

**IF TWO OF THE SAME COLORS ARE HIGH-LIGHTED
IN COLOR SUPERSET THOSE TWO EXERCISES**



TMNUTRITION
Reaching Genetic Potential Through Nutrition.

Week 1

MONDAY	SET 1	SET 2	SET 3	SET 4
SQUATS	8X RPE 7	FOR 3 SETS		
LEG PRESS	10X RPE 8	FOR 3 SETS		
DB SPLIT SQUATS	12X EA LEG	FOR 3 SETS		
AB WHEEL	12X	12X	12X	
LAT PULLDOWNS	15X	12X	10X	
BACK EXTENSIONS	15X	15X	15X	

THURSDAY	SET 1	SET 2	SET 3	SET 4
DEADLIFT	6X RPE 7	FOR 3 SETS		
STIFF LEG DEADLIFTS	10X RPE 7-8	FOR 3 SETS		
DB WALKING LUNGES	15X EA LEG	12X EA LEG	10X EA LEG	
PLANKS	60SECS	60SECS	60SECS	
CABLE ROWS	15X	12X	10X	
SINGLE LEG DEADLIFTS	12X EA LEG	12X EA LEG	12X EA LEG	

TUESDAY	SET 1	SET 2	SET 3	SET 4
BENCH TOUCH N GO	10X RPE 7-8	FOR 3 SETS		
INCLINE BENCH WG	8X RPE 7	FOR 3 SETS		
DB FLAT BP	15X RPE 8	12X RPE 8	10X RPE 8	
DIPS	AMRAP	FOR 2 SETS		
DB SIDE RAISES	12X	12X	12X	
SEATED DB REAR DELTS	15X	15X	15X	
DB SEATED CLEANS	12X	12X	12X	
DB HAMMER CURLS	15X	15X	15X	

FRIDAY	SET 1	SET 2	SET 3	SET 4
CG TEMPO BP	8X RPE 7-8	FOR 3 SETS	3SECS DOWN	2SECS PAUSE
SEATED DB OHP	12X RPE 7	FOR 3 SETS		
DB INCLINE BP NG	15X RPE 7	FOR 3 SETS		
DB SIDE RAISES	15X	12X	10X	
UPRIGHT ROWS WIDE GRIP	15X	15X	15X	
FACE PULLS	20X	20X	20X	
ROLLING DB TRI EXT	12X	12X	12X	
DB ROWS	12X EA ARM	12X EA ARM	12X EA ARM	

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If you are interested in our coaching services go to
<https://teamphoenixperformance.com>

NOTES

Unless specified lifts should mimic your competition stance and grip

WG= Wide Grip CG= Close Grip NG= Neutral Grip

Lat Pulldowns- Can be any variation you like

Cable Movements- Any grip or bar you like

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Week 2

MONDAY	SET 1	SET 2	SET 3	SET 4
SQUATS	10X RPE 8	FOR 4 SETS		
PAUSE SQUATS	6X RPE 8	FOR 3 SETS		
DB SPLIT SQUATS	10X EA LEG	FOR 4 SETS		
AB WHEEL	12X	12X	12X	
LAT PULLDOWNS	8X	8X	8X	8X
BACK EXTENSIONS	15X	15X	15X	
DB STEP UPS	12X EA LEG	FOR 2 SETS		
TKE'S	20X EA LEG	FOR 2 SETS		

THURSDAY	SET 1	SET 2	SET 3	SET 4
DEADLIFT	8X RPE 8	FOR 4 SETS		
STIFF LEG DEADLIFTS	8X RPE 8	FOR 3 SETS		
FRONT SQUATS	10X RPE 7	FOR 2 SETS		
PLANKS	60SECS	60SECS	60SECS	
CABLE ROWS	15X	15X	15X	15X
LEG PRESS	20X	20X	20X	
CHIN UPS	AMRAP	AMRAP	AMRAP	

NOTES

TUESDAY	SET 1	SET 2	SET 3	SET 4
BENCH TOUCH N GO	8X RPE 8	FOR 4 SETS		
INCLINE BENCH WG	6X RPE 8	FOR 4 SETS		
DB FLAT BP	20X RPE 8-9	20X RPE 8-9	20X RPE 8-9	
DIPS	50 REPS	AS FAST AS	POSSIBLE	
DB SIDE RAISES	15X	12X	10X	
INCLINE REAR DELTS	12X	12X	12X	
FACE PULLS	15X	15X	15X	
CABLE CURLS	15X	15X	15X	

