

Week 1

monday	core: <u>overhead press:</u> ◦ set 1: ▪ reps: 5 ▪ weight: 94 ◦ set 2: ▪ reps: 5 ▪ weight: 117 ◦ set 3: ▪ reps: 3 ▪ weight: 141 ◦ set 4: ▪ reps: 5 ▪ weight: 176 ◦ set 5: ▪ reps: 5 ▪ weight: 188 ◦ set 6: ▪ reps: 5 ▪ weight: 199 <u>bench press:</u> ◦ set 1: ▪ reps: 10 ▪ weight: 26 ◦ set 2: ▪ reps: 10 ▪ weight: 26 ◦ set 3:	accessory: <u>curls:</u> ◦ sets: 3 ◦ reps: 10 <u>tricep pushdown:</u> ◦ sets: 3 ◦ reps: 10 <u>face pulls:</u> ◦ sets: 3 ◦ reps: 10

	<ul style="list-style-type: none">■ reps: 10■ weight: 26 <ul style="list-style-type: none">○ set 4:<ul style="list-style-type: none">■ reps: 10■ weight: 26○ set 5:<ul style="list-style-type: none">■ reps: 10■ weight: 26	
wednesday	core: <u>deadlift:</u> <ul style="list-style-type: none">○ set 1:<ul style="list-style-type: none">■ reps: 5■ weight: 10○ set 2:<ul style="list-style-type: none">■ reps: 5■ weight: 12○ set 3:<ul style="list-style-type: none">■ reps: 3■ weight: 14○ set 4:<ul style="list-style-type: none">■ reps: 5■ weight: 18○ set 5:<ul style="list-style-type: none">■ reps: 5■ weight: 19○ set 6:<ul style="list-style-type: none">■ reps: 5■ weight: 20 <u>squat:</u> <ul style="list-style-type: none">○ set 1:	accessory: <u>ab wheel:</u> <ul style="list-style-type: none">○ sets: 3○ reps: 10 <u>situp:</u> <ul style="list-style-type: none">○ sets: 3○ reps: 10 <u>russian twists:</u> <ul style="list-style-type: none">○ sets: 3○ reps: 10

	<ul style="list-style-type: none">■ reps: 10■ weight: 249 <ul style="list-style-type: none">○ set 2:<ul style="list-style-type: none">■ reps: 10■ weight: 249○ set 3:<ul style="list-style-type: none">■ reps: 10■ weight: 249○ set 4:<ul style="list-style-type: none">■ reps: 10■ weight: 249○ set 5:<ul style="list-style-type: none">■ reps: 10■ weight: 249	
friday	core: <u>bench press:</u> <ul style="list-style-type: none">○ set 1:<ul style="list-style-type: none">■ reps: 5■ weight: 17○ set 2:<ul style="list-style-type: none">■ reps: 5■ weight: 21○ set 3:<ul style="list-style-type: none">■ reps: 3■ weight: 26○ set 4:<ul style="list-style-type: none">■ reps: 5■ weight: 32○ set 5:<ul style="list-style-type: none">■ reps: 5■ weight: 34	accessory: <u>curls:</u> <ul style="list-style-type: none">○ sets: 3○ reps: 10 <u>tricep pushdown:</u> <ul style="list-style-type: none">○ sets: 3○ reps: 10 <u>face pulls:</u> <ul style="list-style-type: none">○ sets: 3○ reps: 10

	<ul style="list-style-type: none">◦ set 6:<ul style="list-style-type: none">▪ reps: 5▪ weight: 36 <p><u>overhead press:</u></p> <ul style="list-style-type: none">◦ set 1:<ul style="list-style-type: none">▪ reps: 10▪ weight: 141◦ set 2:<ul style="list-style-type: none">▪ reps: 10▪ weight: 141◦ set 3:<ul style="list-style-type: none">▪ reps: 10▪ weight: 141◦ set 4:<ul style="list-style-type: none">▪ reps: 10▪ weight: 141◦ set 5:<ul style="list-style-type: none">▪ reps: 10▪ weight: 141	
sunday	<p>core:</p> <p><u>squat:</u></p> <ul style="list-style-type: none">◦ set 1:<ul style="list-style-type: none">▪ reps: 5▪ weight: 166◦ set 2:<ul style="list-style-type: none">▪ reps: 5▪ weight: 207◦ set 3:<ul style="list-style-type: none">▪ reps: 3▪ weight: 249	<p>accessory:</p> <p><u>ab wheel:</u></p> <ul style="list-style-type: none">◦ sets: 3◦ reps: 10 <p><u>situp:</u></p> <ul style="list-style-type: none">◦ sets: 3◦ reps: 10 <p><u>russian twists:</u></p> <ul style="list-style-type: none">◦ sets: 3

