

Upper 1		Reps	Weight	Tempo	Write in Weight Used for Each Set					
A. Flat Bench	Week 1	6x8		3/x/x						
Push to 4	Week 2	6x8								
	Week 3	6x8								
2.5 min rest	Week 4	6x8								
B1. Incline Dbell Press	Week 1	4x8-10								
	Week 2	4x8-10								
2 min rest	Week 3	4x8-10								
	Week 4	4x8-10								
B2. Heavy Rows	Week 1	4x8								
	Week 2	4x8								
2 min rest	Week 3	4x8								
	Week 4	4x8								
C1. Barbell Military Press	Week 1	3x10								
	Week 2	3x10								
2 min rest	Week 3	3x10								
	Week 4	3x10								
C2. Pull Ups	Week 1	3x10-12								
Banded or Weighted if needed	Week 2	3x10-12								
2 min rest	Week 3	3x10-12								
	Week 4	3x10-12								
D. Grip Strength	Your Choice									
Lower 1		Reps	Weight	Tempo						
A. Power Clean (From Floor)	Week 1	5x5	60-70%							
Freshmen Start LIGHT!	Week 2	5x5	60-70%							
3 min rest	Week 3	5x5	60-70%							
	Week 4	5x5	60-70%							

B. Front Squat	Week 1	6x6		3/x/x						
Push to 4	Week 2	6x6								
Freshmen Start LIGHT!	Week 3	6x6								
2.5 min rest	Week 4	6x6								
C1. Barbell or Dbell Lateral Lunges	Week 1	3x8-10	each way							
	Week 2	3x8-10	each way							
2 min rest	Week 3	3x8-10	each way							
	Week 4	3x8-10	each way							
C2. Reverse Hyper (weighted)	Week 1	3x10-12								
	Week 2	3x10-12								
2 min rest	Week 3	3x10-12								
	Week 4	3x10-12								
D. Four Way Band Complex		3x8	each way							
Upper 2		Reps	Weight	Tempo	Write in Weight Used for Each Set					
A. Flat Bench	Week 1	6x8		3/x/x						
Push to 4	Week 2	6x8								
	Week 3	6x8								
2.5 min rest	Week 4	6x8								
B1. Incline Dbell Press	Week 1	4x8-10								
	Week 2	4x8-10								
2 min rest	Week 3	4x8-10								
	Week 4	4x8-10								
B2. Heavy Rows	Week 1	4x8								
	Week 2	4x8								
2 min rest	Week 3	4x8								

	Week 4	4x8								
C1. Barbell Military Press	Week 1	3x10								
	Week 2	3x10								
2 min rest	Week 3	3x10								
	Week 4	3x10								
C2. Pull Ups	Week 1	3x10-12								
Banded or Weighted if needed	Week 2	3x10-12								
2 min rest	Week 3	3x10-12								
	Week 4	3x10-12								
D. Grip Strength	Your Choice									
Lower 2		Reps	Weight	Tempo						
A. Power Snatch	Week 1	5x5	Est 60%							
Start Light find your way	Week 2	5x5	Est 60%							
	Week 3	5x5	Est 60%							
3 min rest	Week 4	5x5	Est 60%							
					4" bumper	4" bumper	4" bumper	4" bumper	Regular	Regular
B. Deficit Dead	Week 1	6x6		3/1/x						
*Build up to set 4	Week 2	6x6		3/1/x						
Complete all reps; go as heavy as you	Week 3	6x6		3/1/x						
can without breaking form	Week 4	6x6		3/1/x						
C1. Dbell Lunges	Week 1	3x8-10	each leg							
	Week 2	3x8-10	each leg							
2 min rest	Week 3	3x8-10	each leg							
	Week 4	3x8-10	each leg							
C2. Single standing hamstrings	Week 1	3x10	each leg							
Go heavier!	Week 2	3x10	each leg							

2 min rest	Week 3	3x10	each leg
	Week 4	3x10	each leg
D. Land Mines		3x8-10	each way