

DAY 1	W1			W2			W3			W4			W5		
EXERCISE	REPS	WEIGHT	ACHIEVED	REPS	WEIGHT	ACHIEVED	REPS	WEIGHT	ACHIEVED	REPS	WEIGHT	ACHIEVED	REPS	WEIGHT	ACHIEVED
DL	3x5	78%		3x4	80%		3x3	82%		3x2	86%		1	95%	
PAUSE SQ	3x4	66-71%		3x4	69-74%		3x4	71-76%		3x2	76%		2x2	82%	
ST BP (3-3-0)	3x3	70%		3x2	75%		1x2	80%		2x1	85%		1	90%	
LATS	5x10	RIR3-4		5x10	RIR2-3		5x10	RIR1-2		5x10	RIR3-4		5x10	RIR2-3	
DAY 2	W1			W2			W3			W4			W5		
EXERCISE	REPS	WEIGHT	ACHIEVED	REPS	WEIGHT	ACHIEVED	REPS	WEIGHT	ACHIEVED	REPS	WEIGHT	ACHIEVED	REPS	WEIGHT	ACHIEVED
BLOCK DL (3)	3x3 (4)	100%		1x3 (4)	105%		3x1	105%		3x2	105%		3x1 (2)	105%	
DB PRESS	3x6	RIR3-4		3x5	RIR2-3		3x4	RIR2-3		3x4	RIR1-2		5	RIR0	
CHEST PRESS (M)	3x8	RIR3-4		3x8	RIR2-3		3x7	RIR3-4		3x7	RIR1-2		3x6	RIR1-2	
TRI/BI	5x10:10	RIR3-4		5x10:10	RIR2-3		5x10:10	RIR1-2		5x10:10	RIR3-4		5x10:10	RIR2-3	
TRI/BI	5x10:10	RIR3-4		5x10:10	RIR2-3		5x10:10	RIR1-2		5x10:10	RIR3-4		5x10:10	RIR2-3	
DAY 3	W1			W2			W3			W3			W5		
EXERCISE	REPS	WEIGHT	ACHIEVED	REPS	WEIGHT	ACHIEVED	REPS	WEIGHT	ACHIEVED	REPS	WEIGHT	ACHIEVED	REPS	WEIGHT	ACHIEVED
PIN SQ	1x5	Plus/Minus 10%		1x5	Plus/Minus 10%		1x5	Plus/Minus 10%		1x3	Plus/Minus 10%		1x3	Plus/Minus 10%	
SQ	3x5	74%		3x5	77%		3x5	80%		2x3	84%		2x2	86%	
CG BP	5x5	RIR3-4		4x5	RIR2-3		3x5	RIR1-2		3	85%		3	90%	
ROWS	5x8	RIR3-4		5x8	RIR2-3		5x8	RIR1-2		5x7	RIR3-4		5x7	RIR2-3	
DAY 4	W1			W2			W3			W4			W5		
EXERCISE	REPS	WEIGHT	ACHIEVED	REPS	WEIGHT	ACHIEVED	REPS	WEIGHT	ACHIEVED	REPS	WEIGHT	ACHIEVED	REPS	WEIGHT	ACHIEVED
BP	3x5	78%		3x5	80%		3x5	82%		2x3	84%		3x2	86%	
MILITARY PRESS	3x8	62.50%		3x7	65%		3x7	70%		3x6	75%		3x6	80%	
RAISES	3x8	RIR3-4		3x8	RIR2-3		3x7	RIR3-4		3x7	RIR1-2		3x6	RIR1-2	
TRI/BI	5x10:10	RIR3-4		5x10:10	RIR2-3		5x10:10	RIR1-2		5x10:10	RIR3-4		5x10:10	RIR2-3	
TRI/BI	5x10:10	RIR3-4		5x10:10	RIR2-3		5x10:10	RIR1-2		5x10:10	RIR3-4		5x10:10	RIR2-3	

VOLUME BLOCK

WORK BLOCK

PEAK BLOCK

TAPER

