

Week 1						
Day 1						
Tier	Exercise	Type	Weight	Set	Rep	Percent
1	Squat	10RM ^			1	
1	Squat	Plus set			3	6 70%
1	Squat	AMRAP				
2A	Deadlift/Sumo Deadlift				4	10 50%
2B	Romanian Deadlift				3	12 to 15
2C	Leg Press				3	15
3A	Leg Extension				3	15
3B	Leg Curl				3	15
3C	DB walking lunges				3	15
3D	Cable pull-through				3	15
Day 2						
Tier	Exercise	Type	Weight	Set	Rep	Percent
1	Bench	10RM ^			1	
1	Bench	Plus set			3	6 65%
1	Bench	AMRAP				
2A	Close-grip Bench				4	10 50%
2B	DB Incline Bench				3	15
2C	DB Flat Chest Fly				3	15
3A	Pec Dec/Cable Fly				3	15
3B	Tricep rope pushdown				3	15
3C	Tricep rope extension				3	15
3D	Tricep EZ/tryon bar pushdown				3	15
3E	HS Machine Tricep Extension				3	15
Day 3						
Tier	Exercise	Type	Weight	Set	Rep	Percent
1	Deadlift	10RM ^			1	
1	Deadlift	Plus set			3	6 70%
1	Deadlift	AMRAP				
2A	SSB Squat				4	10 50%
2B	HS Machine V-squat/Leg Press				3	15
2C	Heavy Pendlay/Seal row	Middle			3	3 to 6
3A	Cable Pulldown [] Front/Behind	Top			3	15
3B	HS Machine High Row	High			3	15
3C	Cable Horizontal V-row	Middle			3	15
3D	Bent-over cable row/BOR	Low			3	15
3E	Uni-L, DB/cable/hand row				3	15
Day 4						
Tier	Exercise	Type	Weight	Set	Rep	Percent
1	OHP	10RM ^			1	
1	OHP	Plus set			3	6 65%
1	OHP	AMRAP				
2A	Incline Bench				4	10 50%
2B	DB Flat Bench				3	15
2C	DB Incline Chest Fly				3	15
3A	HS Machine Shoulder Press	Warmup			3	15
3B	HS Machine Lat Raises				3	15
3C	Rope Facepulls/Reverse Pec Dec				3	15
3D	EZ-bar Preacher Curl				3	15
3E	Reverse-stance Cable Curl				3	15
3F	Hammer Rope Cable Curl				3	15
3G	HS Iso Machine Bicep Curl				3	15