

Squat							
1) Walk on Treadmill 5-8min							
2) Cat cows							
3) Hip fire hydrants 5 reps per leg							
4) Hip circles forward 5 reps							
5) Hip circles backwards 5 reps							
6) dynamic leg swings forward/backward and side to side							
7) Air squat holding 45 pound plate 5-8 reps							

Bench							
1) band pull aparts							
2) cat cow							
3) DB external rotations light weight (5-10lbs)							
4) Banded push-ups no more than 10 reps							
5) Banded rows							

Deadlift							
1) walk on treadmill 5-8 minutes							
2) cat cows							
3) band Goodmorning							
4) dead bugs 5-8 each side							
5) dynamic leg swing							

Week 1

Day 1 Focus: Comp Squat

Exercise	Sets	Reps	RPE	Weight Used	Coaches notes
Main Movement:					
1) Comp Squat	1	8	6.5		On a scale of how hard it is it should be a 6.5 out of 10 should be able to get atleast 3 more reps in the tank
	4	8	6		
2) Close Grip Bench Press	5	8	6.5		Touch and go get a good pump going
Accessories:					
1) Leg press	3	15			
2) Bulgarian Split Squat	3	12 each leg			
3) Leg Extensions	3	12			
4) Hamstring Curls	3	12			

Day 2 Focus: Comp Bench

Exercise	Sets	Reps	RPE	Weight Used	Coaches notes
Main Movement:					
1) Comp Bench	1	7	6.5		1 count each rep on chest, not a full pause but dont bounce weight off of chest
	5	7	6		Same as above
2) Snatch Grip RDL	5	12	6		Controlled on the way down
Accessories:					
1) DB Arnold Press	3	8			
2) DB Incline Bench press	3	12			
3) DB Lateral Raise	3	12			
4) Seated Hammer Curl	3	15			Minimal rest between sets, get a nice pump
5) DB Skull Crushers	3	15			same as above

Day 3 Focus: Active recovery

Exercise	Sets	Reps	RPE	Weight Used	Coaches Notes
ACTIVE RECOVERY DAY GET SOME REST DO SOME MOBILITY AND STRETCH AND ROLL OUT. IF YOU WANT TO GET A SLIGHT UPPER BODY PUMP GO AHEAD BUT NOTHING CRAZY					

Day 4 Focus: Secondary Squat

Exercise	Sets	Reps	RPE	Weight Used	Coaches Notes
Main Movement:					

1) Highbar Paused Squat	4	8	6.5		Slight pause in the hole of the squat 1-2 count explode out of the hole				
Accessories:									
1) BB Pendlay Row	3	8							
2) Goblet Squats	3	15							
3) Lat Pulldown	3	12							
4) Seated Row	3	12							
5) Pull Ups	3	AMRAP							

Day 5 Focus: OHP

Exercise	Sets	Reps	RPE	Weight Used	Coaches Notes
Main Movement:					
1) Barbell Overhead Press	5	8	6.5	105	Little momentum to push weight up
Accessories					
1) Cable Shouler Lateral Raise	3	15			
2) Cable Facepull	3	15			
3) Cable Chest fly	3	12			
4) Cable Bicep Curls	3	15			
5) Cable Triceps Extensions	3	15			

Day 6 Focus: Primary Deadlift

Exercise	Sets	Reps	RPE	Weight Used	Coaches Notes
Main Movement:					
1) Comp Deadlifts	1	8	6.5		
	3	8	6		
2) Deficit Deadlifts	4	7	6		Stand on a bumper plate for the deficit
3) Tempo Squats (4:1:0)	3	7	6		4 seconds down, 1 second pause, explode up

Day 7 Focus: off

RELAX AND SLEEP AND RECOVER

Week 2

Day 1 Focus: Comp Squat

Exercise	Sets	Reps	RPE	Weight Used	Coaches notes
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Main Movement:

1) Comp Squat	1	8	7.5		Should be around 3 reps left in the tank, make sure to brace and lets get those legs pumped
	4	8	7		

