

Week 1 - Block 1

| Day 1 | | | Day 2 | | |
|---|--|------|---|--|------|
| Primary Movement | Weight | Reps | Primary Movement | Weight | Reps |
| Strict Overhead Press | 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 in the tank), then perform 2 more sets with that weight (3x5) | |
| Supplemental Movement | Sets | Reps | Supplemental Movement | Sets | Reps |
| Strict OHP Volume | 3 | 10 | JM Press | 3 | 15 |
| | 85% of Primary Weight | | | RPE 8 | |
| 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 (Narrow Grip): 5x10 | | |
| B1. Cable Rope Tricep Pushdowns: 4x25 | | | B1. Band Tricep Pushdowns: 4x40 | | |
| B2. Band Pull-Aparts: 4x15 | | | B2. Cross-Arm Hammer Curls: 4x10 each arm | | |
| C. Alternating Dumbbell Bicep Curls: 4x8 each arm | | | C. Supinated Alternating Bicep Curls: 3x10 each arm | | |
| | | | *Light, controlled, stretch at bottom | | |
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| Notes for the 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. | | | | | |
| *AMRAP = As many reps as possible | | | | | |
| *Assistance Movements with "1" and "2" are superset together | | | | | |

Week 2 - Block 1

| Day 1 | | | Day 2 | | |
|--|--|------|---|--------------------------------------|------|
| Primary Movement | Weight | Reps | Primary Movement | Weight | Reps |
| Strict Overhead Press | Work up to set of 3 (RPE 8 - something you could do 5-6 if you went all out) | | Close Grip Incline Bench Press | 4x5 with weight from week 1 (+1 set) | |
| Supplemental Movement | Sets | Reps | Supplemental Movement | Sets | Reps |
| Strict OHP Volume | 3 | 6 | JM Press | 3 | 10 |
| | 85% of Primary Weight | | | RPE 8 | |
| 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 (Narrow Grip): 5x10 | | |
| B1. Cable Rope Tricep Pushdowns: 4x25 | | | B1. Band Tricep Pushdowns: 4x40 | | |
| B2. Band Pull-Aparts: 4x15 | | | B2. Cross-Arm Hammer Curls: 4x10 each arm | | |
| C. Alternating Dumbbell Bicep Curls: 4x8 each arm | | | C. Supinated Alternating Bicep Curls: 3x10 each arm | | |
| | | | *Light, controlled, stretch at bottom | | |
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| Notes for the Week: | | | | | |
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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 | Sets | 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-Aparts: 4x15 | | | B2. Cross-Arm Hammer Curls: 4x10 each arm | | |
| C. Alternating Dumbbell Bicep Curls: 4x8 each arm | | | C. Supinated Alternating Bicep Curls: 3x10 each arm | | |
| | | | *Light, controlled, stretch at bottom | | |
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| Notes for the Week: | | | | | |
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Week 4 - Block 1

| Day 1 | | | Day 2 | | |
|--|---|------|---|--------------------------------------|------|
| Primary Movement | Weight | Reps | Primary Movement | Weight | Reps |
| Strict Overhead Press | Work up to set of 2 (RPE 9) - 1 rep 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 Primary 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 (Narrow Grip): 5x10 | | |
| B1. Cable Rope Tricep Pushdowns: 4x25 | | | B1. Band Tricep Pushdowns: 4x40 | | |
| B2. Band Pull-Aparts: 4x15 | | | B2. Cross-Arm Hammer Curls: 4x10 each arm | | |
| C. Alternating Dumbbell Bicep Curls: 4x8 each arm | | | C. Supinated Alternating Bicep Curls: 3x10 each arm | | |
| | | | *Light, controlled, stretch at bottom | | |
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| Notes for the Week: | | | | | |
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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 sets 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 possible) Slow/Controlled | 3 | 8 to 20 |
| | 85% of Primary Weight | | | 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 Extensions: 4x15 (light) | | | B1. Band Tricep Pushdowns: 4x50 | | |
| B2. YT Dumbbell Raises (chest 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 | | |
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| Notes for the Week: | | | | | |
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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 (+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 Primary Weight | | | 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 Extensions: 4x15 (light) | | | B1. Band Tricep Pushdowns: 4x50 | | |
| B2. YT Dumbbell Raises (chest 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 | | |
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| Notes for the Week: | | | | | |
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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 |
| | | | | RPE 8 (2 reps 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 Extensions: 4x15 (light) | | | B1. Band Tricep Pushdowns: 4x50 | | |
| B2. YT Dumbbell Raises (chest 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 | | |
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| Notes for the Week: | | | | | |
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Week 8 - Block 2

| Day 1 | | | Day 2 | | |
|--|---|------|---|--------------------------------------|---------|
| Primary Movement | Weight | Reps | Primary Movement | Weight | Reps |
| Strict Overhead Press | Work up to Double (beat week 4 weight), then if you feel good, work up 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 Primary Weight | | | RPE 8 (2 reps 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 Extensions: 4x15 (light) | | | B1. Band Tricep Pushdowns: 4x50 | | |
| B2. YT Dumbbell Raises (chest 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 | | |
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| Notes for the Week: | | | | | |
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