FRIDAY	SET 1	SET 2	SET 3	SET 4
CG TEMPO BP	6X RPE 8	FOR 4 SETS	3SECS DOWN	2SECS PAUSE
SEATED DB OHP	15X RPE 8	12X RPE 8	10X RPE 8	FOR 2 SETS
DB INCLINE BP NG	12X RPE 8	FOR 4 SETS		
CABLE SIDE RAISES	12X EA ARM	12X EA ARM	12X EA ARM	
CABLE PUSHDOWNS	15X	15X	15X	
DB SHRUGS	15X	15X	15X	
DB TATE PRESS	12X	12X	12X	
DB ROWS	12X EA ARM	10X EA ARM	8X EA ARM	

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Week 3

MONDAY	SET 1	SET 2	SET 3	SET 4
SQUATS	8X RPE 7	8X RPE 8	8X RPE 9	8X RPE 10
PAUSE SQUATS	6X RPE 8	FOR 4 SETS		
BB REVERSE LUNGES	8X EA LEG	FOR 4 SETS		
WEIGHTED ABS	12X	12X	12X	
LAT PULLDOWNS	12X	10X	8X	6X
WEIGHTED BACK EXT	10X	10X	10X	
DB STEP UPS	12X EA LEG	FOR 3 SETS		
TKE'S	20X EA LEG	FOR 3 SETS		

THURSDAY	SET 1	SET 2	SET 3	SET 4
DEADLIFT	6X RPE 8	FOR 4 SETS		
2" DEFICIT SLDL	8X RPE 8	FOR 4 SETS		
FRONT SQUATS	8X RPE 8	FOR 3 SETS		
PLANKS WEIGHTED	40SECS	40SECS	40SECS	
CABLE ROWS	15X	12X	10X	8X
LEG PRESS	15X	12X	10X	
PULL UPS	AMRAP	AMRAP	AMRAP	

NOTES

TUESDAY	SET 1	SET 2	SET 3	SET 4
BENCH TOUCH N GO	10X RPE 8-9	FOR 3 SETS		
INCLINE BENCH CG	8X RPE 7-8	FOR 4 SETS		
DB FLAT BP	15X RPE 8	FOR 2 SETS	10X RPE 8-9	FOR 2 SETS
WEIGHTED DIPS	8X	FOR 4 SETS		
DB SIDE RAISES	10X	10X	10X	10X
SEATED DB REAR DELTS	12X	12X	12X	12X
FACE PULLS	15X	15X	15X	
CABLE CURLS	15X	15X	15X	

FRIDAY	SET 1	SET 2	SET 3	SET 4
CG BP FEET UP	8X RPE 8	FOR 4 SETS		
SEATED BB OHP	12X RPE 7-8	FOR 3 SETS		
DB FLOOR PRESS	10X RPE 8	FOR 4 SETS		
SEATED DB SIDE RAISES	10X	10X	10X	
CABLE PUSHDOWNS	15X	12X	10X	
DB SEATED CLEANS	15X	15X	15X	
ROLLING DB TRI EXT	12X	10X	8X	
DB INCLINE ROWS	12X	12X	12X	12X

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 Lat Pulldowns- Can be any variation you like
 Cable Movements- Any grip or bar you like
 SLDL- Stiff Leg Deadlift

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Week 4

MONDAY	SET 1	SET 2	SET 3	SET 4
SQUATS	10X RPE 8-9	FOR 3 SETS		
PAUSE SQUATS	8X RPE 8	7X RPE 8-9	6X RPE 8-9	
BB SPLIT SQUATS	10X EA LEG	FOR 4 SETS		
WEIGHTED ABS	12X	12X	12X	
LAT PULLDOWNS	12X	12X	12X	12X
WEIGHTED BACK EXT	12X	10X	8X	
DB STEP UPS	12X EA LEG	FOR 3 SETS		
TKE'S	20X EA LEG	FOR 3 SETS		