2) Close Grip Bench Press	5	8	7		T&G
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Accessories:

1) Single leg Leg press	3	20			
2) Bulgarian Split Squat	3	12 each leg			
3) Front foot elevated Split Squat	3	12			
4) Hamstring Curls	3	12			
5) Leg Extensions					

Day 2 Focus: Comp Bench

Exercise	Sets	Reps	RPE	Weight Used	Coaches notes
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Main Movement:

1) Comp Bench	1	7	7.5		
	5	7	7		

2) Snatch Grip RDL	5	12	7		Controlled on the way down
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Accessories:

1) DB Arnold Press	3	12			
2) DB Incline Bench press	3	12			
3) Seated Hammer Curl	3	15			
4) DB Skull Crushers	3	15			

Day 3 Focus: Active recovery

Exercise

ACTIVE RECOVERY DAY GET SOME REST DO SOME MOBILITY AND STRETCH AND ROLL OUT.

Day 4 Focus: Secondary Squat

Exercise	Sets	Reps	RPE	Weight Used	Coaches Notes
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Main Movement:

1) Highbar Paused Squat	4	8	7		Slight pause in the hole of the squat 1-2 count explode out of the hole				
Accessories:									
1) BB Pendlay Row	3	8							
2) Pulsing Goblet Squats	3	15							
3) Underhand Lat Pulldown	3	12							
4) Seated Row	3	12							
5) Pull Ups	3	AMRAP							
6) Weighted plank	5	30 sec on 15 off							

Day 5 Focus: OHP

Exercise	Sets	Reps	RPE	Weight Used	Coaches Notes
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Main Movement:

1) Barbell Overhead Press	5	8	7		A little more than last week so we can slightly increase the weight but remain in control
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Accessories

1) Cable Shouler Lateral Raise	3	20			
2) Cable Facepull	3	20			
3) Cable Chest fly	3	15			
4) Cable Bicep Curls	3	15			
5) Cable Triceps Extensions	3	15			

Day 6 Focus: Primary Deadlift

Exercise	Sets	Reps	RPE	Weight Used	Coaches Notes
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Main Movement:

1) Comp Deadlifts	1	8	7-7.5		
	3	8	6.5-7		
2) Deficit Deadlifts	4	7	7		
3) Tempo Squats (4:1:0)	3	7	7		4 seconds down, 1 second pause, explode up

Day 7 Focus: off

RELAX AND SLEEP AND RECOVER

Week 3

Day 1 Focus: Comp Squat

Exercise	Sets	Reps	RPE	Weight Used	Coaches notes
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Main Movement:

1) Comp Squat	1	1	7		First single of the 4 weeks, focus is mainly on top set of 8
	1	8	8		
	4	8	7.5		
2) Close Grip Bench Press	5	8	7.5		

Accessories:

1) Leg press	4	20			
2a) Bulgarian Split Squat	3	12 each leg			
2b) Pulsing Split Squats	3	15 each leg			
3) Leg Extensions	3	12			
4) Hamstring Curls	3	12			

Day 2 Focus: Comp Bench

Exercise	Sets	Reps	RPE	Weight Used	Coaches notes
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Main Movement:

1) Comp Bench	1	1	7		
	1	7	8		
	5	7	7.5		
2) Snatch Grip RDL	5	12	7.5		

Accessories:

1) DB Arnold Press	3	8			
2) DB Incline Bench press	3	12			
3) Seated Hammer Curl	3	15			
4) DB Skull Crushers	3	15			

Day 3 Focus: Active recovery

Exercise	Sets	Reps	RPE	Weight Used	Coaches notes
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ACTIVE RECOVERY DAY GET SOME REST DO SOME MOBILITY AND STRETCH AND ROLL OUT. IF YOU WANT TO GET A SLIGHT UPPER BODY PUMP ASK ME AND IT CAN BE ALLOWED

