			Week 1 - Bloc	k 1				
Day 1	Day 1					Day 3		
Primary Movement	Weight	Reps	Primary Movement	Weight	Reps	Primary Movement	Weight	Reps
Squat	8 - someth do 7-8 if	o set of 5 (RPE ning you could you went all out)	Bench Press	(RPE 8 -	to set of 5 something ld do 7-8 if nt all out)	Deadlift	Work up 5 (RP somethicould do 7 went a	E 8 - ing you 7-8 if you
Supplemental Movement	Sets	Reps	Supplemental Movement	Sets	Reps	Supplemental Movement	Sets	Reps
Pause Squat (2-count pause)	3	5	Pause Bench Press (2-count	3	5	Bent Over Barbell Rows (Dead Stop	3	8
r dase squar (2 count pause)	90% of Primary Squat		pause) 90% of Primary Bench		on Floor Between Reps)	RPE: 7		
Assistance Movements	Sets	Reps	Assistance Movements	Sets	Reps	Assistance Movements	Sets	Reps
A1. Cable Pull-Throug	hs - 3 sets c	of 8	A. Bent Over Rear Delt Dumbbell I	A1. Alternating Lunges - 3x12 (6 lunges each leg)				
*Push butt back, and squeeze g	lutes and ak	s at lockout.	B1. Rolling Dumbbell Tricep Extensions - 3 sets of 10			*Holding dumbbells or kettlebells		
A2. Chin-Ups - 3 sets	of 8-12 rep)S	B2. Seated Dumbbell Bicep Curls - 3 sets of 12			A2. Hanging Leg Raises - 3xMax Reps		
*Use extra weight or band assista	ance if need	ed to get reps.	*alternating arms, 6 reps per arm.			*If you can do at least 10 reps of knees to elbows,		
						then use straight le	gs.	
			Notes for the We	ملا،		1		

Notes for the Week:

*Follow the RPE Instructions and start light. Use these first weeks to establish consistency and build momentum for PRs later.

*Don't rush assistance work, but use the circuits/supersets as an opportunity to build your work capacity.

*Track your top numbers from your primary movements, this is very important.

Week 2 - Block 1											
Day 1			Day 2			Day 3					
Primary Movement	Weight	Reps	Primary Movement	Weight	Reps	Primary Movement	Weight	Reps			
Squat	8 - someth do 5-6 if	o set of 3 (RPE ning you could you went all out)	Bench Press	(RPE 8 - you cou	to set of 3 something ld do 5-6 if nt all out)	Deadlift	3 (RF someth could do	to set of PE 8 - ning you 5-6 if you all out)			
Supplemental Movement	Sets	Reps	Supplemental Movement	Sets	Reps	Supplemental Movement	Sets	Reps			
Pause Squat (2-count pause)	3	3	Pause Bench Press (2-count	3	3	Bent Over Barbell Rows (Dead Stop	3	6			
ause squar (2 count pause)	90% of Primary Squat		pause)	90% of	Primary	on Floor Between Reps)	RP	E: 7			
Assistance Movements	Sets	Reps	Assistance Movements	Sets	Reps	Assistance Movements	Sets	Reps			
A1. Cable Pull-Throug	hs - 3 sets o	of 8	A. Bent Over Rear Delt Dumbbell Raises - 3 sets of 15			A1. Alternating Lunges - 3x12 (6 lunges each leg)					
*Push butt back, and squeeze g	lutes and ab	s at lockout.	B1. Rolling Dumbbell Tricep Exten	sions - 3 se	ts of 10	*Holding dumbbells or kettlebells					
A2. Chin-Ups - 3 sets	of 8-12 rep	os	B2. Seated Dumbbell Bicep Cui	rls - 3 sets o	of 12	A2. Hanging Leg Raises - 3xMax Reps					
*Use extra weight or band assista	nce if need	ed to get reps.	*alternating arms, 6 reps	*If you can do at least 10 reps of knees to elbows,							
						then use straight legs.					

