

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