

A1 B1 X C1 C2 X X

Phase 1 (4 wks.)

Lift	Volume	Weight
Squat/Bench/Military	8×8	60%
Deadlift	5×5	75%
Front Squat	4×6	72.5%

Phase 2 (4 wks.)

Lift	Volume	Weight
Squat/Bench/Military	6×6	70%
Deadlift	4×4	80%
Front Squat	4×4	80%

Plan

		Lift	Volume	Tempo	Pause	
A1	1	Squat	8s8	2010	150-180s	+2.5-5kg
	2a	Glute Bridge	5s12	2011	15s	+2.5-5kg RPE 8
	2b	Bulgarian Squat	5s8	2010	90s	+2.5kg RPE 8
	3	Ab Wheel	5s12	3010	60s	
B1	1	Bench Press	8s8	2010	120-180s	+2.5kg
	2a	JM Press	4s8	3010	15s	+1-2.5kg RPE 7
	2b	DB Seal Row	4s8	2011	90s	+2.5kg RPE 8
	3	Rotation Facepull	5s12		60s	+1kg RPE 7
C1	1	Pullup	ramp 5	2010	120-180s	+1-2.5kg
	2	Deadlift	5s5	20X1	180-210s	+2.5-5kg
	3	Hamstring Raise	5s5	3010	120s	
	4	Farmers Walk	5s15m		90s	RPE 8
C2	1	Front Squat	4s6	2010	150-180s	+2.5kg
	2	Military Press	8s8	1010	120-150s	2.5kg
	3	DB Incline Press	3s8	3010	90s	+1-2.5kg RPE 8
	4a	Hammer Curl	4s10	2010	15s	+1kg RPE 8
	4b	Powell Raise	4s10	3010	60s	+1kg RPE 8