

Week 1 - Block 1								
Day 1			Day 2			Day 3		
Primary Movement	Weight	Reps	Primary Movement	Weight	Reps	Primary Movement	Weight	Reps
Squat	Work up to set of 5 (RPE 8 - something you could do 7-8 if you went all out)		Bench Press	Work up to set of 5 (RPE 8 - something you could do 7-8 if you went all out)		Deadlift	Work up to set of 5 (RPE 8 - something you could do 7-8 if you went all out)	
Supplemental Movement	Sets	Reps	Supplemental Movement	Sets	Reps	Supplemental Movement	Sets	Reps
Pause Squat (2-count pause)	3	5	Pause Bench Press (2-count pause)	3	5	Bent Over Barbell Rows (Dead Stop on Floor Between Reps)	3	8
	90% of Primary Squat			90% of Primary Bench			RPE: 7	
Assistance Movements	Sets	Reps	Assistance Movements	Sets	Reps	Assistance Movements	Sets	Reps
A1. Cable Pull-Throughs - 3 sets 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 glutes and abs at lockout.			B1. Rolling Dumbbell Tricep Extensions - 3 sets of 10			*Holding dumbbells or kettlebells		
A2. Chin-Ups - 3 sets of 8-12 reps			B2. Seated Dumbbell Bicep Curls - 3 sets of 12			A2. Hanging Leg Raises - 3xMax Reps		
*Use extra weight or band assistance if needed 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.		
Notes for the Week:								
<div>*Follow the RPE Instructions and start light. Use these first weeks to establish consistency and build momentum for PRs later.</div> <div>*Don't rush assistance work, but use the circuits/supersets as an opportunity to build your work capacity.</div> <div>*Track your top numbers from your primary movements, this is very important.</div>								

Week 2 - Block 1								
Day 1			Day 2			Day 3		
Primary Movement	Weight	Reps	Primary Movement	Weight	Reps	Primary Movement	Weight	Reps
Squat	Work up to set of 3 (RPE 8 - something you could do 5-6 if you went all out)		Bench Press	Work up to set of 3 (RPE 8 - something you could do 5-6 if you went all out)		Deadlift	Work up to set of 3 (RPE 8 - something you could do 5-6 if you went 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 pause)	3	3	Bent Over Barbell Rows (Dead Stop on Floor Between Reps)	3	6
	90% of Primary Squat			90% of Primary			RPE: 7	
Assistance Movements	Sets	Reps	Assistance Movements	Sets	Reps	Assistance Movements	Sets	Reps
A1. Cable Pull-Throughs - 3 sets 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 glutes and abs at lockout.			B1. Rolling Dumbbell Tricep Extensions - 3 sets of 10			*Holding dumbbells or kettlebells		
A2. Chin-Ups - 3 sets of 8-12 reps			B2. Seated Dumbbell Bicep Curls - 3 sets of 12			A2. Hanging Leg Raises - 3xMax Reps		
*Use extra weight or band assistance if needed 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 3 - Block 1								
Day 1			Day 2			Day 3		
Primary Movement	Weight	Reps	Primary Movement	Weight	Reps	Primary Movement	Weight	Reps
Squat	Work up to the weight you used for week 1, but for a set of 6-8 reps.		Bench Press	Work up to the weight you used for week 1, but for a set of 6-8 reps.		Deadlift	Work up to the weight you used for week 1, but for a set of 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 pause)	1	8	Bent Over Barbell Rows (Dead Stop on Floor Between Reps)	3	5
	90% of Primary Squat			90% of Primary			RPE: 8	
Assistance Movements	Sets	Reps	Assistance Movements	Sets	Reps	Assistance Movements	Sets	Reps
A1. Cable Pull-Throughs - 3 sets 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 glutes and abs at lockout.			B1. Rolling Dumbbell Tricep Extensions - 3 sets of 10			*Holding dumbbells or kettlebells		
A2. Chin-Ups - 3 sets of 8-12 reps			B2. Seated Dumbbell Bicep Curls - 3 sets of 12			A2. Hanging Leg Raises - 3xMax Reps		
*Use extra weight or band assistance if needed 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 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 set of 2 (RPE 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 pause)	3	2	Bent Over Barbell Rows (Dead Stop on Floor Between Reps)	3	3
	90% of Primary Squat			90% of Primary			RPE: 8	
Assistance Movements	Sets	Reps	Assistance Movements	Sets	Reps	Assistance Movements	Sets	Reps
A1. Cable Pull-Throughs - 3 sets 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 glutes and abs at lockout.			B1. Rolling Dumbbell Tricep Extensions - 3 sets of 10			*Holding dumbbells or kettlebells		
A2. Chin-Ups - 3 sets of 8-12 reps			B2. Seated Dumbbell Bicep Curls - 3 sets of 12			A2. Hanging Leg Raises - 3xMax Reps		
*Use extra weight or band assistance if needed 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 2			Day 3		
Primary Movement	Weight	Reps	Primary Movement	Weight	Reps	Primary Movement	Weight	Reps
Squat - Deload	Perform 3 sets of 8 with 90% of your top weight from Week 3.		Bench Press - Deload	Perform 3 sets of 8 with 90% of your top weight from Week 3.		Deadlift - Deload	Perform 1 set of 8 with 90% of your top weight from Week 3.	
Supplemental Movement	Sets	Reps	Supplemental Movement	Sets	Reps	Supplemental Movement	Sets	Reps
N/A			Spoto Bench (Pause 1 inch off chest)	3	5	Machine or Cable Neutral Grip Rows	3	10
				90% of Primary			RPE: 8	
Assistance Movements	Sets	Reps	Assistance Movements	Sets	Reps	Assistance Movements	Sets	Reps
A1. RDLs - 4 sets of 8			A. Seated Dumbbell Shoulder Presses - 3 sets of 8			A1. Rear Leg Elevated Split Squats- 3x6 each leg		
*controlled negative, and squeeze glutes and lockout			B1. Cable Tricep Pushdowns - 3 sets of 20			*Holding dumbbells or kettlebells		
A2. Chin-Ups - 4 sets of 8-12 reps			B2. Alternating Dumbbell Curls - 3 sets of 12			A2. Hanging Leg Raises - 4xMax Reps		
*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.		