Week 3 - Block 1											
Day 1			Day 2			Day 3					
Primary Movement	Weight	Reps	Primary Movement	Weight	Reps	Primary Movement	Weight	Reps			
Squat	you used f	to the weight or week 1, but of 6-8 reps.	Bench Press	weight yo	up to the ou used for out for a set 8 reps.	Deadlift	weight y	p to the ou used 1, but for 6-8 reps.			
Supplemental Movement	Sets	Reps	Supplemental Movement	Sets	Reps	Supplemental Movement	Sets	Reps			
Pause Squat (2-count pause)	1	8	Pause Bench Press (2-count	1	8	Bent Over Barbell Rows (Dead Stop	3	5			
	90% of Primary Squat		pause)	90% of	f Primary	on Floor Between Reps)	RP	E: 8			
Assistance Movements	Sets	Reps	Assistance Movements	Sets	Reps	Assistance Movements	Sets	Reps			
A1. Cable Pull-Throug	hs - 3 sets c	of 8	A. Bent Over Rear Delt Dumbbell Raises - 3 sets of 15			A1. Alternating Lunges - 3x12 (6 lunges each leg)					
*Push butt back, and squeeze g	lutes and ak	s at lockout.	B1. Rolling Dumbbell Tricep Extens	sions - 3 se	ets of 10	*Holding dumbbells or kettlebells					
A2. Chin-Ups - 3 sets	of 8-12 rep	S	B2. Seated Dumbbell Bicep Curls - 3 sets of 12			A2. Hanging Leg Raises - 3xMax Reps					
*Use extra weight or band assista	ance if need	ed to get reps.				*If you can do at least 10 reps of knees to elbows,					
						then use straight le	gs.				

Week 4 - Block 1											
Day 1			Day 2			Day 3					
Primary Movement	Weight	Reps	Primary Movement	Weight	Reps	Primary Movement	Weight	Reps			
Squat	Work up	set of 2 (RPE 8)	Bench Press	Work up set of 2 (RPE 8)		Deadlift	Work up (RP	set of 2 E 8)			
Supplemental Movement	Sets	Reps	Supplemental Movement	Sets	Reps	Supplemental Movement	Sets	Reps			
Pause Squat (2-count pause)	3	2	Pause Bench Press (2-count	3	2	Bent Over Barbell Rows (Dead Stop	3	3			
l ause squar (2 count pause)	90% of Primary Squat		pause)	90% of Primary		on Floor Between Reps)	RPE: 8				
Assistance Movements	Sets	Reps	Assistance Movements	Sets	Reps	Assistance Movements	Sets	Reps			
A1. Cable Pull-Throug	hs - 3 sets c	of 8	A. Bent Over Rear Delt Dumbbell F	Raises - 3 se	ets of 15	A1. Alternating Lunges - 3x12 (6 l	6 lunges each leg)				
*Push butt back, and squeeze g	lutes and ak	os at lockout.	B1. Rolling Dumbbell Tricep Exten	*Holding dumbbells or ke	*Holding dumbbells or kettlebells						
A2. Chin-Ups - 3 sets	of 8-12 rep	OS	B2. Seated Dumbbell Bicep Cur	ls - 3 sets o	of 12	A2. Hanging Leg Raises - 3xMax Reps					
*Use extra weight or band assista	ance if need	ed to get reps.	*alternating arms, 6 reps per arm.			*If you can do at least 10 reps of knees to elbows,					
						then use straight legs.					

Week 5 - Block 2											
Day 1	Day 1					Day 3					
Primary Movement	Weight	Reps	Primary Movement	Weight	Reps	Primary Movement	Weight	Reps			
Squat - Deload	90% of yo	sets of 8 with ur top weight Week 3.	Bench Press - Deload	Perform 3 sets of 8 with 90% of your top weight from Week 3.			Perform : with 90% top weig Wee	6 of your ght from			
Supplemental Movement	Sets	Reps	Supplemental Movement	Sets	Reps	Supplemental Movement	Sets	Reps			
N/A			Spoto Bench (Pause 1 inch off	3	5	Machine or Cable Neutral Grip	3	10			
IN/A			chest) 90% of Pr		f Primary	Rows	RPE: 8				
Assistance Movements	Sets	Reps	Assistance Movements	Sets	Reps	Assistance Movements	Sets	Reps			
A1. RDLs - 4 s	ets of 8		A. Seated Dumbbell Shoulder Pre	esses - 3 se	ts of 8	A1. Rear Leg Elevated Split Squat	ts- 3x6 ea	ch leg			
*controlled negative, and squ	eeze glutes a	and lockout	B1. Cable Tricep Pushdowns	- 3 sets of 2	20	*Holding dumbbells or kettlebells					
A2. Chin-Ups - 4 sets	s of 8-12 rep	os	B2. Alternating Dumbbell Curl	s - 3 sets of	f 12	A2. Hanging Leg Raises - 4xMax Reps					
*Use extra weight or band assista	ance if need	ed to get reps.	*6 reps each arm, alte	rnating		*If you can do at least 10 reps of knees to elbows,					
						then use straight legs.					

