

General Adaptation & Size:

Name: _____

Lift Controlled with Strict Form: Tempo (2-0-2) (2s down, no pause, 2s up)
 1-1.5 Minutes Between Sets (Can combine different Body Parts for a Circuit)
 EAT DIRECTLY AFTER EACH WORKOUT

Chest, Back, Biceps: Workout A

Date: _____ Warmup: _____

Chest: Bench x ∇	x	x	x	x
Incline DB Press	12 x	12 x	10 x	10 x
Alternate DB Press	15x	12x	12 x	10x
Back: Deadlifts	12x	12x	10x	
Single Arm Rows	10x	10x	10x	10x
Lat Pull Downs x ∇	x	x	x	x
Biceps: Barbell Curls	10x	10x	8x	8x
DB Curls	15x	12x	12x	10x
Preacher Curls x ∇	x	x	x	x
Extra: Rope Swings	30s x	30s x	30s x	
SB Crunches	Max x	Max x	Max x	
SB Planks	30s x	30s x	30s x	
Gator Walks	Max x	Max x	Max x	

Chest, Back, Biceps: Workout B

Date: _____ Warmup: _____

Chest: Flat DB Press	12 x	12 x	10 x	10 x
Incline Bench Press ∇	x	x	x	x
Cable Pec Dec	15x	12x	12 x	10x
Back: Cable Row x ∇	x	x	x	x
Bent Over Row	12x	12x	10x	10x
Chin Ups (Growthron)	10x	10x	10x	10x
Biceps: Reverse Curls	10x	10x	8x	8x
Alternate DB Curls	15x	12x	12x	10x
Extra: Ab Lift	Max x	Max x	Max x	
Alternate Rope Swing	30s x	30s x	30s x	30s x
Bosu Side Planks	30s x	30s x	30s x	
Hanging Leg Lifts	Max x	Max x	Max x	

∇ = Pyramid Sets (Reps)

Week 1 = 15, 12, 10, 10
 Week 2 = 12, 12, 10, 10
 Week 3 = 12, 10, 10, 8
 Week 4 = 12, 10, 8, 6
 Week 5 = 12, 10, 8, 6

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

Legs, Shoulders & Triceps: Workout C

Date: _____ Warmup: _____

Legs: Leg Press x ∇	x	x	x	x
Leg Press Calf Raise	x	x	x	x
Walking Lunges	12 x	12 x	10 x	10 x
SB Hamstring Curls	12x	12x	12x	
Shoulders:				
Overhead Press x ∇	x	x	x	x
DB Shrugs	15x	12x	12x	10x
Side Lateral Raises	10x	10x	10x	
Triceps: Pressdowns	15x	12x	12x	10x
Skull Crushers	12x	12x	10x	10x
Extra: Prowler	x	x	x	
Body Weight Squats	30x	30x	30x	
Bench Hops	45sx	45sx	45sx	

Legs, Shoulders & Triceps: Workout D

Date: _____ Warmup: _____

Legs: Squats x ∇	x	x	x	x
Step Ups	12 x	12 x	10 x	10 x
Reverse Hyper	12 x	12 x	10 x	10 x
Single Calf Raises	20x	20x	15x	15x
Shoulders:				
DB Overhead Press	12x	12x	12x	10x
Upright Rows	15x	12x	12x	10x
Front DB Raises	10x	10x	10x	
Triceps: Kickbacks	15x	12x	12x	10x
Close Grip Bench	12x	12x	10x	10x
Extra: Prowler	x	x	x	
External Rotators	12x	12x	12x	
Bosu Squats	30x	30x	30x	

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 ∇	x	x	x	x
Incline DB Press	10 x	8 x	6 x	6 x
SB Cable Fly	12x	10x	10 x	10x
Back: Deadlifts	10x	8x	8x	6x
Lying SB Row	12x	12x	10x	10x
Lat Pull Downs x ∇	x	x	x	x
Biceps: Barbell Curls	10x	8x	6x	6x
Hammer Curls	10x	8x	8x	6x
Concentration Curls	10x	8x	8x	6x
Extra: Rope Swings	45s x	45s x	45s x	
SB Crunches	Max x	Max x	Max x	
SB Planks	45s x	45s x	45s x	
Cable Crunches	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
Incline Press x ∇	x	x	x	x
Decline DB Press	10x	10x	8 x	6x
Back: T Bar Row	x	x	x	x
Flat Lat Press	10x	10x	8x	6x
Chin Ups (Gravitrone)	10 x	8 x	6 x	6 x
Biceps: Preacher Curl ∇	x	x	x	x
Incline DB Curls	10x	10x	8x	8x
Extra: V Sit's	Max x	Max x	Max x	
Alternate Rope Swings	45s x	45s x	45s x	45s x
Medicine Ball Slams	30s x	30s x	30s x	
SB Plank (ABC's)	Max x	Max x	Max x	

