

Program: A realistic program

This program was made using `streprogen`, the Python strength program generator. The latest version can be found at <https://pypi.python.org/pypi/streprogen/>.

Program parameters

Parameter	Value
duration	8
reps_per_exercise	25
intensity	80
units	

Exercise information

Exercise	Start	End	Reps min	Reps max	Weekly increase
Monday 1					
Squats	95	106	3	8	1.4%
Chins (light)	100	112	3	8	1.5%
Military press	50	56	3	8	1.5%
Wednesday					
Deadlifts	120	134	3	8	1.5%
Bench	70	78	3	8	1.4%
Chin ups	100	112	3	8	1.5%
Dips	4 x 10 @ bodyweight				
Friday					
Squats	85	95	3	8	1.5%
Chins (light)	100	112	3	8	1.5%
Military press	50	56	3	8	1.5%

Program

Week 1

Monday 1

Exercise	Sets / reps				
Squats	7 x 72.5	7 x 72.5	5 x 77.5	4 x 82.5	3 x 85
Chins (light)	7 x 75	7 x 75	5 x 82.5	4 x 85	3 x 90
Military press	7 x 37.5	7 x 37.5	5 x 40	4 x 42.5	3 x 45

Wednesday

Exercise	Sets / reps				
Deadlifts	7 x 90	7 x 90	5 x 100	4 x 102.5	3 x 107.5
Bench	7 x 52.5	7 x 52.5	5 x 57.5	4 x 60	3 x 62.5
Chin ups	7 x 75	7 x 75	5 x 82.5	4 x 85	3 x 90
Dips	4 x 10 @ bodyweight				

Friday

Exercise	Sets / reps				
Squats	7 x 65	7 x 65	5 x 70	4 x 72.5	3 x 75
Chins (light)	7 x 75	7 x 75	5 x 82.5	4 x 85	3 x 90
Military press	7 x 37.5	7 x 37.5	5 x 40	4 x 42.5	3 x 45

Week 2

Monday 1

Exercise	Sets / reps				
Squats	8 x 70	7 x 72.5	6 x 77.5	4 x 82.5	3 x 87.5
Chins (light)	8 x 72.5	7 x 77.5	6 x 80	4 x 87.5	3 x 92.5
Military press	8 x 37.5	7 x 37.5	6 x 40	4 x 45	3 x 45

Wednesday

Exercise	Sets / reps				
Deadlifts	8 x 87.5	7 x 92.5	6 x 97.5	4 x 105	3 x 110
Bench	8 x 52.5	7 x 55	6 x 57.5	4 x 62.5	3 x 65
Chin ups	8 x 72.5	7 x 77.5	6 x 80	4 x 87.5	3 x 92.5
Dips	4 x 10 @ bodyweight				

Friday

Exercise	Sets / reps				
Squats	8 x 62.5	7 x 65	6 x 67.5	4 x 75	3 x 77.5
Chins (light)	8 x 72.5	7 x 77.5	6 x 80	4 x 87.5	3 x 92.5
Military press	8 x 37.5	7 x 37.5	6 x 40	4 x 45	3 x 45

Week 3

Monday 1

Exercise	Sets / reps				
Squats	7 x 75	7 x 75	5 x 82.5	4 x 85	3 x 87.5
Chins (light)	7 x 77.5	7 x 77.5	5 x 85	4 x 90	3 x 92.5
Military press	7 x 40	7 x 40	5 x 42.5	4 x 45	3 x 47.5

Wednesday

Exercise	Sets / reps				
Deadlifts	7 x 95	7 x 95	5 x 102.5	4 x 107.5	3 x 112.5
Bench	7 x 55	7 x 55	5 x 60	4 x 62.5	3 x 65
Chin ups	7 x 77.5	7 x 77.5	5 x 85	4 x 90	3 x 92.5
Dips	4 x 10 @ bodyweight				

Friday

Exercise	Sets / reps				
Squats	7 x 67.5	7 x 67.5	5 x 72.5	4 x 75	3 x 80
Chins (light)	7 x 77.5	7 x 77.5	5 x 85	4 x 90	3 x 92.5
Military press	7 x 40	7 x 40	5 x 42.5	4 x 45	3 x 47.5

Week 4

Monday 1

Exercise	Sets / reps			
Squats	6 x 80	5 x 82.5	5 x 82.5	5 x 82.5
Chins (light)	6 x 82.5	5 x 87.5	5 x 87.5	5 x 87.5
Military press	6 x 42.5	5 x 42.5	5 x 42.5	5 x 42.5

Wednesday

Exercise	Sets / reps			
Deadlifts	6 x 100	5 x 105	5 x 105	5 x 105
Bench	6 x 57.5	5 x 60	5 x 60	5 x 60
Chin ups	6 x 82.5	5 x 87.5	5 x 87.5	5 x 87.5
Dips	4 x 10 @ bodyweight			

