

MONDAY- CHEST and TRI'S

- 1.) Bench Press ***
- 2.) Incline Bench/Decline Bench ***
- 3.) Dumbell Benchpress
- 4.) Tricep Extensions (skull crushers with close-grip bench added in)
- 5.) Tricp "Pushdowns"
- 6.) Dips Weighted dips if possible.
- 7.) Timed Farmers Walk-- Heavy weight/plate carry X 2

TUESDAY- BACK and BI'S

- 1.) Pull Ups- 2 Sets. As many as you can do, if you can't do any, do flexed arm hang as long as you can.
- 2.) Lat Pull-Downs ***
- 3.) Seated Rows ***
- 4.) Bent-Over Rows
- 5.) 24 Guns Workout
8 reps full range of motion. 8 reps, half way up from the bottom. 8 reps, starting at the top and going half way down.
- 6.) Seated Dumbell Curls
- 6.) Hammer Curls OR Concentrated Bicep Curls

WEDNESDAY- LEGS!

- 1.) Squats ***
- 2.) Deadlift ***
- 3.) Leg Curls
- 4.) Leg Extensions
- 5.) Calf Raises
- 6.) Lunges

THURSDAY- SHOULDERS!

- 1.) Cleans (Hang or Power Cleans) ***
- 2.) Military Press
- 3.) Upright Rows
- 4.) Shoulder Shrugs
- 5.) Lateral Raises
- 6.) Frontal Raises
- 7.) Farmer's Walk -OR- Sledge Tire X 3

Core Lifts: All Core Lifts are designated with ***

Week 1: 3 X 12 @ 70%

Week 2: 5 X 5 @ 80%

Week 3: 3 X 3 @ 90%

Week 4: 5, 4, 3, 2, 1 @ 80, 85, 90, 95, 100%

Week 5: 10, 8, 6 @ 80, 85, 90%

MAX OUT ALL CORE LIFTS AFTER WEEK 5.

Week 6-10:

1. Use same percentages as week 1-5
2. Use Thick Bars for all Barbell-related lifts.

MAX OUT ALL CORE LIFTS AFTER WEEK 10

Auxillary Lifts-

Week 1- 3 X 8

Week 2- 3 X 8

Week 3- 4 X 6

Week 4- 4 X 12

Week 5- 3 X 8