	<ul style="list-style-type: none"> ○ set 4: <ul style="list-style-type: none"> ■ reps: 5 ■ weight: 311 ○ set 5: <ul style="list-style-type: none"> ■ reps: 5 ■ weight: 332 ○ set 6: <ul style="list-style-type: none"> ■ reps: 5 ■ weight: 352 <p><u>deadlift:</u></p> <ul style="list-style-type: none"> ○ set 1: <ul style="list-style-type: none"> ■ reps: 10 ■ weight: 14 ○ set 2: <ul style="list-style-type: none"> ■ reps: 10 ■ weight: 14 ○ set 3: <ul style="list-style-type: none"> ■ reps: 10 ■ weight: 14 ○ set 4: <ul style="list-style-type: none"> ■ reps: 10 ■ weight: 14 ○ set 5: <ul style="list-style-type: none"> ■ reps: 10 ■ weight: 14 	<ul style="list-style-type: none"> ○ reps: 10
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Week 2

monday	core: <ul style="list-style-type: none"> <u>overhead press:</u> <ul style="list-style-type: none"> ○ set 1: 	accessory: <ul style="list-style-type: none"> <u>curls:</u> <ul style="list-style-type: none"> ○ sets: 3
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- reps: 5
- weight: 94
- set 2:
 - reps: 5
 - weight: 117
- set 3:
 - reps: 3
 - weight: 141
- set 4:
 - reps: 5
 - weight: 176
- set 5:
 - reps: 5
 - weight: 188
- set 6:
 - reps: 5
 - weight: 199

bench press:

- set 1:
 - reps: 10
 - weight: 26
- set 2:
 - reps: 10
 - weight: 26
- set 3:
 - reps: 10
 - weight: 26
- set 4:
 - reps: 10
 - weight: 26
- set 5:

- reps: 10

tricep pushdown:

- sets: 3
- reps: 10

face pulls:

- sets: 3
- reps: 10

	<ul style="list-style-type: none">■ reps: 10■ weight: 26	
wednesday	<p>core:</p> <p><u>deadlift:</u></p> <ul style="list-style-type: none">○ set 1:<ul style="list-style-type: none">■ reps: 5■ weight: 10○ set 2:<ul style="list-style-type: none">■ reps: 5■ weight: 12○ set 3:<ul style="list-style-type: none">■ reps: 3■ weight: 14○ set 4:<ul style="list-style-type: none">■ reps: 5■ weight: 18○ set 5:<ul style="list-style-type: none">■ reps: 5■ weight: 19○ set 6:<ul style="list-style-type: none">■ reps: 5■ weight: 20 <p><u>squat:</u></p> <ul style="list-style-type: none">○ set 1:<ul style="list-style-type: none">■ reps: 10■ weight: 249○ set 2:<ul style="list-style-type: none">■ reps: 10■ weight: 249○ set 3:	<p>accessory:</p> <p><u>ab wheel:</u></p> <ul style="list-style-type: none">○ sets: 3○ reps: 10 <p><u>situp:</u></p> <ul style="list-style-type: none">○ sets: 3○ reps: 10 <p><u>russian twists:</u></p> <ul style="list-style-type: none">○ sets: 3○ reps: 10

	<ul style="list-style-type: none">■ reps: 10■ weight: 249 <ul style="list-style-type: none">○ set 4:<ul style="list-style-type: none">■ reps: 10■ weight: 249○ set 5:<ul style="list-style-type: none">■ reps: 10■ weight: 249	
friday	core: <u>bench press:</u> <ul style="list-style-type: none">○ set 1:<ul style="list-style-type: none">■ reps: 5■ weight: 17○ set 2:<ul style="list-style-type: none">■ reps: 5■ weight: 21○ set 3:<ul style="list-style-type: none">■ reps: 3■ weight: 26○ set 4:<ul style="list-style-type: none">■ reps: 5■ weight: 32○ set 5:<ul style="list-style-type: none">■ reps: 5■ weight: 34○ set 6:<ul style="list-style-type: none">■ reps: 5■ weight: 36 <u>overhead press:</u> <ul style="list-style-type: none">○ set 1:	accessory: <u>curls:</u> <ul style="list-style-type: none">○ sets: 3○ reps: 10 <u>tricep pushdown:</u> <ul style="list-style-type: none">○ sets: 3○ reps: 10 <u>face pulls:</u> <ul style="list-style-type: none">○ sets: 3○ reps: 10

