

PHASE 1

| DAY 1 | | WEEK 1 | | | WEEK 2 | | | WEEK 3 | | | PERCENTAGE/ NOTES |
|-------|--|----------------|--|--|--|--|--------------------------------------|----------------|--|--|---|
| LIFT | SETS | RECORD WEIGHTS | | | RECORD WEIGHTS | | | RECORD WEIGHTS | | | |
| | PRIMER (barefoot) | | | | | | | | | | 30 sec rest b/w exercises |
| 1A | DB Goblet RFE Squat | 2x10ea | | | | | | | | | |
| 1B | Plate Reverse Fly | 2x20 | | | | | | | | | |
| 1C | DB SL Hip Thrust (Feet Elevated) | 2x15ea | | | | | | | | | |
| 1D | DB JM Press | 2x20 | | | | | | | | | |
| 2A | Back Squat | | 5x10@60% 1 sec pause at bottom | | 3x10@67.5% 1 sec pause at bottom | | 1xAMRAP@75% no pause | | | | full recovery |
| 3A | BB Close Grip Bench Press | | 3x10 3 sec pause at bottom | | 3x10 3 sec pause at bottom | | 3x10 3 sec pause at bottom | | | | 3a directly into 3b then 2 minute rest |
| 3B | Chin Up | | 3x10 3 sec pause at top | | 3x10 3 sec pause at top | | 3x10 3 sec pause at top | | | | |
| 4A | BB Goodmorning | | 3x10 3 sec pause at bottom | | 3x10 3 sec pause at bottom | | 3x10 3 sec pause at bottom | | | | 4a directly into 4b then 2 minute rest |
| 4B | DB SA Row | | 3x10 3 sec pause at top | | 3x10 3 sec pause at top | | 3x10 3 sec pause at top | | | | |
| DAY 2 | | WEEK 1 | | | WEEK 2 | | | WEEK 3 | | | PERCENTAGE/ NOTES |
| LIFT | SETS | RECORD WEIGHTS | | | RECORD WEIGHTS | | | RECORD WEIGHTS | | | |
| | PRIMER (barefoot) | | | | | | | | | | 30 sec rest b/w exercises |
| 1A | DB Goblet Split Squat (front foot on 45lb plate) | 2x10ea | | | | | | | | | |
| 1B | DB Pullover | 2x20 | | | | | | | | | |
| 1C | DB SL Hip Thrust (Shoulder Elevated) | 2x15ea | | | | | | | | | |
| 1D | DB Skull Crusher | 2x20 | | | | | | | | | |
| 2A | Front Squat | | 5x10@60% 1 sec pause at bottom | | 3x10@67.5% 1 sec pause at bottom | | 1xAMRAP@75% no pause | | | | full recovery |
| 3A | BB Chest Supported Row | | 3x10 3 sec pause at top | | 3x10 3 sec pause at top | | 3x10 3 sec pause at top | | | | 3a directly into 3b then 2 minute rest |
| 3B | DB Z Press | | 3x10 3 sec pause at top | | 3x10 3 sec pause at top | | 3x10 3 sec pause at top | | | | |
| 4A | BB RDL | | 3x10 3 sec pause at top | | 3x10 3 sec pause at top | | 3x10 3 sec pause at top | | | | 4a directly into 4b then 2 minute rest |
| 4B | DB Incline Bench Press | | 3x10 3 sec pause at bottom | | 3x10 3 sec pause at bottom | | 3x10 3 sec pause at bottom | | | | |

