Week 1 - Block 1						
Day 1			Day 2			
Weight	Reps	Primary Movement	Weight	Reps		
Work up to set of 5 (RPE 8 - something you could do 7-8 if you went all out)		Close Grip Incline Bench Press	Work up to set of 5 (RPE 7: 3 reps the tank), then perform 2 more se with that weight (3x5)			
Sets	Reps	Supplemental Movement	Sets	Reps		
3	10	JM Press	3	15		
85% of Primary Weight			RPE 8			
Sets	Reps	Assistance Movements	Sets	Reps		
AP (2 reps in	tank each set)	A. Seated Cable Rows (Narrow Grip): 5x10				
Pushdowns:	4x25	B1. Band Tricep Pushdowns: 4x40				
parts: 4x15		B2. Cross-Arm Hammer Curls: 4x10 each arm				
ep Curls: 4x	8 each arm	C. Supinated Alternating Bicep Curls: 3x10 each arm				
			*Light, controlled, stretch at bottom			
	Weight Work up to something if you was Sets 3 85% of P Sets AP (2 reps in Pushdowns: parts: 4x15	Weight Reps Work up to set of 5 (RPE 8 - something you could do 7-8 if you went all out) Sets Reps 3 10 85% of Primary Weight Sets Reps AP (2 reps in tank each set) Pushdowns: 4x25	Weight Reps Primary Movement Work up to set of 5 (RPE 8 - something you could do 7-8 if you went all out) Sets Reps Supplemental Movement 3 10 B5% of Primary Weight Sets Reps Assistance Movements AP (2 reps in tank each set) Pushdowns: 4x25 Pushdowns: 4x25 Parts: 4x15 Ep Curls: 4x8 each arm Primary Movement Supplemental Movement A. Seated Cable Rows (Nound Pushdowns: 4x25) B1. Band Tricep Pushdowns: 4x25 B2. Cross-Arm Hammer Comparised Alternating Bice	Weight Reps Primary Movement Weight Work up to set of 5 (RPE 8 - something you could do 7-8 if you went all out) Sets Reps Supplemental Movement Sets 3 10 JM Press 85% of Primary Weight Sets Reps Assistance Movements Sets AP (2 reps in tank each set) A. Seated Cable Rows (Narrow Grip Pushdowns: 4x25 Pushdowns: 4x25 B1. Band Tricep Pushdowns: 4x parts: 4x15 B2. Cross-Arm Hammer Curls: 4x10 ep Curls: 4x8 each arm Close Grip Incline Bench Work up to the tank), tl with with with with with with with sets and the tank), tl with with with with with with with with		

Notes for the Week:

*AMRAP = As many reps as possible

^{*}Assistance Movements with "1" and "2" are superset together

Day 2				
	Day 2			
Primary Movement	Weight	Reps		
ose Grip Incline Bench Press	4x5 with	weight from week 1 (+1 set)		
Supplemental Movement	Sets	Reps		
JM Press	3	10		
imary Weight		RPE 8		
Assistance Movements	Sets	Reps		
A. Seated Cable Rows (Narrow Grip): 5x10				
B1. Band Tricep Pushdowns: 4x40				
B2. Cross-Arm Hammer Curls: 4x10 each arm				
C. Supinated Alternating Bicep Curls: 3x10 each arm				
*Light, controlled, str	etch at bott	om		
Week:				
	Week:	Week:		

^{*}Follow the RPE Instructions and start light. Use these first weeks to establish consistency and build momentum for *Track your top numbers from your primary movements, this is very important.

Week 3 - Block 1						
Day 1			Day 2			
Primary Movement	Weight	Reps	Primary Movement	Weight	Reps	
Strict Overhead Press	Work up to the weight you used for week 1, but for a set of 6-8 reps.		Close Grip Incline Bench Press	5x5 with weight from week 1 (+1 set)		
Supplemental Movement	Sets	Reps	Supplemental Movement	Sets	Reps	
Strict OHP Volume	3	10	JM Press	3	15	
	85% of Primary Weight			Increase Week 1 Weight		
Assistance Movements	Sets	Reps	Assistance Movements Se		Reps	
A. Chin-Ups (wide): 4 sets AMRAP (2 reps in tank each set)			A. Seated Cable Rows (Narrow Grip): 5x10			
B1. Cable Rope Tricep Pushdowns: 4x25			B1. Band Tricep Pushdowns: 4x40			
B2. Band Pull-A	parts: 4x15		B2. Cross-Arm Hammer Curls: 4x10 each arm			
C. Alternating Dumbbell Bio	ep Curls: 4x	8 each arm	C. Supinated Alternating Bicep Curls: 3x10 each arm			
			*Light, controlled, str	etch at bot	tom	
				•		
				•		
Notes for the Week:						

		Week	4 - Block 1			
Day 1			Day 2			
Primary Movement	Weight	Reps	Primary Movement	Weight	Reps	
Strict Overhead Press		set of 2 (RPE 9) - in the tank	Close Grip Incline Bench Press	6x5 with	weight from week 1 (+1 set)	
Supplemental Movement	Sets	Reps	Supplemental Movement	Sets	Reps	
Strict OHP Volume	3	2	JM Press	3	10	
	85% of P	rimary Weight		Increase Week 2 Weight		
Assistance Movements	Sets	Reps	Assistance Movements	Sets	Reps	
A. Chin-Ups (wide): 4 sets AMRAP (2 reps in tank each set)			A. Seated Cable Rows (N	larrow Grip): 5x10	
B1. Cable Rope Tricep	Pushdowns	: 4x25	B1. Band Tricep Pus	hdowns: 4x	40	
B2. Band Pull-A	parts: 4x15		B2. Cross-Arm Hammer C	urls: 4x10 e	rls: 4x10 each arm	
C. Alternating Dumbbell Bi	cep Curls: 4x	8 each arm	C. Supinated Alternating Bicep Curls: 3x10 each arm			
			*Light, controlled, stretch at bottom			
·	<u>'</u>		·	<u>'</u>	·	
		Notes f	or the Week:			