	<ul style="list-style-type: none">■ reps: 10■ weight: 141 <ul style="list-style-type: none">○ set 2:<ul style="list-style-type: none">■ reps: 10■ weight: 141○ set 3:<ul style="list-style-type: none">■ reps: 10■ weight: 141○ set 4:<ul style="list-style-type: none">■ reps: 10■ weight: 141○ set 5:<ul style="list-style-type: none">■ reps: 10■ weight: 141	
sunday	core: <u>squat:</u> <ul style="list-style-type: none">○ set 1:<ul style="list-style-type: none">■ reps: 5■ weight: 166○ set 2:<ul style="list-style-type: none">■ reps: 5■ weight: 207○ set 3:<ul style="list-style-type: none">■ reps: 3■ weight: 249○ set 4:<ul style="list-style-type: none">■ reps: 5■ weight: 311○ set 5:<ul style="list-style-type: none">■ reps: 5■ weight: 332	accessory: <u>ab wheel:</u> <ul style="list-style-type: none">○ sets: 3○ reps: 10 <u>situp:</u> <ul style="list-style-type: none">○ sets: 3○ reps: 10 <u>russian twists:</u> <ul style="list-style-type: none">○ sets: 3○ reps: 10

	<ul style="list-style-type: none">◦ set 6:<ul style="list-style-type: none">▪ reps: 5▪ weight: 352 <p><u>deadlift:</u></p> <ul style="list-style-type: none">◦ set 1:<ul style="list-style-type: none">▪ reps: 10▪ weight: 14◦ set 2:<ul style="list-style-type: none">▪ reps: 10▪ weight: 14◦ set 3:<ul style="list-style-type: none">▪ reps: 10▪ weight: 14◦ set 4:<ul style="list-style-type: none">▪ reps: 10▪ weight: 14◦ set 5:<ul style="list-style-type: none">▪ reps: 10▪ weight: 14	
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Week 3

monday	core:	accessory:
	<p><u>overhead press:</u></p> <ul style="list-style-type: none">◦ set 1:<ul style="list-style-type: none">▪ reps: 5▪ weight: 94◦ set 2:<ul style="list-style-type: none">▪ reps: 5▪ weight: 117◦ set 3:	<p><u>curls:</u></p> <ul style="list-style-type: none">◦ sets: 3◦ reps: 10 <p><u>tricep pushdown:</u></p> <ul style="list-style-type: none">◦ sets: 3◦ reps: 10

	<ul style="list-style-type: none">■ reps: 3■ weight: 141 <ul style="list-style-type: none">○ set 4:<ul style="list-style-type: none">■ reps: 5■ weight: 176○ set 5:<ul style="list-style-type: none">■ reps: 5■ weight: 188○ set 6:<ul style="list-style-type: none">■ reps: 5■ weight: 199 <p><u>bench press:</u></p> <ul style="list-style-type: none">○ set 1:<ul style="list-style-type: none">■ reps: 10■ weight: 26○ set 2:<ul style="list-style-type: none">■ reps: 10■ weight: 26○ set 3:<ul style="list-style-type: none">■ reps: 10■ weight: 26○ set 4:<ul style="list-style-type: none">■ reps: 10■ weight: 26○ set 5:<ul style="list-style-type: none">■ reps: 10■ weight: 26	<p><u>face pulls:</u></p> <ul style="list-style-type: none">○ sets: 3○ reps: 10
wednesday	<p>core:</p> <p><u>deadlift:</u></p> <ul style="list-style-type: none">○ set 1:	<p>accessory:</p> <p><u>ab wheel:</u></p> <ul style="list-style-type: none">○ sets: 3

- reps: 5
- weight: 10

○ set 2:

- reps: 5
- weight: 12

○ set 3:

- reps: 3
- weight: 14

○ set 4:

- reps: 5
- weight: 18

○ set 5:

