

Strength:

Name: _____

Lift Controlled with Strict Form: Tempo (2-0-1) (2s down, no pause, 1s up)

1-1.5 Minutes Between Sets (Try circuiting different Body Parts More)

EAT DIRECTLY AFTER EACH WORKOUT

Chest, Back, Biceps: Workout A

Date: _____ Warmup: _____

Chest: Bench x Δ	x	x	x	x	x
Incline DB Press	10 x	8 x	6 x	6 x	6 x
SB Cable Fly	12x	10x	10 x	10x	10x
Back: Deadlifts	10x	8x	8x	6x	6x
Lying SB Row	12x	12x	10x	10x	10x
Lat Pull Downs x Δ	x	x	x	x	x
Biceps: Barbell Curls	10x	8x	6x	6x	6x
Hammer Curls	10x	8x	8x	6x	6x
Concentration Curls	10x	8x	8x	6x	6x
Extra: Rope Swings	45s x	45s x	45s x	45s x	45s x
SB Crunches	Max x	Max x	Max x	Max x	Max x
SB Planks	45s x	45s x	45s x	45s x	45s x
Cable Crunches	Max x	Max x	Max x	Max x	Max x

Chest, Back, Biceps: Workout B

Date: _____ Warmup: _____

Chest: SB DB Press	12 x	12 x	10 x	10 x	10 x
Incline Press x Δ	x	x	x	x	x
Decline DB Press	10x	10x	8 x	6x	6x
Back: T Bar Row	x	x	x	x	x
Flat Lat Press	10x	10x	8x	6x	6x
Chin Ups (Gravitron)	10 x	8 x	6 x	6 x	6 x
Biceps: Preacher Curl/ Δ	x	x	x	x	x
Incline DB Curls	10x	10x	8x	8x	8x
Extra: V Sits	Max x	Max x	Max x	Max x	Max x
Alternate Rope Swings	45s x	45s x	45s x	45s x	45s x
Medicine Ball Slams	30s x	30s x	30s x	30s x	30s x
SB Plank (ABC's)	Max x	Max x	Max x	Max x	Max x

Δ = Pyramid Sets (Reps)

Week 1 = 10, 10, 8, 6

Week 2 = 10, 8, 6*, 6*

Week 3 = 10, 8, 6*, 4*

Week 4 = 10, 8*, 6*

(* = Use Chains/Bands)

Week Schedule

	Mon.	Tues.	Wed.	Thurs.	Fri.
4 Day	W/A	W/C	Rest	WB	WD
3 Day	W/A	W/B	Rest	W/C	W/A
	W/A	W/C	Rest	WB	Rest
	W/D	W/B	Rest	W/A	Rest

Legs, Shoulders & Triceps: Workout C

Date: _____ Warmup: _____

Legs: Power Pull x Δ	x	x	x	x	x
Step Up	x	x	x	x	x
SB Hamstring Curls	12x	12x	12x	12x	12x
Shoulders:					
Overhead Press x Δ	x	x	x	x	x
Barbell Shrugs	10x	8x	8x	6x	6x
DB Shoulder Circuit	8x	8x	6x	6x	6x
Triceps: Pressdowns	12x	10x	8x	6x	6x
Dips	12x	12x	10x	10x	10x
Extra: Prowler	x	x	x	x	x
Riser Hops	10 x	8x	3x	1x	1x
Plate Thrusters	10x	10x	10x	10x	10x

Legs, Shoulders & Triceps: Workout D

Date: _____ Warmup: _____

Legs: Squats x Δ	x	x	x	x	x
Single Leg Press	12 x	10 x	8 x	6 x	6 x
Single Leg Calf Raise	x	x	x	x	x
Reverse Hyper	10 x	10 x	10 x	10 x	10 x
Shoulders:					
Alternate DB Press	10x	10x	8x	8x	8x
Upright Rows	15x	12x	12x	10x	10x
Front Plate Raises	8x	8x	8x	8x	8x
Triceps: DB Crushers	10x	10x	8x	8x	8x
Close Grip Bench	10x	8x	6x	4x	4x
Extra: DB Swings	x	x	x	x	x
External Rotators	12x	12x	12x	12x	12x
Skipping					
					Mins