

Week 1

Day: 1 / Deadlift

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
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Accessory

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

Day: 2 / OverheadPress

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
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- ☐ 5 x Pushups / 5 x AbWheel