# BUILT LIKE BOND: PHASE 2

| | DAY 1: LOWER | | WEEK 1 | WEEK 2 | WEEK 3 | WEEK 4 | PERCENTAGE/ NOTES |
|---|---|---|---|---|---|---|---|
| | LIFT | SETS | RECORD WEIGHTS | RECORD WEIGHTS | RECORD WEIGHTS | RECORD WEIGHTS | |
| 1A | 1 DB SL Hip Thrust 3s ecc (shoulders elev) | 3x5ea | | | | | |
| 1B | SL Machine HS Curl 6s ecc | 3x5ea | | | | | |
| 1C | DB Shrimp Squat | 3x5ea | | | | | |
| 2A | Power Clean | 5x2 | | | | | |
| 2B | Sprint | 4x10-15 yards | | | | | |
| 2C | 2 DB Ankle Hops | 4x10s | | | | | |
| 3A | BB BR Split Squat | x6,5,4,4,4ea | | | | | |
| 3B | BW Drop Jump | 5x5 | | | | | |
| 4A | BB Hip Thrust (feet elevated) | 4x5 | | | | | |
| 4B | Bench Glute ISO | 4x30s ea | | | | | |

| | DAY 2: UPPER | | WEEK 1 | WEEK 2 | WEEK 3 | WEEK 4 | PERCENTAGE/ NOTES |
|---|---|---|---|---|---|---|---|
| | LIFT | SETS | RECORD WEIGHTS | RECORD WEIGHTS | RECORD WEIGHTS | RECORD WEIGHTS | |
| 1A | Plate OH Raise (touch plates at top, light) | 3x25 | | | | | |
| 1B | DB OH Tricep Extension | 3x20 | | | | | |
| 1C | DB High Incline BP | 3x15 | | | | | |
| 2A | BB Decline Bench Press 1s iso at chest | x6,5,5,4,4,4 | | | | | |
| 2B | Pushup Bench Depth Drop | 6x5 | | | | | |
| 3A | Wtd Chin Up | x5,5,4,4,4 | | | | | |
| 3B | 2 DB Push Press | 5x4-6 | | | | | |
| 4A | NGr Lat Pulldown | 2x25 | | | | | |
| 4B | SA FR Carry | 2x50ft ea | | | | | |

| | DAY 3: LOWER | | WEEK 1 | WEEK 2 | WEEK 3 | WEEK 4 | PERCENTAGE/ NOTES |
|---|---|---|---|---|---|---|---|
| | LIFT | SETS | RECORD WEIGHTS | RECORD WEIGHTS | RECORD WEIGHTS | RECORD WEIGHTS | |
| 1A | 1 DB SL Hip Thrust 3s ecc (shoulders elev) | 3x5ea | | | | | |
| 1B | SL Machine HS Curl 6s ecc | 3x5ea | | | | | |
| 1C | DB Shrimp Squat | 3x5ea | | | | | |
| 2A | Clean Pull | 5x2 | | | | | |
| 2B | Sprint | 4x10-15 yards | | | | | |
| 2C | 2 DB Ankle Hops | 4x10s | | | | | |
| 3A | BB BR Forward Lunge | x5,4,3,3,3e | | | | | |
| 3B | BW Drop Jump | 5x5 | | | | | |
| 4A | BB Goodmorning | 4x5 | | | | | |
| 4B | QL Plank w/ 6s ecc | 4x5ea | | | | | |

| | DAY 4: UPPER | | WEEK 1 | WEEK 2 | WEEK 3 | WEEK 4 | PERCENTAGE/ NOTES |
|---|---|---|---|---|---|---|---|
| | LIFT | SETS | RECORD WEIGHTS | RECORD WEIGHTS | RECORD WEIGHTS | RECORD WEIGHTS | |
| 1A | Plate OH Raise (touch plates at top, light) | 3x25 | | | | | |
| 1B | DB OH Tricep Extension | 3x20 | | | | | |
| 1C | DB High Incline BP | 3x15 | | | | | |
| 2A | BB Decline CG BP 1s iso at chest | x6,5,5,4,4,4 | | | | | |
| 2B | Pushup Bench Depth Drop | 6x5 | | | | | |
| 3A | Wtd Pull Up | x5,5,4,4,4 | | | | | |
| 3B | SA DB SHoulder Push Press | 5x4-6ea | | | | | |
| 4A | BO Cable Rope Straight Arm Pulldown | 2x25 | | | | | |
| 4B | SA OH Carry | 2x50ft ea | | | | | |