

BUILT



LIKE A

BULLDOG

DOGBONE Performance



Buckle up and get ready for an intense 6 weeks filled with blood, sweat, and tears. Kidding..... kind of..... You wont bleed and the only crying will be tears of joy during the final week when you set some **HUGE** personal records. This will provide you with a very specific and carefully thought out program that will increase your strength and size. Each week consists of 4 workouts (2 upper body days and 2 lower body days). You will focus on building a stronger bench, squat, deadlift, and shoulder press while gaining size with accessory work.



If you have any questions or concerns regarding the program, email us at dogboneperformance@gmail.com.

We are not responsible for any personal injuries that may occur during this program.
See your physician to determine if you are fit and able to lift at this level.

FAQ/Key

**In order to be successful in these 6 weeks focus
on what you can control:**

Nutrition:

- Quality whole foods
- Enough Protein to support muscle growth and recovery (1g/lb of body weight)
- Carbs and Fats are friends when lifting heavy... you need energy!

Sleep:

- 8 hours of sleep

Consistency

- Show up and put the work in
- Weights are cold..... they don't like excuses.... put in the work and see the results.

Key

DB = Dumbbell

BB = Barbell

SA = Single Arm

SL = Single Leg

(s) = Seconds

(e) = Each Side

Week 1/D1

Upper Body



A) BB Bench Press

5x5 @ 75% of 1rm

B1) DB Incline Bench Press

4x8

B2) DB Bent Over Row

4x8e

C1) Lat Pull Down

4x10

C2) DB Z Press

4x8

D1) Push-ups

3x20

D2) Chest Flys

3x15

D3) Dumbbell Hammer Curls

3x10

Notes

Week 1/D2

Lower Body

A) Barbell back squat

5x5 @ 75% of 1rm

B1) Barbell RDL

4x8

B2) Forward Lunges
(farmers carry)

4x8e

C1) SL Step Down

4x6e

C2) SL DB Hip Thrust

4x8e

D1) Side Plank

3x45s each side

D2) Supermans

3x15

D3) V-ups

3x15

Week 1/D3

Upper Body

A) BB Shoulder Press

5x5

B1) Incline BB Bench Press

4x8

B2) Barbell Bent Over Row

4x8

C1) Arnold Press

3x8

C2) Cable Bicep Burls

3x10

D1) Plate Front Raises

3x10

D2) Cable SA Tricep

Extensions

3x8e

D3) Chin Ups

3x10

Notes



Week 1/D4

Lower Body

**A) Deadlift work up to a heavy 5
then**

3x10 @55% of that weight

B) Barbell Reverse Lunges

4x8e

B2) SL DB RDL

4x8e

**C2) Goblet Squat (heels
elevated)**

3x15

C3) Band Leg Abduction

3x15e

D1) Russian twists

3x30

D2) Opposite arm leg plank

3x30s each side

D3) Palloff press

3x12e

Week 2/D1

Upper Body



A) BB Bench Press

6x4 @ 75%

B1) BB Incline Bench

4x8

B2) Pull ups

4x8-10

C1) Dips

3x12

C2) Bicep Curls

3x15

D1) Close Grip push ups

3x15 (add weight or
band if needed)

D2) Band pull aparts

3x20

Notes

Week 2/D2

Lower Body

**A) Back Squat 2x10 @ 60%,
2x8 @ 70%, 2x4 @ 80%**

B1) BB Hip Thrust

4x10

B2) Split Squats

4x6e

C1) Banded Kickbacks

3x20e

C2) Band knee TKE

3x20e

D1) Hanging Straight Leg Raise

3x10

D2) Farmers Carry

3x40 yards

D3) Calf Raises (weighted)

3x12e

Week 2/D3

Upper Body

A) Shoulder Press

5x4

B1) DB alternating bench pres

4x8e

B2) SA lat pull down

4x8e

C1) SA shoulder press

4x6e

C2) DB Pullovers

4x8

D1) Face Pulls

3x20

D2) Front and Lateral Raises

3x10e

D3) BB curls

3x6

Notes



Week 2/D4

Lower Body

A) Deadlift Work up to a heavy 4
then 3x8 @ 65%

B1) Front Squats
4x6 (3 sec ecc)

B2) SL RDL
4x8e

C1) DB step ups
3x10e

C2) Glute bridge Hold
4x30s each

D1) Sprinters Crunch
3x20e

D2) Hollow Hold
3x40s

D3) Hyperextension
3x12

Week 3/D1

Upper Body



A) BB bench 3x6 @ 70%, 3x3
@ 85%

B1) DB incline bench
4x12

B2) T-Bar row
4x10

C1) Push ups
4x20 (banded or weight)

