warmup

- ☐ 5 x 95
- ☐ 5 x 100
- ☐ 5 x 120
- ☐ 5 x 145

### 5s PRO

- ☐ 5 x 165 / 5 x TricepExtensions
- ☐ 5 x 187.5 / 5 x TricepExtensions
- ☐ 5 x 210 / 5 x TricepExtensions

### Squat FSL

- ☐ 5 x 145 / 5 x TricepExtensions
- ☐ 5 x 145 / 5 x TricepExtensions
- ☐ 5 x 145 / 5 x TricepExtensions
- ☐ 5 x 145 / 5 x TricepExtensions
- ☐ 5 x 145 / 5 x TricepExtensions

### Accessory

- ☐ 5 x Curls / 5 x HangingLegRaises
- ☐ 5 x Curls / 5 x HangingLegRaises
- ☐ 5 x Curls / 5 x HangingLegRaises
- ☐ 5 x Curls / 5 x HangingLegRaises
- ☐ 5 x Curls / 5 x HangingLegRaises

## Day: 2 / OverheadPress

ChinPulls: \_\_\_\_

Dips: \_\_\_\_

GoodMornings: \_\_\_\_

### Warmup

- ☐ 5 x 45
- ☐ 5 x 50
- ☐ 5 x 60

### 5s PRO

- ☐ 5 x 67.5 / 5 x ChinPulls
- ☐ 5 x 77.5 / 5 x ChinPulls
- ☐ 5 x 85 / 5 x ChinPulls

### BenchPress FSL

- ☐ 5 x 102.5 / 5 x ChinPulls
- ☐ 5 x 102.5 / 5 x ChinPulls
- ☐ 5 x 102.5 / 5 x ChinPulls
- ☐ 5 x 102.5 / 5 x ChinPulls
- ☐ 5 x 102.5 / 5 x ChinPulls

### Accessory

- ☐ 5 x Dips / 5 x GoodMornings
- ☐ 5 x Dips / 5 x GoodMornings
- ☐ 5 x Dips / 5 x GoodMornings
- ☐ 5 x Dips / 5 x GoodMornings
- ☐ 5 x Dips / 5 x GoodMornings

# Week 6

## Day: 1 / Squat

Pushups: \_\_\_\_

Rows: \_\_\_\_

AbWheel: \_\_\_\_

### Warmup

- ☐ 5 x 95
- ☐ 5 x 105
- ☐ 5 x 125

### 5s PRO

- ☐ 5 x 145 / 5 x Pushups
- ☐ 5 x 162.5 / 5 x Pushups
- ☐ 5 x 182.5 / 5 x Pushups

### Deadlift FSL

- ☐ 5 x 165 / 5 x Pushups
- ☐ 5 x 165 / 5 x Pushups
- ☐ 5 x 165 / 5 x Pushups
- ☐ 5 x 165 / 5 x Pushups
- ☐ 5 x 165 / 5 x Pushups

### Accessory

- ☐ 5 x Rows / 5 x AbWheel
- ☐ 5 x Rows / 5 x AbWheel
- ☐ 5 x Rows / 5 x AbWheel
- ☐ 5 x Rows / 5 x AbWheel
- ☐ 5 x Rows / 5 x AbWheel

## Day: 2 / BenchPress

Curls: \_\_\_\_

TricepExtensions: \_\_\_\_

HangingLegRaises: \_\_\_\_

### Warmup

- ☐ 5 x 45
- ☐ 5 x 60
- ☐ 5 x 75
- ☐ 5 x 90

### 5s PRO

- ☐ 5 x 102.5 / 5 x Curls
- ☐ 5 x 115 / 5 x Curls
- ☐ 5 x 127.5 / 5 x Curls

### OverheadPress FSL

- ☐ 5 x 67.5 / 5 x Curls
- ☐ 5 x 67.5 / 5 x Curls
- ☐ 5 x 67.5 / 5 x Curls
- ☐ 5 x 67.5 / 5 x Curls
- ☐ 5 x 67.5 / 5 x Curls

### Accessory

- ☐ 5 x TricepExtensions / 5 x HangingLegRaises
- ☐ 5 x TricepExtensions / 5 x HangingLegRaises
- ☐ 5 x TricepExtensions / 5 x HangingLegRaises
- ☐ 5 x TricepExtensions / 5 x HangingLegRaises
- ☐ 5 x TricepExtensions / 5 x HangingLegRaises