PHASE 2

| DAY 1 | | WEEK 1 | | | WEEK 2 | | | WEEK 3 | | | PERCENTAGE/ NOTES |
|-------|---|----------------|---|--|---|--|---------------------------------|----------------|--|--|---|
| LIFT | SETS | RECORD WEIGHTS | | | RECORD WEIGHTS | | | RECORD WEIGHTS | | | |
| | PRIMER (barefoot) | | | | | | | | | | 30 sec rest b/w exercises |
| 1A | DB Goblet Reverse Lunge (start on 45lb plate) | 2x10ea | | | | | | | | | |
| 1B | Plate Chest Supported Y-Raise | 2x20 | | | | | | | | | |
| 1C | 1 DB SL RDL | 2x10ea | | | | | | | | | |
| 1D | DB Tate Press | 2x20 | | | | | | | | | |
| 2A | Back Squat | | 7x5@70% 1 sec pause at bottom | | 4x5@77.5% 1 sec pause at bottom | | 1xAMRAP@85% no pause | | | | full recovery |
| 3A | BB Bench Press | | 4x5 3 sec eccentric | | 4x5 3 sec eccentric | | 4x5 3 sec eccentric | | | | 3a directly into 3b then 2 minute rest |
| 3B | Pull Up | | 4x5 3 sec eccentric | | 4x5 3 sec eccentric | | 4x5 3 sec eccentric | | | | |
| 4A | BB Staggered Stance Goodmorning | | 4x5ea 3 sec eccentric | | 4x5ea 3 sec eccentric | | 4x5ea 3 sec eccentric | | | | 4a directly into 4b then 2 minute rest |
| 4B | DB SA Row | | 4x5ea 3 sec eccentric | | 4x5ea 3 sec eccentric | | 4x5ea 3 sec eccentric | | | | |
| DAY 2 | | WEEK 1 | | | WEEK 2 | | | WEEK 3 | | | PERCENTAGE/ NOTES |
| LIFT | SETS | RECORD WEIGHTS | | | RECORD WEIGHTS | | | RECORD WEIGHTS | | | |
| | PRIMER (barefoot) | | | | | | | | | | 30 sec rest b/w exercises |
| 1A | DB Goblet Lateral Box Step Up | 2x10ea | | | | | | | | | |
| 1B | Plate Front Raise | 2x20 | | | | | | | | | |
| 1C | SL Hip Extension | 2x10ea | | | | | | | | | |
| 1D | DB Tricep Kickback | 2x20 | | | | | | | | | |
| 2A | Front Squat | | 7x5@70% 1 sec pause at bottom | | 4x5@77.5% 1 sec pause at bottom | | 1xAMRAP@85% no pause | | | | full recovery |
| 3A | BB Chest Supported Row | | 4x5 3 sec eccentric | | 4x5 3 sec eccentric | | 4x5 3 sec eccentric | | | | 3a directly into 3b then 2 minute rest |
| 3B | SA DB Push Press | | 4x5ea 3 sec eccentric | | 4x5ea 3 sec eccentric | | 4x5ea 3 sec eccentric | | | | |
| 4A | BB Staggered Stance RDL | | 4x5ea 3 sec eccentric | | 4x5ea 3 sec eccentric | | 4x5ea 3 sec eccentric | | | | 4a directly into 4b then 2 minute rest |
| 4B | Dips | | 4x5 3 sec eccentric | | 4x5 3 sec eccentric | | 4x5 3 sec eccentric | | | | |

PHASE 3

| DAY 1 | | WEEK 1 | | | WEEK 2 | | | WEEK 3 | | | PERCENTAGE/ NOTES |
|-------|---|----------------|---|--|---|--|--------------------------------|----------------|--|--|--|
| LIFT | SETS | RECORD WEIGHTS | | | RECORD WEIGHTS | | | RECORD WEIGHTS | | | |
| | PRIMER (barefoot) | | | | | | | | | | 30 sec rest b/w exercises |
| 1A | DB Goblet Reverse Lunge (start on 45lb plate) | 2x10ea | | | | | | | | | |
| 1B | Plate Chest Supported Y-Raise | 2x20 | | | | | | | | | |
| 1C | 1 DB SL RDL | 2x10ea | | | | | | | | | |
| 1D | DB Tate Press | 2x20 | | | | | | | | | |
| 2A | Back Squat | | 7x3@75% 1 sec pause at bottom | | 4x3@82.5% 1 sec pause at bottom | | 1xAMRAP@90% no pause | | | | full recovery |
| 3A | BB Bench Press | | 4x3 | | 4x3 | | 4x3 | | | | 3a directly into 3b then 2 minute rest |
| 3B | NGr Pull Up | | 4x3 | | 4x3 | | 4x3 | | | | |
| 4A | BB Staggered Stance Goodmorning | | 3x4ea | | 3x4ea | | 3x4ea | | | | 4a directly into 4b then 2 minute rest |
| 4B | DB SA Row | | 3x4ea | | 3x4ea | | 3x4ea | | | | |

| DAY 2 | | WEEK 1 | | | WEEK 2 | | | WEEK 3 | | | PERCENTAGE/ NOTES |
|-------|-------------------------------|----------------|---|--|---|--|--------------------------------|----------------|--|--|--|
| LIFT | SETS | RECORD WEIGHTS | | | RECORD WEIGHTS | | | RECORD WEIGHTS | | | |
| | PRIMER (barefoot) | | | | | | | | | | 30 sec rest b/w exercises |
| 1A | DB Goblet Lateral Box Step Up | 2x10ea | | | | | | | | | |
| 1B | Plate Front Raise | 2x20 | | | | | | | | | |
| 1C | SL Hip Extension | 2x10ea | | | | | | | | | |
| 1D | DB Tricep Kickback | 2x20 | | | | | | | | | |
| 2A | Front Squat | | 7x3@75% 1 sec pause at bottom | | 4x3@82.5% 1 sec pause at bottom | | 1xAMRAP@90% no pause | | | | full recovery |
| 3A | BB Chest Supported Row | | 4x3 | | 4x3 | | 4x3 | | | | 3a directly into 3b then 2 minute rest |
| 3B | SA DB Overhead Press | | 4x3ea | | 4x3ea | | 4x3ea | | | | |
| 4A | BB Staggered Stance RDL | | 3x4ea | | 3x4ea | | 3x4ea | | | | 4a directly into 4b then 2 minute rest |
| 4B | Dips | | 3x4 | | 3x4 | | 3x4 | | | | |