C2) Barbell Curls
4x6

D1) Cable Rope Bicep Curls
3x21's (7 bottom half, 7 top
half, 7 full)

D2) Cable Rope tricep
3x21's

Notes

Week 3/D2

Lower Body

A) Back Squat 3x6 @75%, 3x3 @
85%

B1) BB RDL
4x12

B2) SL step down
4x8e

C1) Forward + Reverse Lunge
3x6e each leg

C2) Hamstring Curls
3x15

D1) Wall sit
3x1min

D2) Alternating V-ups
3x10e

D3) Plank
3x1min

Week 3/D3

Upper Body



A) Shoulder Press

5x3

B1) BB Incline Bench

4x8

B2) DB Bent Over Row

4x8e

C1) Arnold Press

3x10

C2) Pull Ups

3x6 (weighted)

D1) Rear delt flys

3x10

D2) Band Pull Aparts

3x20

D3) Shrugs DB or BB

3x20

Notes

Week 3/D4

Lower Body

A) Deadlift work up to a heavy 3, then 3 sets of 6 @ 75% of that load

B1) Goblet Squat (heels elevated)

4x12

B2) BB Hip Thrust

4x8

C1) Lateral Lunge

3x8e

C2) Band Knee TKE

3x20e

D1) Quadruped Opposite Arm Leg Reach

3x10e

D2) Straight Leg Crunches

3x20

D3) Russian Twists

3x30

Week 4/D1

Upper Body

A) Bench Press

2x5 @ 70%

2x3 @ 80%

2x1 @ 90%

B1) Reverse grip bent over row

4x8

C1) Pull ups

4x5 (weighted)

C2) Dumbbell Alternating Bench

Press

4x8e

D1) Barbell Bicep Curls

3x5

D2) Skull crushers

3x12

D3) Shrugs (heavy)

3x6

Notes



Week 4/D2

Lower Body

A) Back Squat

4x5 @ 65%

1x2 @ 75%

1x2 @ 90%

B) Snatch Grip DL

4x3 @ 55% of DL max

C1) DB RDL

4x10

C2) Split Squats

3x8e

D1) Side Plank Pull Throughs

3x10e

D2) Hyperextension

3x12

D3) Sprinters Crunch

3x30

Week 4/D3

Upper Body

A) Shoulder Press

4x5

B) Close Grip Bench Press

4x8

C1) Arnold Press

3x10

C2) Chest Supported Row

3x8

D1) Dips

3x10

D2) DB Curls

3x20

E1) Lateral Raise

3x15

E2) Front Raise

3x15

E3) Rear Delt Fly

3x15

Notes



Week 4/D4

Lower Body

A) Deadlift work up to a heavy
2

Then 3x4 @ 85% of that load

B) BB Hip Thrust
4x5

C1) Step Ups (farmers carry)
3x8e

C2) SL Glute Bridge
3x40s each

D1) Leg Extension
3x12

D2) Alternating V-Ups
3x10e

D3) Plank
3x1 minute

Week 5/D1

Upper Body

A) Bench Press

2x5 @ 65%

2x3 @ 70%

1x1 @ 80%

B1) DB Incline Bench

3x12

B2) Chin Ups

3x5

C1) Close Grip Push Ups

4x12

C2) BB Curls

4x10

D1) Standing DB French Press

3x10

D2) BB Shrug

3x12

*Start of deload week. PR Week coming up!