- reps: 5
- weight: 19

○ set 6:

- reps: 5
- weight: 20

squat:

○ set 1:

- reps: 10
- weight: 249

○ set 2:

- reps: 10
- weight: 249

○ set 3:

- reps: 10
- weight: 249

○ set 4:

- reps: 10
- weight: 249

○ set 5:

○ reps: 10

situp:

○ sets: 3

○ reps: 10

russian twists:

○ sets: 3

○ reps: 10

	<ul style="list-style-type: none">■ reps: 10■ weight: 249	
friday	<p>core:</p> <p><u>bench press:</u></p> <ul style="list-style-type: none">○ set 1:<ul style="list-style-type: none">■ reps: 5■ weight: 17○ set 2:<ul style="list-style-type: none">■ reps: 5■ weight: 21○ set 3:<ul style="list-style-type: none">■ reps: 3■ weight: 26○ set 4:<ul style="list-style-type: none">■ reps: 5■ weight: 32○ set 5:<ul style="list-style-type: none">■ reps: 5■ weight: 34○ set 6:<ul style="list-style-type: none">■ reps: 5■ weight: 36 <p><u>overhead press:</u></p> <ul style="list-style-type: none">○ set 1:<ul style="list-style-type: none">■ reps: 10■ weight: 141○ set 2:<ul style="list-style-type: none">■ reps: 10■ weight: 141○ set 3:	<p>accessory:</p> <p><u>curls:</u></p> <ul style="list-style-type: none">○ sets: 3○ reps: 10 <p><u>tricep pushdown:</u></p> <ul style="list-style-type: none">○ sets: 3○ reps: 10 <p><u>face pulls:</u></p> <ul style="list-style-type: none">○ sets: 3○ reps: 10

	<ul style="list-style-type: none">■ reps: 10■ weight: 141 <ul style="list-style-type: none">○ set 4:<ul style="list-style-type: none">■ reps: 10■ weight: 141○ set 5:<ul style="list-style-type: none">■ reps: 10■ weight: 141	
sunday	core: squat: <ul style="list-style-type: none">○ set 1:<ul style="list-style-type: none">■ reps: 5■ weight: 166○ set 2:<ul style="list-style-type: none">■ reps: 5■ weight: 207○ set 3:<ul style="list-style-type: none">■ reps: 3■ weight: 249○ set 4:<ul style="list-style-type: none">■ reps: 5■ weight: 311○ set 5:<ul style="list-style-type: none">■ reps: 5■ weight: 332○ set 6:<ul style="list-style-type: none">■ reps: 5■ weight: 352 deadlift: <ul style="list-style-type: none">○ set 1:	accessory: ab wheel: <ul style="list-style-type: none">○ sets: 3○ reps: 10 situp: <ul style="list-style-type: none">○ sets: 3○ reps: 10 russian twists: <ul style="list-style-type: none">○ sets: 3○ reps: 10

	<ul style="list-style-type: none">■ reps: 10■ weight: 14 <ul style="list-style-type: none">○ set 2:<ul style="list-style-type: none">■ reps: 10■ weight: 14○ set 3:<ul style="list-style-type: none">■ reps: 10■ weight: 14○ set 4:<ul style="list-style-type: none">■ reps: 10■ weight: 14○ set 5:<ul style="list-style-type: none">■ reps: 10■ weight: 14	
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Week 4

monday	core: <u>overhead press:</u> <ul style="list-style-type: none">○ set 1:<ul style="list-style-type: none">■ reps: 5■ weight: 94○ set 2:<ul style="list-style-type: none">■ reps: 5■ weight: 117○ set 3:<ul style="list-style-type: none">■ reps: 3■ weight: 141○ set 4:<ul style="list-style-type: none">■ reps: 5■ weight: 176	accessory: <u>curls:</u> <ul style="list-style-type: none">○ sets: 3○ reps: 10 <u>tricep pushdown:</u> <ul style="list-style-type: none">○ sets: 3○ reps: 10 <u>face pulls:</u> <ul style="list-style-type: none">○ sets: 3○ reps: 10