THURSDAY	SET 1	SET 2	SET 3	SET 4
DEADLIFT	7X RPE 8-9	FOR 3 SETS		
2" DEFICIT SLDL	10X RPE 8	FOR 4 SETS		
FRONT SQUATS	8X RPE 8	FOR 4 SETS		
PLANKS WEIGHTED	40SECS	40SECS	40SECS	
CABLE ROWS	12X	FOR 2 SETS	10X	FOR 2 SETS
LEG PRESS	15X	12X	10X	20X
PULL UPS	AMRAP	AMRAP	AMRAP	AMRAP

NOTES

TUESDAY	SET 1	SET 2	SET 3	SET 4
BENCH TOUCH N GO	8X RPE 7	8X RPE 8	8X RPE 9	8X RPE 10
INCLINE BENCH CG	10X RPE 8	FOR 4 SETS		
DB FLAT BP	12X RPE 8	FOR 2 SETS	8X RPE 9-10	FOR 2 SETS
WEIGHTED DIPS	8X	FOR 5 SETS		
DB SIDE RAISES	12X	10X	8X	
SEATED DB REAR DELTS	15X	15X	15X	
DB SEATED CLEANS	15X	15X	15X	
DB HAMMER CURLS	15X	12X	10X	

FRIDAY	SET 1	SET 2	SET 3	SET 4
CG BP FEET UP	10X RPE 8	FOR 4 SETS		
SEATED BB OHP	8X RPE 8	FOR 3 SETS		
DB FLOOR PRESS	12X RPE 8	FOR 4 SETS		
CABLE SIDE RAISES	12X EA LEG	12X EA LEG	12X EA LEG	
FACE PULLS	15X	15X	15X	
SEATED DB SHRUGS	15X	15X	15X	
INCLINE DB TRI EXT	12X	12X	12X	
DB INCLINE ROWS	15X	12X	10X	8X

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Week 5 Deload

MONDAY	SET 1	SET 2	SET 3	SET 4
SQUAT	2X AT 82%	FOR 2 SETS		
PAUSE SQUAT	3X RPE 8	FOR 2 SETS		
LEG CURLS	10X	10X		
LEG EXTENSIONS	15X	15X		
AB WHEEL	12X	12X		
BACK EXT	12X	12X		

THURSDAY	SET 1	SET 2	SET 3	SET 4
DEADLIFT	2X AT 70%	FOR 4 SETS		
LAT PULLDOWNS	8X	FOR 3 SETS		
DB SLDL	8X	FOR 3 SETS		
DB HAMMER CURLS	8X	FOR 3 SETS		
PLANKS	30SECS	30SECS		
DB CURLS	12X	12X		

NOTES

TUESDAY	SET 1	SET 2	SET 3	SET 4
PAUSE BP	3X 80%	FOR 3 SETS		
WG BP	3X RPE 8	FOR 3 SETS		
DB FLAT BENCH	8X	FOR 3 SETS		
DB SIDE RAISES	12X	12X		
DB ROWS	12X EA ARM	12X EA ARM		
WEIGHTED ABS	12X	12X		

FRIDAY	SET 1	SET 2	SET 3	SET 4
CG FLOOR PRESS	10X	FOR 3 SETS		
DB BP PALMS IN	12X	FOR 2 SETS		
SKULLCRUSHERS	12X	FOR 3 SETS		
ROPE PUSHDOWNS	10X	10X		
DB REAR DELTS	12X	12X		
CABLE FLYES	12X	12X		
FACE PULLS	12X	12X		

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Week 6

MONDAY	SET 1	SET 2	SET 3	SET 4
SQUATS	6X RPE 8	FOR 3 SETS		
HB PAUSE SQUATS	5X RPE 8	FOR 3 SETS		
OPP STANCE DEADS	6X RPE 7-8	FOR 3 SETS		
WEIGHTED ABS	12X	12X	12X	
LAT PULLDOWNS	8X	8X	8X	
BB BACK EXTENSIONS	10X	10X	10X	
INCLINE DB ROWS	12X	12X	12X	

THURSDAY	SET 1	SET 2	SET 3	SET 4
DEADLIFT	5X RPE 8	FOR 3 SETS		
3CT ECCENTRIC DEADS	5X RPE 8	FOR 3 SETS		
FRONT SQUATS	8X RPE 8	FOR 3 SETS		
PLANKS	60SECS	60SECS	60SECS	
CABLE ROWS	12X	10X	8X	
CHIN UPS	AMRAP	AMRAP	AMRAP	

