Don't be frightened with all the technical jargon ("loading and deloading," "tonnage cutoffs," etc.); the only things of interest to you are the highlighted boxes and the template (between cell rows 73 and 129) that lists the three days of the week that you will be working out, the weeks you will be doing it for, and the approximate (sometimes you half to go +/- a pound or two) weight you will be lifting. Here's what you should do:  
  
1) you should go to the gym one day and count the maximum number of repetitions you can do (an exercise motion done in succession like curling a dumbbell) and the weight that you did. Try to find a weight that you can do around 6-7 times  
  
2) input what you recorded into the appropriate yellow box (that is, squat, bench, row, deadlift, or incline press). After you update the yellow cell and hit enter, the template will adjust in accordance with a weight algorithm designed to increase performance. I recommend you substitute the incline bench with a military press so that you work on your shoulders more (which this workout routine does not explicitly target).  
  
3) for the next nine weeks, follow the spreadsheet weights and reps EXACTLY how it is written. For example, in the initial spread sheet (which should still contain my stuff) I would start off the first Monday of the program (Wk 1) by doing 5 reps of 145lbs of squatting 5 times. Benching would be similarly be five sets but of varying weights and rows likewise. The 5 set cycle will continue until the 5th week at which point you will be out of the gym much quicker than you ever would have imagined  
  
Some tips:  
  
-where you see "assistance," don't feel pressured to do these exercises. If you don't feel exhausted at the end of the workout (which you SHOULDN'T, by the way), then you could try these if you want to target specific areas (like abs, lower back, triceps, etc.).  
  
-take a picture of the spreadsheet for the particular day that you are working out instead of writing it down, which can become tedious. Just look at the picture for the weights that you have to do.  
  
-replace barbell curls with dumbbell curls (I posted the video for each workout below). This substitution is for a number of reasons, the most pertinent being exile from the gym should you use the bench barbell for curling (big gym no-no).  
  
Squat video (first 30 seconds is enough): <http://www.youtube.com/watch?v=w7KCUHz0jTM> what to take from this? Keep the bar high on your back, resting it on your shoulders. Lean SLIGHTLY forward. At the final "down" position you want to have your thighs parallel to the floor. Keep your eyes fixed on the ceiling as you squat. If they are available, try to wear a weightlifting belt to protect your lower back should you get the form incorrect.  
  
Bench video (great video, speaks for itself): <http://www.youtube.com/watch?v=m6yYXxB6Hhc>  
  
Row video: <http://www.youtube.com/watch?v=gQBSRBgRLVI> .  The kid has excellent form. Make sure the weight is on your heels but you lean forward. Have your hands outside of your knees and bring the barbell to the bottom of your chest (your sternum). Keep your head up and eyes pointed in front of you. If you lean too far forward, you will inevitably fall forward as a result of the weight so keep your heels planted!  
  
Military press (start at 0:40): <http://www.youtube.com/watch?v=KWeRuB9uWNE>. The guys explains everything quite well, but you could stop watching after the third minute IMO.  
  
Deadlifts (start at 0:10): <http://www.youtube.com/watch?v=GI7TbkAx_Ww> This is a great video. Just like in the squat and row forms, keep your weight on your heels. Keep your hands outside of your knees. Keep your chin up and look forward. Bring the bar to waist height (just your arms outstretched) and slightly lean back as you come up. Go back to the athletic position and repeat.  
  
Optional:  
  
Hyperextensions (on the spreadsheet written as "Hypers"): <http://www.youtube.com/watch?v=vx0jZBEmZcE> great video  
  
Situps are self explanatory. Just keep you eyes fixated on the ceiling as you do them.  
  
Curls (start at :25): <http://www.youtube.com/watch?v=sAq_ocpRh_I>  
  
Tricep extensions (start at :22): <http://www.youtube.com/watch?v=nRiJVZDpdL0>