

Week 1

Day: 1: DL / OH Press

- ☐ Dips: ____
- ☐ ChinPulls: ____
- ☐ GoodMornings: ____

DL

- ☐ 5 x 95
- ☐ 5 x 100
- ☐ 5 x 120

- ☐ 5 x 142.5
- ☐ 5 x 165
- ☐ 5 x 187.5

- ☐ 5 x 142.5 / Dips: ____ / ____ / ____ / ____ / ____

OH Press

- ☐ 5 x 45
- ☐ 5 x 50

- ☐ 5 x 57.5
- ☐ 5 x 67.5
- ☐ 5 x 77.5

- ☐ 5 x 57.5 / Chin/Pulls: ____ / ____ / ____ / ____ / ____

Accessory

- ☐ 5 x Good Mornings: ____ / ____ / ____ / ____ / ____

Day: 2: Squat / Bench

- ☐ Pushups: ____
- ☐ Rows: ____
- ☐ AbWheel: ____

Squat

- ☐ 5 x 95
- ☐ 5 x 105

- ☐ 5 x 125
- ☐ 5 x 145
- ☐ 5 x 162.5

- ☐ 5 x 125 / Pushups: ____ / ____ / ____ / ____ / ____

Bench

- ☐ 5 x 45
- ☐ 5 x 60
- ☐ 5 x 75

- ☐ 5 x 87.5
- ☐ 5 x 102.5
- ☐ 5 x 115

- ☐ 5 x 87.5 / Rows: ____ / ____ / ____ / ____ / ____

Accessory

- ☐ 5 x Ab Wheel: ____ / ____ / ____ / ____ / ____

Week 2

Day: 1: DL / OH Press

- ☐ TricepExtensions: ____
- ☐ Curls: ____
- ☐ HangingLegRaises: ____

DL

- ☐ 5 x 95
- ☐ 5 x 110
- ☐ 5 x 130

- ☐ 5 x 155
- ☐ 5 x 175
- ☐ 5 x 197.5

- ☐ 5 x 155 / Tri. Exts.: ____ / ____ / ____ / ____ / ____

OH Press

- ☐ 5 x 45
- ☐ 5 x 55

- ☐ 5 x 62.5
- ☐ 5 x 72.5
- ☐ 5 x 80

- ☐ 5 x 62.5 / Curls: ____ / ____ / ____ / ____ / ____

Accessory

- ☐ 5 x Leg Raises: ____ / ____ / ____ / ____ / ____

Day: 2: Squat / Bench

- ☐ Dips: ____
- ☐ ChinPulls: ____
- ☐ GoodMornings: ____

Squat

- ☐ 5 x 95
- ☐ 5 x 115

- ☐ 5 x 135
- ☐ 5 x 155
- ☐ 5 x 172.5

- ☐ 5 x 135 / Dips: ____ / ____ / ____ / ____ / ____

Bench

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

- ☐ 5 x 95
- ☐ 5 x 107.5
- ☐ 5 x 122.5

- ☐ 5 x 95 / Chin/Pulls: ____ / ____ / ____ / ____ / ____

Accessory

- ☐ 5 x Good Mornings: ____ / ____ / ____ / ____ / ____

Week 3

Day: 1: DL / OH Press

- ☐ Pushups: ____
- ☐ Rows: ____
- ☐ AbWheel: ____

DL

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

- ☐ 5 x 165
- ☐ 5 x 187.5
- ☐ 5 x 210

- ☐ 5 x 165 / Pushups: ____ / ____ / ____ / ____ / ____

OH Press

- ☐ 5 x 45
- ☐ 5 x 50
- ☐ 5 x 60

- ☐ 5 x 67.5
- ☐ 5 x 77.5
- ☐ 5 x 85

- ☐ 5 x 67.5 / Rows: ____ / ____ / ____ / ____ / ____

Accessory

- ☐ 5 x Ab Wheel: ____ / ____ / ____ / ____ / ____

Day: 2: Squat / Bench

- ☐ TricepExtensions: ____
- ☐ Curls: ____
- ☐ HangingLegRaises: ____

Squat

- ☐ 5 x 95
- ☐ 5 x 105
- ☐ 5 x 125

- ☐ 5 x 145
- ☐ 5 x 162.5
- ☐ 5 x 182.5

- ☐ 5 x 145 / Tri. Exts.: ____ / ____ / ____ / ____ / ____

Bench

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

- ☐ 5 x 102.5
- ☐ 5 x 115
- ☐ 5 x 127.5

- ☐ 5 x 102.5 / Curls: ____ / ____ / ____ / ____ / ____

Accessory

- ☐ 5 x Leg Raises: ____ / ____ / ____ / ____ / ____