

Example Beginner Lifter				
<b>Squat</b>	Weak out of hole	Depth	Technique	
<b>Bench</b>	Technique	Miss off chest	Letting bar settle	Bar path off chest
<b>Deadlift: Conventional puller</b>	Speed	Positioning and creating tension	Strength	being patient off of the floor

Block 1		Day 1-ME Lower	Day 2-DE Upper	Day 3 - DE Lower	Day 4 - ME Upper
Week 1	<b>Main Movement</b>	Front Squat - Work up to a heavy double	Speed Bench: 9x3 @ 55% w/ 60s rest	Speed Squats: 10x2 @ 50% w/ 60s rest	Floor Press - Work up to a heavy triple
	<b>Supplemental</b>	RDL - Work up to a heavy 5	JM Press - Work up to a hard 10	Speed Deadlifts: 10x1 @ 50%	Incline BB Bench - work up to a hard 5
	<b>Accessory</b>	Split Squats - 4x12	Chest Supported Row - 4x12	GHR 4xAMRAP	Barbell Row - 4x10
	<b>Balance</b>	GHR 4xAMRAP	Low Row - 3x15 s/s Hanging leg raise 3x15	Back Extensions 150 total	Lat PD 4x15 s/s DB Side bends 3x10ea side
	<b>Body Building</b>	Leg Extensions 4x12 s/s Weighted planks	Face Pulls/Bicep Curls/ Rolling Triceps	KB Swings 4x12 s/ s Offset carries	Face Pulls/Bicep Curls/Rolling Triceps
Week 2	<b>Main Movement</b>	Deficit Deadlifts - Work up to a heavy single	Speed Bench: 9x3 @ 60% w/ 60s rest	Speed Squats: 10x2 @ 55% w/ 60s rest	Shoulder Saver Bench - Work up to a heavy double
	<b>Supplemental</b>	Front Squats - Work up to a heavy 5	DB Incline - 4x8	Speed Deadlifts: 10x1 @ 50%	Spoto Press - Hard 5
	<b>Accessory</b>	Belt Squats - 4x12	Barbell Row - 4x12	Box squat - Work up to a hard 8	DB Row 4x8
	<b>Balance</b>	Pull throughs - 4x20	Low Row - 3x15	Leg curls - 125	Lat PD 4x15 s/s DB Side bends 3x10ea side
	<b>Body Building</b>	Leg Extensions 4x12 s/s Weighted planks	Face Pulls/Bicep Curls/ Rolling Triceps	KB Swings 4x10 s/ s Offset carries	Face Pulls/Bicep Curls/Rolling Triceps
Week 3	<b>Main Movement</b>	Pause Squat - Work up to a heavy single	Speed Bench: 9x3 @ 65% w/ 60s rest	Speed Squats: 10x2 @ 60% w/ 60s rest	Paused Bench Press - Work up to a heavy single
	<b>Supplemental</b>	SSB - Bear Hug Squats - Hard 5	Push-Ups - 4xAMRAP	Speed Deadlifts: 10x1 @ 50%	Floor press- Hard 5
	<b>Accessory</b>	Split Squats-4x8	DB Row 4x12	RDLs - 4x10	Seal rows - 4x8
	<b>Balance</b>	GHR 4xAMRAP	Low Row - 3x15 s/s Hanging leg raise 3x15	Back Extensions 150 total	Lat PD 4x15 s/s DB Side bends 3x10ea side
	<b>Body Building</b>	Leg Extensions 4x12 s/s Weighted planks	Face Pulls/Bicep Curls/ Rolling Triceps	KB Swings 4x12 s/ s Offset carries	Face Pulls/Bicep Curls/Rolling Triceps
Week 4	<b>Main Movement</b>	Block pulls - Heavy triple	Flat DB Press - 4xAMRAP	Front Squats - Moderate 6	Pin Press off chest - Heavy double
	<b>Supplemental</b>	SSB Pause squat - 4x6	Pause Bench - moderate 6	Sumo RDLs- 4x8	DB Floor Press - 4x10
	<b>Accessory</b>		Kroc rows - 3xAMRAP	GHR 4xAMRAP	Lilly Shrugs - 4x12
	<b>Balance</b>	Sled Drags - 300 yds	Low Row - 3x15 s/s Hanging leg raise 3x15	Sled Drags - 300 yds	Lat PD 4x15
	<b>Body Building</b>	Leg Extensions 4x12 s/s Weighted planks	Face Pulls/Bicep Curls/ Rolling Triceps	Leg Extensions 4x12 s/s Weighted planks	Face Pulls/Bicep Curls/Rolling Triceps