∇ = 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	Week Schedule				
	Mon	Tues	Wed	Thurs	Fri
4 Day	W/A	W/C	Rest	W/B	W/D
3 Day	W/A	W/C	Rest	W/B	Rest
	W/D	W/B	Rest	W/A	Rest

Legs, Shoulders & Triceps: Workout C

Date: _____ Warmup: _____

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

Legs, Shoulders & Triceps: Workout D

Date: _____ Warmup: _____

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

Power:

Name: _____
 Lift Explosively with Strict Form: Tempo (1-0-1) (1s 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(G) x Δ	8 x	x	x	x	x	x
Incline DB Press	12x	6 x	6 x	4 x	4 x	x
Pec Pull Over	10x	10x	10 x	10x	10x	
Back: Deadlifts	10x	8x	6x	4x	4x	
One Arm Row	10x	8x	6Nx	6Nx	6Nx	
Weighted Chin Ups Δ		x	x	x	x	
Biceps: Barbell Curls	10x	8x	6x	4x	4x	
Preacher Curls	8x	6x	6Nx	4Nx	4Nx	
Extra: Rope Swings	60s x	60s x	60s x	60s x	60s x	
Weighted SB Crunches	Max x	Max x	Max x	Max x	Max x	
Russians	x	x				
Cable Crunches	Max x	Max x	Max x	Max x	Max x	

Chest, Back, Biceps: Workout B

Date: _____ Warmup: _____

Chest: Floor Press x Δ	8x	x	x	x	x	x
Alternate SB DB Press	8x	8x	6x	6x	6x	
Decline DB Press	8x	8x	6Nx	4Nx	4Nx	
Back: T Bar Row		x	x	x	x	
Flat Lat Pressdown	10x	10x	8x	6x	6x	
Wide Lat Pull Down	8x	6 x	6Nx	4Nx	4Nx	
Biceps: Barbell Curls Δ		x	x	x	x	
DB Curls	8x	6x	6Nx	4Nx	4Nx	
Extra:	Max x	Max x	Max x	Max x	Max x	
Alternate Rope Swings	60s x	60s x	60s x	60s x	60s x	
SB Side Planks	60s x	60s x	60s x	60s x	60s x	
SB Plank (ABC's)	Max x	Max x	Max x	Max x	Max x	
Skipping						Mins

Δ = Pyramid Sets (Reps)
 Week 1 = 8, 6*, 4*
 Week 2 = 8, 6, 6*, 4*
 Week 3 = 8, 6, 4N, 2N
 Week 4 = 6, 4N, 2N
 (* = Use Chains/Bands)
 (N = Extra 'Negatives')
 (G = Wide Grips Pads)

Legs, Shoulders & Triceps: Workout C

Date: _____ Warmup: _____

Legs: Power Clean x Δ	x	x	x	x	x	x
Walking Lunges	10x	10x	8x	8x	8x	
Single Leg Squat	10x	10x	8x	8x	8x	
Shoulders:						
Thrusters	10x	8x	8x	6x	6x	
Barbell Shrugs	8x	8x	6x	6x	6x	
Side Lateral Raise	8x	8x	6x	6x	6x	
Triceps: Close Grip	8x	6x	6x	4x	4x	
Skull Crusher	8x	8x	6x	6x	6x	
Extra: Prowler	x	x	x	x	x	
Single Leg Riser Hops	4x	4x	4x	4x	4x	

Legs, Shoulders & Triceps: Workout D

Date: _____ Warmup: _____

Legs: Squats x Δ	x	x	x	x	x	x
Single Leg Press	8 x	8 x	6 x	4 x	4 x	
Single Leg Calf Raise	x	x	x	x	x	
Reverse Hyper	10 x	10 x	10 x	10 x	10 x	
Shoulders:						
DB Snatch	10x	8x	6x	6x	6x	
DB Overhead Press	10x	8x	6x	6x	6x	
Shrugs	10x	8x	6x	6x	6x	
Triceps: Pressdowns	10x	8x	6x	4x	4x	
Narrow Pushups	Max x	Max x	Max x	Max x	Max x	
Extra: DB Swings	x	x	x	x	x	
External Rotators	12x	12x	12x	12x	12x	
Medicine Ball Slams	30s x	30s x	30s x	30s x	30s x	

Week Schedule

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