TUESDAY	SET 1	SET 2	SET 3	SET 4
PAUSE BENCH	5X RPE 8	FOR 3 SETS		
OPP GRIP TNG BP	6X RPE 8	FOR 3 SETS		
CG TEMPO BP	5X RPE 8	FOR 3 SETS	3SECS DOWN	3SECS PAUSE
DB FLYS	12X	FOR 3 SETS		
DB SIDE RAISES	12X	10X	8X	
SEATED DB REAR DELTS	15X	15X	15X	
CABLE REAR DELTS	12X	12X	12X	
DB HAMMER CURLS	15X	15X	15X	

FRIDAY	SET 1	SET 2	SET 3	SET 4
BENCH TNG	6X RPE 8	FOR 3 SETS		
SEATED BB OHP	8X RPE 7-8	FOR 3 SETS		
WIDE GRIP FLOOR PRESS	6X RPE 8	FOR 3 SETS		
WIDE GRIP UPRIGHT ROWS	15X	15X	15X	
SEATED DB REAR DELTS	12X	12X	12X	
FACE PULLS	20X	20X	20X	
OVERHEAD TRI EXT	12X	12X	12X	
DB ROWS	12X EA ARM	12X EA ARM	12X EA ARM	

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HB= High Bar

Opp Stance Deads= Opposite stance from your competition stance

BB= Barbell

Opp Grip TNG BP= Opposite grip of your comp grip for touch n go reps. So if you bench wide you go close and vice versa

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Week 7

MONDAY	SET 1	SET 2	SET 3	SET 4
SQUATS	4X RPE 8-9	FOR 3 SETS		
HB PAUSE SQUATS	5X RPE 8	FOR 4 SETS		
OPP STANCE DEADS	4X RPE 8	FOR 4 SETS		
WEIGHTED ABS	12X	12X	12X	
LAT PULLDOWNS	12X	FOR 2 SETS	8X	FOR 2 SETS
BB BACK EXTENSIONS	8X	8X	8X	8X
INCLINE DB ROWS	12X	10X	8X	

THURSDAY	SET 1	SET 2	SET 3	SET 4
DEADLIFT	6X RPE 8	FOR 4 SETS		
PAUSE DEADS	4X RPE 8	FOR 3 SETS		
FRONT SQUATS	6X RPE 8	FOR 4 SETS		
PLANKS	60SECS	60SECS	60SECS	
CABLE ROWS	12X	12X	12X	12X
PULL UPS	AMRAP	AMRAP	AMRAP	
LEG CURLS	25X	FOR 2 SETS		

NOTES

Pause Deads- Pause on the way up slightly below your knee for a 2ct

TUESDAY	SET 1	SET 2	SET 3	SET 4
PAUSE BENCH	6X RPE 8	FOR 4 SETS		
OPP GRIP TNG BP	6X RPE 8-9	FOR 3 SETS		
CG TEMPO BP	4X RPE 8	FOR 4 SETS	3SECS DOWN	3SECS PAUSE
DB INCLINE FLYS	15X	FOR 3 SETS		
DB SIDE RAISES	15X	15X	15X	
INCLINE DB REAR DELTS	12X	12X	12X	
FACE PULLS	15X	15X	15X	
REVERSE CURLS	12X	12X	12X	

FRIDAY	SET 1	SET 2	SET 3	SET 4
BENCH TNG	4X RPE 8	FOR 4 SETS		
SEATED BB OHP	7X RPE 8-9	FOR 3 SETS		
WIDE GRIP FLOOR PRESS	5X RPE 7	5X RPE 8	5X RPE 9	5X RPE 10
CABLE SIDE RAISES	12X EA ARM	12X EA ARM	12X EA ARM	
DB REAR DELTS	12X	12X	12X	
SEATED DB SHRUGS	15X	15X	15X	
DIPS	AMRAP	AMRAP	AMRAP	
DB ROWS	8X EA ARM	8X EA ARM	8X EA ARM	

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Week 8

MONDAY	SET 1	SET 2	SET 3	SET 4
SQUATS	6X RPE 8	FOR 4 SETS		
TEMPO SQUATS	5X RPE 8	FOR 3 SETS	3SECS DOWN	2SECS PAUSE
STIFF LEG DEADS	6X RPE 8	FOR 3 SETS		
AB WHEEL	12X	12X	12X	
PULL UPS	10X	10X	10X	
CABLE ROWS	12X	12X	12X	