Friday

Exercise	Sets / reps			
Squats	6 x 70	5 x 75	5 x 75	5 x 75
Chins (light)	6 x 82.5	5 x 87.5	5 x 87.5	5 x 87.5
Military press	6 x 42.5	5 x 42.5	5 x 42.5	5 x 42.5

Week 5

Monday 1

Exercise	Sets / reps				
Squats	7 x 77.5	7 x 77.5	5 x 85	4 x 87.5	3 x 92.5
Chins (light)	7 x 80	7 x 80	5 x 87.5	4 x 92.5	3 x 97.5
Military press	7 x 40	7 x 40	5 x 45	4 x 47.5	3 x 47.5

Wednesday

Exercise	Sets / reps				
Deadlifts	7 x 97.5	7 x 97.5	5 x 105	4 x 110	3 x 115
Bench	7 x 57.5	7 x 57.5	5 x 62.5	4 x 65	3 x 67.5
Chin ups	7 x 80	7 x 80	5 x 87.5	4 x 92.5	3 x 97.5
Dips	4 x 12 @ bodyweight + 10kg				

Friday

Exercise	Sets / reps				
Squats	7 x 70	7 x 70	5 x 75	4 x 77.5	3 x 82.5
Chins (light)	7 x 80	7 x 80	5 x 87.5	4 x 92.5	3 x 97.5
Military press	7 x 40	7 x 40	5 x 45	4 x 47.5	3 x 47.5

Week 6

Monday 1

Exercise	Sets / reps				
Squats	8 x 75	7 x 77.5	6 x 82.5	4 x 90	3 x 92.5
Chins (light)	8 x 77.5	7 x 82.5	6 x 85	4 x 95	3 x 97.5
Military press	8 x 40	7 x 40	6 x 42.5	4 x 47.5	3 x 50

Wednesday

Exercise	Sets / reps				
Deadlifts	8 x 95	7 x 97.5	6 x 102.5	4 x 112.5	3 x 117.5
Bench	8 x 55	7 x 57.5	6 x 60	4 x 65	3 x 67.5
Chin ups	8 x 77.5	7 x 82.5	6 x 85	4 x 95	3 x 97.5
Dips	4 x 12 @ bodyweight + 10kg				

Friday

Exercise	Sets / reps				
Squats	8 x 67.5	7 x 70	6 x 72.5	4 x 80	3 x 82.5
Chins (light)	8 x 77.5	7 x 82.5	6 x 85	4 x 95	3 x 97.5
Military press	8 x 40	7 x 40	6 x 42.5	4 x 47.5	3 x 50

Week 7

Monday 1

Exercise	Sets / reps				
Squats	7 x 80	7 x 80	5 x 87.5	4 x 90	3 x 95
Chins (light)	7 x 82.5	7 x 82.5	5 x 90	4 x 95	3 x 100
Military press	7 x 42.5	7 x 42.5	5 x 45	4 x 47.5	3 x 50

Wednesday

Exercise	Sets / reps				
Deadlifts	7 x 100	7 x 100	5 x 110	4 x 115	3 x 120
Bench	7 x 57.5	7 x 57.5	5 x 62.5	4 x 67.5	3 x 70
Chin ups	7 x 82.5	7 x 82.5	5 x 90	4 x 95	3 x 100
Dips	4 x 12 @ bodyweight + 10kg				

Friday

Exercise	Sets / reps				
Squats	7 x 70	7 x 70	5 x 77.5	4 x 80	3 x 85
Chins (light)	7 x 82.5	7 x 82.5	5 x 90	4 x 95	3 x 100
Military press	7 x 42.5	7 x 42.5	5 x 45	4 x 47.5	3 x 50

Week 8

Monday 1

Exercise	Sets / reps			
Squats	6 x 82.5	5 x 87.5	5 x 87.5	5 x 87.5
Chins (light)	6 x 87.5	5 x 92.5	5 x 92.5	5 x 92.5
Military press	6 x 45	5 x 45	5 x 45	5 x 45

Wednesday

Exercise	Sets / reps			
Deadlifts	6 x 105	5 x 110	5 x 110	5 x 110
Bench	6 x 62.5	5 x 65	5 x 65	5 x 65
Chin ups	6 x 87.5	5 x 92.5	5 x 92.5	5 x 92.5
Dips	4 x 12 @ bodyweight + 10kg			

Friday

Exercise	Sets / reps			
Squats	6 x 75	5 x 77.5	5 x 77.5	5 x 77.5
Chins (light)	6 x 87.5	5 x 92.5	5 x 92.5	5 x 92.5
Military press	6 x 45	5 x 45	5 x 45	5 x 45