Week 6 - Block 2											
Day 1			Day 2			Day 3					
Primary Movement	Weight	Reps	Primary Movement	Weight	Reps	Primary Movement	Weight	Reps			
Squat		o set of 3 (RPE /eek 2 Weight.	Bench Press	(RPE 9) - E	to set of 3 Beat Week 2 eight.	Deadlift		to set of 9) - Beat Weight.			
Supplemental Movement	Sets	Reps	Supplemental Movement	Sets	Reps	Supplemental Movement	Sets	Reps			
Squat Volume	3	5	Spoto Bench (Pause 1 inch off	3	5	Machine or Cable Neutral Grip	3	8			
Squar Volume	90% of Primary Bench		chest)		f Primary	Rows	RPE: 9				
Assistance Movements	Sets	Reps	Assistance Movements	Sets	Reps	Assistance Movements	Sets	Reps			
A1. RDLs - 4 s	A1. RDLs - 4 sets of 8			A. Seated Dumbbell Shoulder Presses - 3 sets of 8			:s- 3x6 ea	ch leg			
*controlled negative, and squ	eeze glutes a	and lockout	B1. Cable Tricep Pushdowns - 3 sets of 20			*Holding dumbbells or kettlebells					
A2. Chin-Ups - 4 set	s of 8-12 rep	os	B2. Alternating Dumbbell Curl	s - 3 sets o	f 12	A2. Hanging Leg Raises - 4xMax Reps					
*Use extra weight or band assist	ance if need	ed to get reps.	*6 reps each arm, alternating			*If you can do at least 10 reps of knees to elbows,					
				then use straight le	gs.						

			Week 7 - Bloc	k 2						
Day 1	Day 1					Day 3	Day 3			
Primary Movement	Weight	Reps	Primary Movement	Weight	Reps	Primary Movement	Weight	Reps		
Squat	8 or 9) -	o set of 5 (RPE Beat Week 1 'eight.	Bench Press	(RPE 8 c	to set of 5 or 9) - Beat 1 Weight.	Deadlift	5 (RPE 8 Beat V	to set of 8 or 9) - Veek 1 ight.		
Supplemental Movement	Sets	Reps	Supplemental Movement	Sets	Reps	Supplemental Movement	Sets	Reps		
Squat Volume	3	8	Spoto Bench (Pause 1 inch off	3	8	Machine or Cable Neutral Grip	3	6		
Squat volume	90% of Primary Bench		chest)		f Primary	Rows	RPE: 9			
Assistance Movements	Sets	Reps	Assistance Movements	Sets	Reps	Assistance Movements	Sets	Reps		
A1. RDLs - 4 so	ets of 8		A. Seated Dumbbell Shoulder Pre	esses - 3 se	ts of 8	A1. Rear Leg Elevated Split Squat	:s- 3x6 ea	ch leg		
*controlled negative, and sque	eeze glutes	and lockout	B1. Cable Tricep Pushdowns	- 3 sets of	20	*Holding dumbbells or kettlebells				
A2. Chin-Ups - 4 sets	s of 8-12 rep	OS	B2. Alternating Dumbbell Curl	s - 3 sets o	f 12	A2. Hanging Leg Raises - 4xMax Reps				
*Use extra weight or band assista	ance if need	ed to get reps.	*6 reps each arm, alte	nating		*If you can do at least 10 reps of knees to elbows,				
					then use straight leg	gs.				

Week 8 - Block 2										
Day 1			Day 2			Day 3				
Primary Movement	Weight	Reps	Primary Movement	Weight	Reps	Primary Movement	Weight	Reps		
Squat	week 4 w	Double (beat eight), then if good, work up avy single.	Bench Press	(beat wee then if you work up	to Double k 4 weight), u feel good, o to heavy ngle.	Deadlift	Work Double week 4 v then if y good, wo heavy	e (beat weight), you feel ork up to		
Supplemental Movement	Sets	Reps	Supplemental Movement	Sets	Reps	Supplemental Movement	Sets	Reps		
Squat Volume	3	3	Spoto Bench (Pause 1 inch off	3	3	Machine or Cable Neutral Grip	3	12		
equat volume	90% of Primary Bench		chest)	90% of	Primary	Rows	RPE: 9			
Assistance Movements	Sets	Reps	Assistance Movements	Sets	Reps	Assistance Movements	Sets	Reps		
A1. RDLs - 4 s	ets of 8		A. Seated Dumbbell Shoulder Presses - 3 sets of 8			A1. Rear Leg Elevated Split Squats- 3x6 each leg				
*controlled negative, and squ	eeze glutes a	and lockout	B1. Cable Tricep Pushdowns - 3 sets of 20			*Holding dumbbells or kettlebells				
A2. Chin-Ups - 4 set	s of 8-12 rep)S	B2. Alternating Dumbbell Curls - 3 sets of 12			A2. Hanging Leg Raises - 4xMax Reps				
*Use extra weight or band assist	*Use extra weight or band assistance if needed to get reps.			*6 reps each arm, alternating			*If you can do at least 10 reps of knees to elbows,			
						then use straight legs.				