TUESDAY	SET 1	SET 2	SET 3	SET 4
PAUSE BENCH	5X RPE 8	FOR 4 SETS		
OPP GRIP TNG BP	4X RPE 8	FOR 4 SETS		
CG SPOTO BP	5X RPE 8	FOR 4 SETS		
SKULLCRUSHERS	8X	FOR 3 SETS		
SEATED DB SIDE RAISES	12X	12X	12X	
BENT OVER DB REAR DELT	15X	15X	15X	

THURSDAY	SET 1	SET 2	SET 3	SET 4
DEADLIFT	5X RPE 8-9	FOR 4 SETS		
2" BLOCK DEADS	4X RPE 8	FOR 3 SETS		
FRONT SQUATS	5X RPE 8	FOR 4 SETS		
PLANKS	60SECS	60SECS	60SECS	
MEADOWS ROWS	12X EA ARM	12X EA ARM	12X EA ARM	
PULL UPS	AMRAP	AMRAP	AMRAP	AMRAP

FRIDAY	SET 1	SET 2	SET 3	SET 4
BENCH TNG	6X RPE 7	6X RPE 8	6X RPE 9	6X RPE 10
SEATED BB OHP	6X RPE 8	FOR 4 SETS		
INCLINE BP	8X RPE 7-8	FOR 3 SETS		
WIDE GRIP UPRIGHT ROWS	15X	12X	10X	
DB REAR DELTS	12X	12X	12X	
CHEST SUPPORTED ROWS	12X	10X	8X	

NOTES

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Week 9

MONDAY	SET 1	SET 2	SET 3	SET 4
SQUATS	WORK UP TO	A 5 REP MAX		
TEMPO SQUATS	4X RPE 8	FOR 3 SETS	3SECS DOWN	2SECS PAUSE
2" DEFICIT STIFF LEG DEAD	5X RPE 8	FOR 4 SETS		
AB WHEEL	12X	12X	12X	
PULL UPS WEIGHTED	8X	8X	8X	
DB ROWS	8X EA ARM	8X EA ARM	8X EA ARM	

TUESDAY	SET 1	SET 2	SET 3	SET 4
PAUSE BENCH	4X RPE 8	FOR 2 SETS	4X RPE 9	FOR 1 SET
OPP GRIP TNG BP	4X RPE 8-9	FOR 4 SETS		
CG SPOTO BP	6X RPE 8	FOR 3 SETS		
DB SIDE RAISES	12X	12X	12X	
SEATED DB REAR DELTS	12X	12X	12X	

THURSDAY	SET 1	SET 2	SET 3	SET 4
DEADLIFT	4X RPE 8	FOR 4 SETS		
4" BLOCK DEADS	4X RPE 8-9	FOR 2 SETS		
FRONT SQUATS	4X RPE 8	FOR 4 SETS		
PLANKS	60SECS	60SECS	60SECS	
BB PENDLAY ROWS	10X	10X	10X	
LAT PULLDOWNS	12X	10X	8X	8X

FRIDAY	SET 1	SET 2	SET 3	SET 4
BENCH TNG	5X RPE 8	FOR 5 SETS		
SEATED BB OHP	8X RPE 8	8X RPE 9	6X RPE 8	6X RPE 9
INCLINE BP	6X RPE 7-8	FOR 3 SETS		
INCLINE DB ROWS	15X	15X	15X	
ROLLING DB TRI EXT	12X	10X	8X	
CHEST SUPPORTED ROWS	12X	12X	12X	12X

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Week 10 Deload

MONDAY	SET 1	SET 2	SET 3	SET 4
SQUAT	2X AT 82%	FOR 2 SETS		
PAUSE SQUAT	3X RPE 8	FOR 2 SETS		
LEG CURLS	10X	10X		
LEG EXTENSIONS	15X	15X		
AB WHEEL	12X	12X		
BACK EXT	12X	12X		

TUESDAY	SET 1	SET 2	SET 3	SET 4
PAUSE BP	3X 80%	FOR 3 SETS		
WG BP	3X RPE 8	FOR 3 SETS		
DB FLAT BENCH	8X	FOR 3 SETS		
DB SIDE RAISES	12X	12X		
DB ROWS	12X EA ARM	12X EA ARM		
WEIGHTED ABS	12X	12X		

