

Name: _____
Date: _____

SQUAT

| Week | Reps | Weight | A |
|------|------|--------|---|
| 1 | 12 | | |
| | 10 | | |
| | 8 | | |
| 2 | 10 | | |
| | 8 | | |
| | 6 | | |
| | 6* | | |
| 3 | 6 | | |
| | 4 | | |
| | 2 | | |
| | 4* | | |
| 4 | 4 | | |
| | 4 | | |
| | 2 | | |
| | 2* | | |

SQUAT

| Week | Reps | Weight | A |
|------|------|--------|---|
| 1 | 12 | | |
| | 10 | | |
| | 8 | | |
| 2 | 10 | | |
| | 8 | | |
| | 6 | | |
| | 6* | | |
| 3 | 6 | | |
| | 4 | | |
| | 2 | | |
| | 4* | | |
| 4 | 4 | | |
| | 4 | | |
| | 2 | | |
| | 2* | | |

AUXILLARY LIFTS

- Leg Extension
- Leg Curl
- Dumb Bell Lunges
- Calf Raises
- Stiff Legged Deads

MILITARY PRESS

| Week | Reps | Weight | A |
|------|------|--------|---|
| 1 | 12 | | |
| | 10 | | |
| | 8 | | |
| 2 | 10 | | |
| | 8 | | |
| | 6 | | |
| | 6* | | |
| 3 | 6 | | |
| | 4 | | |
| | 2 | | |
| | 4* | | |
| 4 | 4 | | |
| | 4 | | |
| | 2 | | |
| | 2* | | |

MILITARY PRESS

| Week | Reps | Weight | A |
|------|------|--------|---|
| 1 | 12 | | |
| | 10 | | |
| | 8 | | |
| 2 | 10 | | |
| | 8 | | |
| | 6 | | |
| | 6* | | |
| 3 | 6 | | |
| | 4 | | |
| | 2 | | |
| | 4* | | |
| 4 | 4 | | |
| | 4 | | |
| | 2 | | |
| | 2* | | |

- Bicep Curls
- DB Lateral Raises
- Alt DB Front Raises
- One Arm Rows

INCLINE PRESS

| Week | Reps | Weight | A |
|------|------|--------|---|
| 1 | 12 | | |
| | 10 | | |
| | 8 | | |
| 2 | 10 | | |
| | 8 | | |
| | 6 | | |
| | 6* | | |
| 3 | 6 | | |
| | 4 | | |
| | 2 | | |
| | 4* | | |
| 4 | 4 | | |
| | 4 | | |
| | 2 | | |
| | 2* | | |

INCLINE PRESS

| Week | Reps | Weight | A |
|------|------|--------|---|
| 1 | 12 | | |
| | 10 | | |
| | 8 | | |
| 2 | 10 | | |
| | 8 | | |
| | 6 | | |
| | 6* | | |
| 3 | 6 | | |
| | 4 | | |
| | 2 | | |
| | 4* | | |
| 4 | 4 | | |
| | 4 | | |
| | 2 | | |
| | 2* | | |

- Tri Pushdowns
- Tri Extensions
- Decline Press
- Dips

| DEAD | | LIFT | |
|------|------|--------|---|
| Week | Reps | Weight | A |
| 1 | 12 | | |
| | 10 | | |
| | 8 | | |
| 2 | 10 | | |
| | 8 | | |
| | 6 | | |
| | 6* | | |
| 3 | 6 | | |
| | 4 | | |
| | 2 | | |
| | 4* | | |
| 4 | 4 | | |
| | 4 | | |
| | 2 | | |
| | 2* | | |

| DEAD | | LIFT | |
|------|------|--------|---|
| Week | Reps | Weight | A |
| 1 | 12 | | |
| | 10 | | |
| | 8 | | |
| 2 | 10 | | |
| | 8 | | |
| | 6 | | |
| | 6* | | |
| 3 | 6 | | |
| | 4 | | |
| | 2 | | |
| | 4* | | |
| 4 | 4 | | |
| | 4 | | |
| | 2 | | |
| | 2* | | |

AUXILLARY LIFTS

Hack Squat

Leg Press

Leg Curls

Calf Raises

| HANG | | CLEAN | |
|------|------|--------|---|
| Week | Reps | Weight | A |
| 1 | 12 | | |
| | 10 | | |
| | 8 | | |
| 2 | 10 | | |
| | 8 | | |
| | 6 | | |
| | 6* | | |
| 3 | 6 | | |
| | 4 | | |
| | 2 | | |
| | 4* | | |
| 4 | 4 | | |
| | 4 | | |
| | 2 | | |
| | 2* | | |

| HANG | | CLEAN | |
|------|------|--------|---|
| Week | Reps | Weight | A |
| 1 | 12 | | |
| | 10 | | |
| | 8 | | |
| 2 | 10 | | |
| | 8 | | |
| | 6 | | |
| | 6* | | |
| 3 | 6 | | |
| | 4 | | |
| | 2 | | |
| | 4* | | |
| 4 | 4 | | |
| | 4 | | |
| | 2 | | |
| | 2* | | |

Shoulder Shrugs

Upright Rows

Lat Pull Down Front

Lat Pull Down Behind

4 Way Neck

| BENCH | | PRESS | |
|-------|------|--------|---|
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| 1 | 12 | | |
| | 10 | | |
| | 8 | | |
| 2 | 10 | | |
| | 8 | | |
| | 6 | | |
| | 6* | | |
| 3 | 6 | | |
| | 4 | | |
| | 2 | | |
| | 4* | | |
| 4 | 4 | | |
| | 4 | | |
| | 2 | | |
| | 2* | | |

| BENCH | | PRESS | |
|-------|------|--------|---|
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| 1 | 12 | | |
| | 10 | | |
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| | 6* | | |
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| | 4* | | |
| 4 | 4 | | |
| | 4 | | |
| | 2 | | |
| | 2* | | |

Close Grip Bench

Push-ups (to failure)

Flyes

Wrist Rolls(PVC)

*Denotes not required