Week 5 - Block 2						
Day 1			Day 2			
Primary Movement	Weight	Reps	Primary Movement	Weight	Reps	
Strict Overhead Press	Perform 3 sets of 8 with 90% of your top weight from Week 3.		Z Press (from rack safeties)	Work up to set of 5 (RPE 7: 3 reps in the tank), then perform 2 more set with that weight (3x5)		
Supplemental Movement	Sets	Reps	Supplemental Movement	Sets	Reps	
Strict OHP Volume	3	10	Push-Ups (feet elevated 6-10 inches - if	3	8 to 20	
	85% of Primary Weight		possible) Slow/Controlled	All sets RPE 9 (rep in tank)		
Assistance Movements	Sets	Reps	Assistance Movements	Sets	Reps	
A. Chin-Ups (wide): 5 sets AMRAP (2 reps in tank each set)		A. Meadows Rows: 4x10 each arm				
B1. Overhead Rope Tricep B	xtensions: 4	4x15 (light)	B1. Band Tricep Pushdowns: 4x50			
B2. YT Dumbbell Raises (ches	t on incline	bench): 4x12	B2. Dumbbell Hammer Curls: 4x12			
*12 reps each	direction		C. Supinated Alternating Bicep Curls: 3x12 each arm			
C. Rope Cable Bicep Curls: 4x15		*Light, controlled, stretch at bottom		tom		
		Notes	for the Week:			

		Week	6 - Block 2			
Day	1		Day 2			
Primary Movement	Weight	Reps	Primary Movement	Weight	Reps	
Strict Overhead Press	Work up to set of 3 (RPE 9) - Beat Week 2 Weight.		Z Press	4x5 with weight from week (+1 set)		
Supplemental Movement	Sets	Reps	Supplemental Movement	Sets	Reps	
Strict OHP Volume	3	6	Push-Ups (feet elevated)	4	8 to 20	
	85% of P	rimary Weight		All sets RPE 9 (rep in tank)		
Assistance Movements	Sets	Reps	Assistance Movements	Sets	Reps	
A. Chin-Ups (wide): 5 sets AMR	AP (2 reps ir	n tank each set)	A. Meadows Rows: 4	lx10 each a	rm	
B1. Overhead Rope Tricep	Extensions: 4	4x15 (light)	B1. Band Tricep Pushdowns: 4x50			
B2. YT Dumbbell Raises (ches	st on incline	bench): 4x12	B2. Dumbbell Hammer Curls: 4x12			
*12 reps each	direction		C. Supinated Alternating Bicep Curls: 3x12 each arm			
C. Rope Cable Bicep Curls: 4x15			*Light, controlled, stretch at bottom			
		Notes f	or the Week:			

Week 7 - Block 2						
Day 1			Day 2			
Primary Movement	Weight	Reps	Primary Movement	Weight	Reps	
Strict Overhead Press	Perform 3 sets of 5 with 90% of Week 1 weight (deload)		Z Press	5x5 with weight from week 1 (+1 set)		
Supplemental Movement	Sets	Reps	Supplemental Movement	Sets	Reps	
No Movement this Week			Push-Ups (feet elevated)	5	8 to 20	
			11 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	RPE 8 (2 reps in tank)		
Assistance Movements	Sets	Sets Reps Assistance Movements		Sets	Reps	
A. Chin-Ups (wide): 5 sets AMRAP (2 reps in tank each set)		A. Meadows Rows: 4x10 each arm				
B1. Overhead Rope Tricep B	xtensions: 4	lx15 (light)	B1. Band Tricep Pushdowns: 4x50			
B2. YT Dumbbell Raises (ches	t on incline	pench): 4x12	B2. Dumbbell Hammer Curls: 4x12			
*12 reps each	direction		C. Supinated Alternating Bicep Curls: 3x12 each arm			
C. Rope Cable Bicep Curls: 4x15			*Light, controlled, stretch at bottom			
	Notes for the Week:					

		Week	8 - Block 2			
Day	1		Day 2			
Primary Movement	Weight	Reps	Primary Movement	Weight	Reps	
Strict Overhead Press	weight), the	Double (beat week 4 en if you feel good, to heavy single.	Z Press	6x5 with	weight from week 1 (+1 set)	
Supplemental Movement	Sets	Reps	Supplemental Movement	Sets	Reps	
Strict OHP Volume	3	2	Push-Ups (feet elevated)	6	8 to 20	
	85% of P	rimary Weight		RPE 8 (2 reps in tank)		
Assistance Movements	Sets	Reps	Assistance Movements	Sets	Reps	
A. Chin-Ups (wide): 5 sets AMR	AMRAP (2 reps in tank each set)		A. Meadows Rows: 4	1x10 each a	rm	
B1. Overhead Rope Tricep	Extensions: 4	4x15 (light)	B1. Band Tricep Pushdowns: 4x50			
B2. YT Dumbbell Raises (ches	st on incline	bench): 4x12	B2. Dumbbell Hammer Curls: 4x12			
*12 reps each	n direction		C. Supinated Alternating Bicep Curls: 3x12 each arm			
C. Rope Cable Bicep Curls: 4x15			*Light, controlled, stretch at bottom			
		Notes f	or the Week:			