

PHASE 1

DAY 1: HIGH INTENSITY LOWER BODY		WEEK 1	WEEK 2	WEEK 3	PERCENTAGE/ NOTES
LIFT	SETS	RECORD WEIGHTS	RECORD WEIGHTS	RECORD WEIGHTS	
1A	Hand Assisted Squat w/ 10 sec iso at bottom (rest 30 b/w 1 + 1)	4x1+1			
1B	Depth Vertical Jump	4x5			
1C	2 DB Squat Jump@50-60	4x5			
2A	RFE Hand Assisted Squat w/ 10 sec iso at bottom	5x1ea			
2B	2 Db Alternating Lunge Jump	5x3ea			
3A	BB Hip Thrust w/ 10s iso at top (shoulder elev)	5x1			
3B	DB SL RDL w/ 10 s iso at bottom	5x1ea			
DAY 2: HIGH INTENSITY UPPER BODY		WEEK 1	WEEK 2	WEEK 3	PERCENTAGE/ NOTES
LIFT	SETS	RECORD WEIGHTS	RECORD WEIGHTS	RECORD WEIGHTS	
1A	Seated OH Press w/ 10 s at forehead on way down (rest 30 b/w 1 + 1)	4x1+1			
1B	2 Db Shoulder Press@10-20	4x5			
1C	2 DB Shoulldr Press@30-40	4x5			
2A	BB Chest Supported Row w/ 10 sec is at top	5x1			
2B	Wtd Dip w/ 10 sec iso at bottom	5x1			
3A	Wtd Chin Up w/ 10 sec iso at top	5x1			
3B	SA LM Press w/ 10 sec iso at bottom	5x1ea			
DAY 3: VOLUME LOWER BODY		WEEK 1	WEEK 2	WEEK 3	PERCENTAGE/ NOTES
LIFT	SETS	RECORD WEIGHTS	RECORD WEIGHTS	RECORD WEIGHTS	
1A	BB RDL w/ 10 sec iso at bottom (rest 30 sec b/w 3+3)	3x3+3			45-55%
1B	Wtd Hip Extension Hold	3x30s			
2A	Hand Assisted Squat w/ 10 sec iso at bottom	3x3			45-55%
2B	BW Squat Hold	3x30s			
3A	BB Hip Thrust w/ 10 sec iso at top (feet elev)	3x3			
3B	BB Split Squat w/ 10s iso at bottom	3x3			
DAY 4: VOLUME UPPER BODY		WEEK 1	WEEK 2	WEEK 3	PERCENTAGE/ NOTES
LIFT	SETS	RECORD WEIGHTS	RECORD WEIGHTS	RECORD WEIGHTS	
1A	BB BP w/ 10 sec iso at bottom (rest 30 sec b/w 3+3)	3x3+3			45-55%
1B	Push Up Hold	3x30s			
2A	Lat Pulldown	6x3			45-55%
2B	Lat Pulldown ISO	6x30s			
3A	DB Pullover w/ 10s iso at bottom	3x3			
3B	2 DB Skull Crusher w/ 3s iso at bottom	3x10			
3C	DB SA Row w/ 10s iso at top	3x3			

PHASE 2

DAY 1: HIGH INTENSITY LOWER BODY		WEEK 1	WEEK 2	WEEK 3	PERCENTAGE/ NOTES
LIFT	SETS	RECORD WEIGHTS	RECORD WEIGHTS	RECORD WEIGHTS	
1A	Trap Bar DL w/ 7s ecc (rest 30 b/w 1 + 1)	4x1+1			
1B	Depth Vertical Jump	4x5			
1C	2 DB Squat Jump@50-60	4x5			
2A	Hand Assisted Split Squat w/ 7s ecc	5x1ea			
2B	2 Db Alternating Lunge Jump	5x3ea			
3A	DB SL RDL w/ 7s ecc (hand supported)	5x1ea			
3B	2 DB Step Up w/ 7s ecc	5x1ea			
DAY 2: HIGH INTENSITY UPPER BODY		WEEK 1	WEEK 2	WEEK 3	PERCENTAGE/ NOTES
LIFT	SETS	RECORD WEIGHTS	RECORD WEIGHTS	RECORD WEIGHTS	
1A	Bench Press w/ 7s ecc (rest 30 b/w 1 + 1)	4x1+1			
1B	2 DB Incline BP@50-60	4x5			
1C	Clapping Push Up	4x5			
2A	2 DB Chest Supported Row w/ 3 sec eccentric	5x2			
2B	Close Grip BP w/ 3s ecc	5x2			
3A	Wtd Pull Up w/ 7s ecc	5x1			
3B	SA LM Press w/ 7s ecc	5x1ea			
DAY 3: VOLUME LOWER BODY		WEEK 1	WEEK 2	WEEK 3	PERCENTAGE/ NOTES
LIFT	SETS	RECORD WEIGHTS	RECORD WEIGHTS	RECORD WEIGHTS	
1A	Hand Assisted Squat w/ 7s ecc (rest 30 sec b/w 3+3)	3x3+3			
1B	BW Squat ISO	3x30s			
2A	Hand Assisted RFE Squat w/ 7s ecc	3x3ea			
2B	RFE Squat ISO	3x20s ea			
3A	BB Hip Thrust w/ 7s ecc (shoulder elev)	3x3			
3B	Hip Thrust ISO	3x30s			
DAY 4: VOLUME UPPER BODY		WEEK 1	WEEK 2	WEEK 3	PERCENTAGE/ NOTES
LIFT	SETS	RECORD WEIGHTS	RECORD WEIGHTS	RECORD WEIGHTS	
1A	BB Push Press w/ 7s ecc (rest 30 sec b/w 3+3)	3x3+3			
1B	2 DB Shoulder Press ISO	3x30s			
2A	Neutral Grip Lat Pulldown w/ 3s ecc	6x7			
2B	NGr Lat Pulldown ISO	6x30s			
3A	DB Pullover w/ 3s ecc	3x7			
3B	2 DB JM Press w/ 3s ecc	3x7			
3C	SA Landmine Press w/ 3s ecc	3x7ea			