Week 6 - Block 2								
Day 1			Day 2			Day 3		
Primary Movement	Weight	Reps	Primary Movement	Weight	Reps	Primary Movement	Weight	Reps
Squat	Work up to set of 3 (RPE 9) - Beat Week 2 Weight.		Bench Press	Work up to set of 3 (RPE 9) - Beat Week 2 Weight.		Deadlift	Work up to set of 3 (RPE 9) - Beat Week 2 Weight.	
Supplemental Movement	Sets	Reps	Supplemental Movement	Sets	Reps	Supplemental Movement	Sets	Reps
Squat Volume	3	5	Spoto Bench (Pause 1 inch off chest)	3	5	Machine or Cable Neutral Grip Rows	3	8
	90% of Primary Bench			90% of Primary			RPE: 9	
Assistance Movements	Sets	Reps	Assistance Movements	Sets	Reps	Assistance Movements	Sets	Reps
A1. RDLs - 4 sets of 8			A. Seated Dumbbell Shoulder Presses - 3 sets of 8			A1. Rear Leg Elevated Split Squats- 3x6 each leg		
*controlled negative, and squeeze glutes and lockout			B1. Cable Tricep Pushdowns - 3 sets of 20			*Holding dumbbells or kettlebells		
A2. Chin-Ups - 4 sets of 8-12 reps			B2. Alternating Dumbbell Curls - 3 sets of 12			A2. Hanging Leg Raises - 4xMax Reps		
*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.		

Week 7 - Block 2								
Day 1			Day 2			Day 3		
Primary Movement	Weight	Reps	Primary Movement	Weight	Reps	Primary Movement	Weight	Reps
Squat	Work up to set of 5 (RPE 8 or 9) - Beat Week 1 Weight.		Bench Press	Work up to set of 5 (RPE 8 or 9) - Beat Week 1 Weight.		Deadlift	Work up to set of 5 (RPE 8 or 9) - Beat Week 1 Weight.	
Supplemental Movement	Sets	Reps	Supplemental Movement	Sets	Reps	Supplemental Movement	Sets	Reps
Squat Volume	3	8	Spoto Bench (Pause 1 inch off chest)	3	8	Machine or Cable Neutral Grip Rows	3	6
	90% of Primary Bench			90% of Primary			RPE: 9	
Assistance Movements	Sets	Reps	Assistance Movements	Sets	Reps	Assistance Movements	Sets	Reps
A1. RDLs - 4 sets of 8			A. Seated Dumbbell Shoulder Presses - 3 sets of 8			A1. Rear Leg Elevated Split Squats- 3x6 each leg		
*controlled negative, and squeeze glutes and lockout			B1. Cable Tricep Pushdowns - 3 sets of 20			*Holding dumbbells or kettlebells		
A2. Chin-Ups - 4 sets of 8-12 reps			B2. Alternating Dumbbell Curls - 3 sets of 12			A2. Hanging Leg Raises - 4xMax Reps		
*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.		

Week 8 - Block 2								
Day 1			Day 2			Day 3		
Primary Movement	Weight	Reps	Primary Movement	Weight	Reps	Primary Movement	Weight	Reps
Squat	Work up to Double (beat week 4 weight), then if you feel good, work up to heavy single.		Bench Press	Work up to Double (beat week 4 weight), then if you feel good, work up to heavy single.		Deadlift	Work up to Double (beat week 4 weight), then if you feel good, work up to heavy single.	
Supplemental Movement	Sets	Reps	Supplemental Movement	Sets	Reps	Supplemental Movement	Sets	Reps
Squat Volume	3	3	Spoto Bench (Pause 1 inch off chest)	3	3	Machine or Cable Neutral Grip Rows	3	12
	90% of Primary Bench			90% of Primary			RPE: 9	
Assistance Movements	Sets	Reps	Assistance Movements	Sets	Reps	Assistance Movements	Sets	Reps
A1. RDLs - 4 sets of 8			A. Seated Dumbbell Shoulder Presses - 3 sets of 8			A1. Rear Leg Elevated Split Squats- 3x6 each leg		
*controlled negative, and squeeze glutes and lockout			B1. Cable Tricep Pushdowns - 3 sets of 20			*Holding dumbbells or kettlebells		
A2. Chin-Ups - 4 sets of 8-12 reps			B2. Alternating Dumbbell Curls - 3 sets of 12			A2. Hanging Leg Raises - 4xMax Reps		
*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.		