THURSDAY	SET 1	SET 2	SET 3	SET 4
DEADLIFT	1X AT 75%	FOR 4 SETS		
LAT PULLDOWNS	8X	FOR 3 SETS		
DB SLDL	8X	FOR 3 SETS		
DB HAMMER CURLS	8X	FOR 3 SETS		
PLANKS	30SECS	30SECS		
DB CURLS	12X	12X		

FRIDAY	SET 1	SET 2	SET 3	SET 4
PAUSE BP	2X 75%	FOR 3 SETS		
DB BP PALMS IN	12X	FOR 2 SETS		
SKULLCRUSHERS	12X	FOR 3 SETS		
ROPE PUSHDOWNS	10X	10X		
DB REAR DELTS	12X	12X		
CABLE FLYES	12X	12X		
FACE PULLS	12X	12X		

NOTES

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Week 11

MONDAY	SET 1	SET 2	SET 3	SET 4
SQUATS	3X RPE 8	FOR 2 SETS		
PAUSE SQUATS	2X RPE 8	FOR 3 SETS		
STIFF LEGS	5X RPE 8	FOR 3 SETS		
WEIGHTED ABS	12X	12X	12X	
LAT PULLDOWNS	8X	8X	8X	

TUESDAY	SET 1	SET 2	SET 3	SET 4
PAUSE BENCH	3X RPE 8	FOR 3 SETS		
WG SPOTO BP	4X RPE 8	FOR 3 SETS		
SKULLCRUSHERS	8X	FOR 3 SETS		
DB SIDE RAISES	8X	8X	8X	
HIGH FACE PULLS	15X	15X	15X	

THURSDAY	SET 1	SET 2	SET 3	SET 4
DEADLIFT	2X RPE 8	FOR 2 SETS		
2" BLOCK DEADS	3X RPE 8	FOR 3 SETS		
SPEED SQUATS	2X RPE 7	FOR 3 SETS		
LEG RAISES	15X	15X	15X	
CABLE ROWS	12X	10X	8X	

FRIDAY	SET 1	SET 2	SET 3	SET 4
PAUSE BENCH LIGHTER	3X RPE 7	FOR 3 SETS		
TOUCH N GO BP	5X RPE 7-8	FOR 3 SETS		
OVERHEAD TRI EXT	8X	FOR 3 SETS		
CABLE PUSHDOWNS	15X	15X	15X	
DB SETAED CLEANS	12X	12X	12X	
DB ROWS	8X EA ARM	8X EA ARM	8X EA ARM	

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Week 12

MONDAY	SET 1	SET 2	SET 3	SET 4
SQUATS	1X RPE 8	FOR 2 SETS		
BACKDOWN SQUATS	DROP 10%	FOR 3 SETS	OF 2 REPS	
2" DEFICIT SLDL	4-6X RPE 8-9	FOR 2 SETS		
WEIGHTED ABS	12X	12X	12X	
CHIN UPS WEIGHTED	6X	FOR 3 SETS		

TUESDAY	SET 1	SET 2	SET 3	SET 4
PAUSE BENCH	2X RPE 8-9	FOR 3 SETS		
3SEC PAUSE BP	3X RPE 8	FOR 3 SETS		
OVERHEAD TRI EXT	8X	FOR 3 SETS		
DB SIDE RAISES	8X	8X	8X	
HIGH FACE PULLS	15X	15X	15X	

THURSDAY	SET 1	SET 2	SET 3	SET 4
DEADLIFT	1X RPE 8	1X RPE 9		
PAUSE SQUATS	2X RPE 8	FOR 2 SETS		
BB BACK EXT	6X	FOR 3 SETS		
AB WHEEL	10-12X	10-12X	10-12X	
CHEST SUPPORTED ROWS	8X	8X	8X	

FRIDAY	SET 1	SET 2	SET 3	SET 4
PAUSE BENCH LIGHTER	2X RPE 7	FOR 3 SETS		
CG TOUCH N GO	4X RPE 8	FOR 3 SETS		
JM PRESS	6-8X	FOR 3 SETS		
DB ROWS	10X EA ARM	8X EA ARM	6X EA ARM	

NOTES

Unless specified lifts should mimic your competition stance and grip

WG= Wide Grip CG= Close Grip NG= Neutral Grip

Lat Pulldowns- Can be any variation you like

Cable Movements- Any grip or bar you like

HB= High Bar

Opp Stance Deads= Opposite stance from your competition stance

BB= Barbell

Opp Grip TNG BP= Opposite grip of your comp grip for touch n go reps. So if you bench wide you go close and vice versa

