

TB 2025-03

WEEK 1 - 70%

SQUAT

1RM: 455#

- 2 x 5 - 45 lbs - Bar
- 1 x 5 - 130 lbs - 35 5 2.5
- 1 x 3 - 190 lbs - 45 25 2.5
- 1 x 2 - 255 lbs - (45 x 2) 15
- (3-5) x 5 - 320 lbs - (45 x 3) 2.5

BENCH PRESS

1RM: 250#

- 2 x 5 - 45 lbs - Bar
- 1 x 5 - 90 lbs - 15 5 2.5
- 1 x 3 - 120 lbs - 35 2.5
- 1 x 2 - 160 lbs - 45 10 2.5
- (3-5) x 5 - 175 lbs - 45 15 5

DEADLIFT

1RM: 300#

- 2 x 5 - 85 lbs - 15 5
- 1 x 3 - 125 lbs - 35 5
- 1 x 2 - 180 lbs - 45 15 5 2.5
- (1-3) x 5 - 210 lbs - 45 35 2.5

WEIGHTED PULLUP

1RM: 42# @ BW of 210#

- (3-5) x 5 - Bodyweight

WEEK 2 - 80%

SQUAT

1RM: 455#

- 2 x 5 - 45 lbs - Bar
- 1 x 5 - 145 lbs - 45 5
- 1 x 3 - 220 lbs - 45 35 5 2.5
- 1 x 2 - 290 lbs - (45 x 2) 25 5 2.5
- (3-5) x 5 - 365 lbs - (45 x 3) 25

BENCH PRESS

1RM: 250#

- 2 x 5 - 45 lbs - Bar
- 1 x 5 - 100 lbs - 25 2.5
- 1 x 3 - 140 lbs - 45 2.5
- 1 x 2 - 180 lbs - 45 15 5 2.5
- (3-5) x 5 - 200 lbs - 45 25 5 2.5

DEADLIFT

1RM: 300#

- 2 x 5 - 95 lbs - 25
- 1 x 3 - 145 lbs - 45 5
- 1 x 2 - 205 lbs - 45 35
- (1-3) x 5 - 240 lbs - (45 x 2) 5 2.5

WEIGHTED PULLUP

1RM: 42# @ BW of 210#

- (3-5) x 5 - Bodyweight

WEEK 3 - 90%

SQUAT

1RM: 455#

- 2 x 5 - 45 lbs - Bar
- 1 x 5 - 165 lbs - 45 15
- 1 x 3 - 245 lbs - (45 x 2) 10
- 1 x 2 - 330 lbs - (45 x 3) 5 2.5
- (3-4) x 3 - 410 lbs - (45 x 4) 2.5

BENCH PRESS

1RM: 250#

- 2 x 5 - 45 lbs - Bar
- 1 x 5 - 110 lbs - 25 5 2.5
- 1 x 3 - 160 lbs - 45 10 2.5
- 1 x 2 - 200 lbs - 45 25 5 2.5
- (3-4) x 3 - 225 lbs - (45 x 2)

DEADLIFT

1RM: 300#

- 2 x 5 - 110 lbs - 25 5 2.5
- 1 x 3 - 160 lbs - 45 10 2.5
- 1 x 2 - 230 lbs - (45 x 2) 2.5
- (1-3) x 3 - 270 lbs - (45 x 2) 15 5 2.5

WEIGHTED PULLUP

1RM: 42# @ BW of 210#

- (3-4) x 3 - 15 lbs

WEEK 4 - 75%

SQUAT

1RM: 455#

- 2 x 5 - 45 lbs - Bar
- 1 x 5 - 135 lbs - 45
- 1 x 3 - 205 lbs - 45 35
- 1 x 2 - 270 lbs - (45 x 2) 15 5 2.5
- (3-5) x 5 - 340 lbs - (45 x 3) 10 2.5

BENCH PRESS

1RM: 250#

- 2 x 5 - 45 lbs - Bar
- 1 x 5 - 95 lbs - 25
- 1 x 3 - 135 lbs - 45
- 1 x 2 - 170 lbs - 45 15 2.5
- (3-5) x 5 - 190 lbs - 45 25 2.5

DEADLIFT

1RM: 300#

- 2 x 5 - 90 lbs - 15 5 2.5
- 1 x 3 - 135 lbs - 45
- 1 x 2 - 190 lbs - 45 25 2.5
- (1-3) x 5 - 225 lbs - (45 x 2)

WEIGHTED PULLUP

1RM: 42# @ BW of 210#

- (3-5) x 5 - Bodyweight

WEEK 5 - 85%

SQUAT

1RM: 455#

- 2 x 5 - 45 lbs - Bar
- 1 x 5 - 155 lbs - 45 10
- 1 x 3 - 230 lbs - (45 x 2) 2.5
- 1 x 2 - 310 lbs - (45 x 2) 35 5 2.5
- (3-5) x 3 - 385 lbs - (45 x 3) 35

BENCH PRESS

1RM: 250#

- 2 x 5 - 45 lbs - Bar
- 1 x 5 - 105 lbs - 25 5
- 1 x 3 - 145 lbs - 45 5
- 1 x 2 - 190 lbs - 45 25 2.5
- (3-5) x 3 - 210 lbs - 45 35 2.5

DEADLIFT

1RM: 300#

- 2 x 5 - 100 lbs - 25 2.5
- 1 x 3 - 155 lbs - 45 10
- 1 x 2 - 215 lbs - 45 35 5
- (1-3) x 3 - 255 lbs - (45 x 2) 15

WEIGHTED PULLUP

1RM: 42# @ BW of 210#

- (3-5) x 3 - 5 lbs

WEEK 6 - 95%

SQUAT

1RM: 455#

- 2 x 5 - 45 lbs - Bar
- 1 x 5 - 170 lbs - 45 15 2.5
- 1 x 3 - 260 lbs - (45 x 2) 15 2.5
- 1 x 2 - 345 lbs - (45 x 3) 15
- (3-4) x (1-2) - 430 lbs - (45 x 4) 10 2.5

BENCH PRESS

1RM: 250#

- 2 x 5 - 45 lbs - Bar
- 1 x 5 - 120 lbs - 35 2.5
- 1 x 3 - 170 lbs - 45 15 2.5
- 1 x 2 - 215 lbs - 45 35 5
- (3-4) x (1-2) - 240 lbs - (45 x 2) 5 2.5

DEADLIFT

1RM: 300#

- 2 x 5 - 115 lbs - 35
- 1 x 3 - 170 lbs - 45 15 2.5
- 1 x 2 - 240 lbs - (45 x 2) 5 2.5
- (1-3) x (1-2) - 285 lbs - (45 x 2) 25 5

WEIGHTED PULLUP

1RM: 42# @ BW of 210#

- (3-4) x (1-2) - 30 lbs