Day 4 Focus: Secondary Squat

Exercise	Sets	Reps	RPE	Weight Used	Coaches Notes
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Main Movement:

1) Highbar Paused Squat	4	8	7.5																
Accessories:																			
1) BB Pendlay Row	3	8																	
2) Goblet Squats	3	15																	
3) Lat Pulldown	3	12																	
4) Seated Row	3	12																	
5) Pull Ups	3	AMRAP																	
6) Weighted plank	4	30 sec on 15 off																	

Day 5 Focus: OHP

Exercise	Sets	Reps	RPE	Weight Used	Coaches Notes
Main Movement:					
1) Barbell Overhead Press	5	8		8	
Accessories					
1) Cable Shouler Lateral Raise	3	20			
2) Cable Facepull	3	20			
3) Cable Chest fly	3	15			
4) Cable Bicep Curls	3	15			
5) Cable Triceps Extensions	3	15			

Day 6 Focus: Primary Deadlift

Exercise	Sets	Reps	RPE	Weight Used	Coaches Notes
Main Movement:					
1) Conventional Deadlifts	1	1	7		
	1	8	8		
	3	8	7-7.5		
2) Deficit Conventional Deadlifts	4	7	8		
3) Tempo Squats (4:1:0)	3	7	8		4 seconds down, 1 second pause, explode up

Day 7 Focus: off

RELAX AND SLEEP AND RECOVER

Week 4

Day 1 Focus: Comp Squat

Exercise	Sets	Reps	RPE	Weight Used	Coaches notes
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Main Movement:

1) Comp Squat	1	1	8		
	1	8	9		Top Set of 8 hit something nice for this last week
	3	8	8		
2) Close Grip Bench Press	5	8	8		

Accessories:

1) Leg press	3	20			
2) Bulgarian Split Squat	3	12 each leg			
3) Leg Extensions	3	12			
4) Hamstring Curls	3	12			

Day 2 Focus: Comp Bench

Exercise	Sets	Reps	RPE	Weight Used	Coaches notes
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Main Movement:

1) Comp Bench	1	1	8		
	1	7	9		
	5	7	8		
2) Snatch Grip RDL	5	12	8		

Accessories:

1) DB Arnold Press	3	8			
2) DB Incline Bench press	3	12			
3) Seated Hammer Curl	3	15			
4) DB Skull Crushers	3	15			

Day 3 Focus: Active recovery

Exercise	Sets	Reps	RPE	Weight Used	Coaches notes
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ACTIVE RECOVERY DAY GET SOME REST DO SOME MOBILITY AND STRETCH AND ROLL OUT.

Day 4 Focus: Secondary Squat

Exercise	Sets	Reps	RPE	Weight Used	Coaches Notes
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Main Movement:

1) Highbar Paused Squat	4	8	8											
Accessories:														
1) BB Pendlay Row	3	8												
2) Goblet Squats	3	15												
3) Lat Pulldown	3	12												
4) Seated Row	3	12												
5) Pull Ups	3	AMRAP												
6) Weighted plank	4	30 sec on 15 off												

Day 5 Focus: OHP

Exercise	Sets	Reps	RPE	Weight Used	Coaches Notes
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Main Movement:

1) Barbell Overhead Press	5	8	8.5		
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Accessories

1) Cable Shouler Lateral Raise	3	20			
2) Cable Facepull	3	20			
3) Cable Chest fly	3	15			
4) Cable Bicep Curls	3	15			
5) Cable Triceps Extensions	3	15			

Day 6 Focus: Primary Deadlift

Exercise	Sets	Reps	RPE	Weight Used	Coaches Notes
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Main Movement:

1) Conventional Deadlifts	1	1	8		
	1	8	9		
	3	8	8		
2) Deficit Conventional Deadlifts	4	7	8.5		
3) Tempo Squats (4:1:0)	3	7	8.5	4 seconds down, 1 second pause, explode up	

Day 7 Focus: off

RELAX AND SLEEP AND RECOVER					
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