	<ul style="list-style-type: none">◦ set 5:<ul style="list-style-type: none">▪ reps: 5▪ weight: 188◦ set 6:<ul style="list-style-type: none">▪ reps: 5▪ weight: 199 <p><u>bench press:</u></p> <ul style="list-style-type: none">◦ set 1:<ul style="list-style-type: none">▪ reps: 10▪ weight: 26◦ set 2:<ul style="list-style-type: none">▪ reps: 10▪ weight: 26◦ set 3:<ul style="list-style-type: none">▪ reps: 10▪ weight: 26◦ set 4:<ul style="list-style-type: none">▪ reps: 10▪ weight: 26◦ set 5:<ul style="list-style-type: none">▪ reps: 10▪ weight: 26	
wednesday	<p>core:</p> <p><u>deadlift:</u></p> <ul style="list-style-type: none">◦ set 1:<ul style="list-style-type: none">▪ reps: 5▪ weight: 10◦ set 2:<ul style="list-style-type: none">▪ reps: 5▪ weight: 12	<p>accessory:</p> <p><u>ab wheel:</u></p> <ul style="list-style-type: none">◦ sets: 3◦ reps: 10 <p><u>situp:</u></p> <ul style="list-style-type: none">◦ sets: 3◦ reps: 10

	<ul style="list-style-type: none">◦ set 3:<ul style="list-style-type: none">▪ reps: 3▪ weight: 14◦ set 4:<ul style="list-style-type: none">▪ reps: 5▪ weight: 18◦ set 5:<ul style="list-style-type: none">▪ reps: 5▪ weight: 19◦ set 6:<ul style="list-style-type: none">▪ reps: 5▪ weight: 20 <p><u>squat:</u></p> <ul style="list-style-type: none">◦ set 1:<ul style="list-style-type: none">▪ reps: 10▪ weight: 249◦ set 2:<ul style="list-style-type: none">▪ reps: 10▪ weight: 249◦ set 3:<ul style="list-style-type: none">▪ reps: 10▪ weight: 249◦ set 4:<ul style="list-style-type: none">▪ reps: 10▪ weight: 249◦ set 5:<ul style="list-style-type: none">▪ reps: 10▪ weight: 249	<p><u>russian twists:</u></p> <ul style="list-style-type: none">◦ sets: 3◦ reps: 10
friday	core: <p><u>bench press:</u></p>	accessory: <p><u>curls:</u></p>

- set 1:
 - reps: 5
 - weight: 17

- set 2:
 - reps: 5
 - weight: 21

- set 3:
 - reps: 3
 - weight: 26

- set 4:
 - reps: 5
 - weight: 32

- set 5:
 - reps: 5
 - weight: 34

- set 6:
 - reps: 5
 - weight: 36

overhead press:

- set 1:
 - reps: 10
 - weight: 141

- set 2:
 - reps: 10
 - weight: 141

- set 3:
 - reps: 10
 - weight: 141

- set 4:
 - reps: 10
 - weight: 141

- sets: 3

- reps: 10

tricep pushdown:

- sets: 3

- reps: 10

face pulls:

- sets: 3

- reps: 10

	<ul style="list-style-type: none">◦ set 5:<ul style="list-style-type: none">▪ reps: 10▪ weight: 141	
sunday	core: <u>squat:</u> <ul style="list-style-type: none">◦ set 1:<ul style="list-style-type: none">▪ reps: 5▪ weight: 166◦ set 2:<ul style="list-style-type: none">▪ reps: 5▪ weight: 207◦ set 3:<ul style="list-style-type: none">▪ reps: 3▪ weight: 249◦ set 4:<ul style="list-style-type: none">▪ reps: 5▪ weight: 311◦ set 5:<ul style="list-style-type: none">▪ reps: 5▪ weight: 332◦ set 6:<ul style="list-style-type: none">▪ reps: 5▪ weight: 352 <u>deadlift:</u> <ul style="list-style-type: none">◦ set 1:<ul style="list-style-type: none">▪ reps: 10▪ weight: 14◦ set 2:<ul style="list-style-type: none">▪ reps: 10▪ weight: 14	accessory: <u>ab wheel:</u> <ul style="list-style-type: none">◦ sets: 3◦ reps: 10 <u>situp:</u> <ul style="list-style-type: none">◦ sets: 3◦ reps: 10 <u>russian twists:</u> <ul style="list-style-type: none">◦ sets: 3◦ reps: 10

- set 3:
 - reps: 10
 - weight: 14
- set 4:
 - reps: 10
 - weight: 14
- set 5:
 - reps: 10
 - weight: 14