Notes

Week 5/D2

Lower Body

A) Back squat

2x5 @ 65%

2x3 @ 70%

1x1 @ 80%

B1) Forward + Reverse Lunge

4x4e

C1) SL RDL

3x8e

C2) Leg Extension

3x10e

D1) Superman Hold

3x30s

D2) Hollow Hold

3x30s



Week 5/D3

Upper Body



A) Shoulder Press 4x5 @ same weight from week 1

B1) DB Z Press
3x10

B2) Face Pulls
3x15

C1) BB Shrugs
3x6

C2) Bent Over I,Y,T
3x5e

C3) Dips
3x6

D1) DB hammer curls
4x20

D2) Tricep push downs
4x20

Notes

Week 5/D4

Lower Body

A) Deadlift work up to set of 5 from week 1

3x5 at that weight

B) SL DB Hip Thrust
4x8e

C1) SL Step Down
3x6e

C2) BB RDL
3x6

D1) Hollow Body Pull Over
4x15

D2) Hanging Leg Raise
4x10

D3) Side Plank
4x30s each

Week 6/D1

Upper Body



A) Bench Press

1x5 @ 60%

1x3 @ 75%

1x1 @ 85%, 90%, 100%

add weight until pr or failure

B) DB Alternating Bench Press

8e

C1) DB SA Row

4x5e

C2) Tricep Push Down

4x12

D1) Heavy BB Curls

4x5

D2) Chest Flys

4x10

Notes

Eat Well. Rest Up. Get Ready To PR

Week 6/D2

Lower Body

A) Back Squat

1x5 @ 60%

1x3 @ 75%

1x1 @ 85%, 90%, 100%

add weight until pr or failure

B) BB RDL

4x6

C1) Forward lunge

3x8e

C2) Banded abduction

3x15e

D1) Russian twists

3x20

D2) V ups

3x10

Week 6/D3

Upper Body

A) Shoulder Press

1x5

1x3

1-1-1... work up to a
heavy 1rm

B) Arnold Press

3x8

C1) Weighted Pull Ups

3x6

C2) BB Shrugs

3x10

D1) Band Pull Aparts

3x20

D2) California Press

3x10

D3) DB Hammer Curl

3x10

Notes



Week 6/D4

Lower Body

A) Deadlift

1x5

1x3

1-1-1... work up to a heavy
1rm

B) BB hip thrust

4x12

C1) Goblet Squat (heels elevated)

3x8

C2) SL RDL

3x8e

D1) Calf Raises

3x15 (weighted)

D2) Plank

3x1minute

D3) Hollow Rocks

3x20

Tracker Sheet

W1/D1

Lift | Weight/Reps

A)

B1)

B2)

C1)

C2)

D1)

D2)

D3)

W1/D3

Lift | Weight/Reps

A)

B1)

B2)

C1)

C2)

D1)

D2)

D3)

W1/D2

Lift | Weight/Reps

A)

B1)

B2)

C1)

C2)

D1)

D2)

D3)

W1/D4

Lift | Weight/Reps

A)

B1)

B2)

C1)

C2)

D1)

D2)

D3)

Tracker Sheet

W2/D1

Lift	Weight/Reps
A)	
B1)	
B2)	
C1)	
C2)	
D1)	
D2)	
D3)	

W2/D2

Lift	Weight/Reps
A)	
B1)	
B2)	
C1)	
C2)	
D1)	
D2)	
D3)	

W2/D3

Lift	Weight/Reps
A)	
B1)	
B2)	
C1)	
C2)	
D1)	
D2)	
D3)	

W2/D4

Lift	Weight/Reps
A)	
B1)	
B2)	
C1)	
C2)	
D1)	
D2)	
D3)	

Tracker Sheet

W3/D1

Lift	Weight/Reps
A)	
B1)	
B2)	
C1)	
C2)	
D1)	
D2)	
D3)	

W3/D2

Lift	Weight/Reps
A)	
B1)	
B2)	
C1)	
C2)	
D1)	
D2)	
D3)	

W3/D3

Lift	Weight/Reps
A)	
B1)	
B2)	
C1)	
C2)	
D1)	
D2)	
D3)	

W3/D4

Lift	Weight/Reps
A)	
B1)	
B2)	
C1)	
C2)	
D1)	
D2)	
D3)	

Tracker Sheet

W4/D1

Lift	Weight/Reps
A)	
B1)	
B2)	
C1)	
C2)	
D1)	
D2)	
D3)	

W4/D2

Lift	Weight/Reps
A)	
B1)	
B2)	
C1)	
C2)	
D1)	
D2)	
D3)	

W4/D3

Lift	Weight/Reps
A)	
B1)	
B2)	
C1)	
C2)	
D1)	
D2)	
D3)	

W4/D4

Lift	Weight/Reps
A)	
B1)	
B2)	
C1)	
C2)	
D1)	
D2)	
D3)	

Tracker Sheet

W5/D1

Lift	Weight/Reps
A)	
B1)	
B2)	
C1)	
C2)	
D1)	
D2)	
D3)	

W5/D2

Lift	Weight/Reps
A)	
B1)	
B2)	
C1)	
C2)	
D1)	
D2)	
D3)	

W5/D3

Lift	Weight/Reps
A)	
B1)	
B2)	
C1)	
C2)	
D1)	
D2)	
D3)	

W5/D4

Lift	Weight/Reps
A)	
B1)	
B2)	
C1)	
C2)	
D1)	
D2)	
D3)	

Tracker Sheet

W6/D1

Lift	Weight/Reps
A)	
B1)	
B2)	
C1)	
C2)	
D1)	
D2)	
D3)	

W6/D2

Lift	Weight/Reps
A)	
B1)	
B2)	
C1)	
C2)	
D1)	
D2)	
D3)	

W6/D3

Lift	Weight/Reps
A)	
B1)	
B2)	
C1)	
C2)	
D1)	
D2)	
D3)	

W6/D4

Lift	Weight/Reps
A)	
B1)	
B2)	
C1)	
C2)	
D1)	
D2)	
D3)	