

## **Week 1**

### **Squat Day**

Squat 3-4 work sets of 5 reps starting at 75% up to 85%  
Band-resisted free squat (no box) 4 sets of 5  
Power Cleans Work ups to max triple, hit 5 more heavy triples  
Kettlebell Pull thourghs 4 sets  
PNF Stretching  
Foam roller transversus

### **Bench Day**

Bench 3-4 work sets of 5 reps starting at 75% up to 85%  
Close-grip Bench 3-4 sets of 5  
Floor Press 4-5 sets of 3  
Close-grip Pull ups 4 sets til failure  
Biceps biceps biceps some sets x some reps  
PNF Stretching  
Cable crunches or GHR Abs

### **Deadlift Day**

Deadlift 2 work sets of 5 reps starting at 75% up to 85%  
Good Mornings 4-5 sets of 5-8  
Stiff-legged Deadlift 3 sets of 8  
Banded hamstring curls 4 sets til failure  
Plyometrics 3 circuits  
Ball rotations  
PNF Stretching

### **Bench Assistance**

Incline Bench, hands inside rings 4 sets of 5  
Seated Military Press 3-4 sets of 5-8  
Bodyweight Dips (no extra weight). 4 sets til failure  
Wide-grip pull ups 4 sets til failure  
Heavy Rows (t-bar, low-row, etc.) 3-4 sets of 4-5 reps  
Bridges  
PNF Stretching

## **Week 2**

3 work sets of 3 reps, starting at 85% working up to 95%  
4 sets of 5  
Work ups to max double, hit 5 more heavy triples  
4 sets

3 work sets of 3 reps, starting at 85% working up to 95%  
3-4 sets of 5  
4-5 sets of 3  
4 sets til failure  
some sets x some reps

2 work sets of 3 reps, 85-95%  
4-5 sets of 5-8  
3 sets of 8  
4 sets til failure  
3 circuits

4 sets of 5  
3-4 sets of 5-8  
4 sets til failure  
4 sets til failure  
3-4 sets of 4-5 reps

## **Week 3**

### **Squat Day**

Squat  
Band-resisted free squat (no box)  
Power Cleans  
Kettlebell Pull thourghs  
PNF Stretching  
Foam roller transversus

2-4 Singles, starting at 95%  
4 sets of 5  
Work ups to max single, hit 4 more heavy triples  
4 sets

### **Bench Day**

Bench  
Close-grip Bench  
Floor Press  
Close-grip Pull ups  
Biceps biceps biceps  
PNF Stretching  
Cable crunches or GHR Abs

2-4 Singles, starting at 95%  
3-4 sets of 5  
4-5 sets of 3  
4 sets til failure  
some sets x some reps

### **Deadlift Day**

Deadlift  
Good Mornings  
Stiff-legged Deadlift  
Banded hamstring curls  
Plyometrics  
Ball rotations  
PNF Stretching

1-2 singles 95-97%.  
3-5 sets of 5-8  
3 sets of 8  
4 sets til failure  
3 circuits

### **Bench Assistance**

Incline Bench, hands inside rings  
Seated Military Press  
Bodyweight Dips (no extra weight).  
Wide-grip pull ups  
Heavy Rows (t-bar, low-row, etc.)  
Bridges  
PNF Stretching

4 sets of 5  
3-4 sets of 5-8  
4 sets til failure  
4 sets til failure  
3-4 sets of 4-5 reps