

DAY 1	W1			W2			W3		
EXERCISE	REPS	WEIGHT	ACHIEVED	REPS	WEIGHT	ACHIEVED	REPS	WEIGHT	ACHIEVED
DL	3x7	65%		3x7	72%		3x7	79%	
PAUSE SQ	3x6	60-66%		3x6	64-69%		3x6	66-71%	
QUADS	4x8	RIR3-4		4x8	RIR2-3		4x8	RIR1-2	
GLUTES	4x8	RIR3-4		4x8	RIR2-3		4x8	RIR1-2	
LATS	5x10	RIR3-4		5x10	RIR2-3		5x10	RIR1-2	
DAY 2	W1			W2			W3		
EXERCISE	REPS	WEIGHT	ACHIEVED	REPS	WEIGHT	ACHIEVED	REPS	WEIGHT	ACHIEVED
BLOCK DL (4)	3x3	95%		3x2	100%		3x1	105%	
TNG BP (4-0-0)	3x3	70%		3x3	75%		3x3	80%	
CHEST PRESS (M)	3x8	RIR3-4		3x8	RIR2-3		3x8	RIR1-2	
TRI/BI	5x10:10	RIR3-4		5x10:10	RIR2-3		5x10:10	RIR1-2	
TRI/BI	5x10:10	RIR3-4		5x10:10	RIR2-3		5x10:10	RIR1-2	
DAY 3	W1			W2			W3		
EXERCISE	REPS	WEIGHT	ACHIEVED	REPS	WEIGHT	ACHIEVED	REPS	WEIGHT	ACHIEVED
SQ	3x7	65%		3x6	72%		3x5	79%	
CG BP	3x12	RIR2		3x10	RIR2		3x8	RIR2	
BP	2x5	^		2x5	^		2x5	^	
ROW	5x10	RIR3-4		5x10	RIR2-3		5x10	RIR1-2	
DAY 4	W1			W2			W3		
EXERCISE	REPS	WEIGHT	ACHIEVED	REPS	WEIGHT	ACHIEVED	REPS	WEIGHT	ACHIEVED
BP	3x7	65%		3x7	72%		3x7	79%	
MILITARY PRESS	3x8	55%		3x8	57%		3x8	60%	
RAISES	3x8	RIR3-4		3x8	RIR2-3		3x8	RIR1-2	
TRI/BI	5x10:10	RIR3-4		5x10:10	RIR2-3		5x10:10	RIR1-2	
TRI/BI	5x10:10	RIR3-4		5x10:10	RIR2-3		5x10:10	RIR1-2	
VOLUME BLOCK	WORK BLOCK	PEAK BLOCK	TAPER	+					