**IF TWO OF THE SAME COLORS ARE HIGH-LIGHTED
IN COLOR SUPERSET THOSE TWO EXERCISES**



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Week 13

MONDAY	SET 1	SET 2	SET 3	SET 4
SQUATS	WORK UP TO	A HEAVY	DOUBLE	NOT A MAX
PAUSE SQUATS	1X RPE 8	FOR 3 SETS		
SPEED PULLS	5 SINGLES	AT 70% OF	1 REP MAX	
WEIGHTED ABS	12X	12X	12X	

TUESDAY	SET 1	SET 2	SET 3	SET 4
PAUSE BENCH	1X RPE 8	FOR 3 SETS		
3SEC PAUSE BP	2X RPE 8	FOR 2 SETS		
TOUCH N GO BP	3X RPE 7-8	FOR 3 SETS		
LAT PULLS	8X	8X	8X	

THURSDAY	SET 1	SET 2	SET 3	SET 4
DEADLIFT	2X RPE 8	FOR 2 SETS		
SPEED SQUATS	2X RPE 7-8	FOR 3 SETS		
RDL'S	6X RPE 8	FOR 2 SETS		
AB WHEEL	10-12X	10-12X	10-12X	

FRIDAY	SET 1	SET 2	SET 3	SET 4
PAUSE BENCH LIGHTER	2X RPE 8	FOR 2 SETS		
CG TOUCH N GO	3X RPE 8	FOR 3 SETS		
SKULLCRUSHERS	8-10X	FOR 3 SETS		
CHEST SUPPORTED ROWS	8X	8X	8X	

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Opp Grip TNG BP= Opposite grip of your comp grip for touch n go reps. So if you bench wide you go close and vice versa

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Week 14

MONDAY	SET 1	SET 2	SET 3	SET 4
SQUATS	WORK UP TO	OPENER	FOR 2	SINGLES
PAUSE SQUATS	1X RPE 8-9	FOR 1 SETS		
SPEED PULLS	4 SINGLES	AT 75% OF	1 REP MAX	
WEIGHTED ABS	12X	12X	12X	

TUESDAY	SET 1	SET 2	SET 3	SET 4
PAUSE BENCH	1X RPE 8-9	FOR 2 SETS		
3SEC PAUSE BP	1X RPE 8	FOR 2 SETS		
TOUCH N GO BP	2X RPE 7-8	FOR 2 SETS		
LAT PULLS	8X	8X	8X	

THURSDAY	SET 1	SET 2	SET 3	SET 4
DEADLIFT	LAST WARM	UP FOR 1 REP	OPENER	FOR 1 REP
SPEED SQUATS	1X RPE 7-8	FOR 3 SETS		
AB WHEEL	10-12X	10-12X	10-12X	

FRIDAY	SET 1	SET 2	SET 3	SET 4
PAUSE BENCH LIGHTER	OPENER	FOR 2 REPS	FOR 2 SETS	
CG TOUCH N GO	2X RPE 8	FOR 2 SETS		
CHEST SUPPORTED ROWS	8X	8X	8X	

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Cable Movements- Any grip or bar you like

HB= High Bar

Opp Stance Deads= Opposite stance from your competition stance

BB= Barbell

Opp Grip TNG BP= Opposite grip of your comp grip for touch n go reps. So if you bench wide you go close and vice versa

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Week 15 Comp Week

MONDAY	SET 1	SET 2	SET 3	SET 4
SQUAT	2X RPE 6-7	FOR 3 SETS		
DEADLIFT	2X RPE 6-7	FOR 2 SETS		
PAUSE BP	3X RPE 6-7	FOR 3 SETS		
PLANK	2MIN			

WEDNESDAY	SET 1	SET 2	SET 3	SET 4
SQUAT	2X RPE 6-7	FOR 3 SETS		
PAUSE BP	2X RPE 6-7	FOR 3 SETS		
DB SIDE RAISES	10X	FOR 2 SETS		
CABLE PUSHDOWNS	10X	FOR 2 SETS		

NOTES

NOTES

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Cable Movements- Any grip or bar you like

SLDL- Stiff Leg Deadlift
