



<i>Day 2</i>						
Main Lifts	%	Weight	Sets	Reps	Volume	
Barbell Bench Press	65	0	2	10	0	
OverHead Press	70	0	2	10	0	
Incline Dumbbell Press	2 RIR		3	10-12		
Incline dumbbell Fly	2RIR		2	12		
Seated Cable Row	1RIR		3	8-12		
Lat Pull Down	2RIR		2	12-15		
Seated Arnold Press	1RIR		3	10		
Low Plank			2	30s		

<i>Day 3</i>						
Main Lifts	%	Weight	Sets	Reps	Volume	
Barbell Squat	70	0	3	10	0	
Leg Press	2 RIR		3	10-12		
Reverse Lunge with dumbbell	1RIR		2	8-10ea		
Leg Extension	1RIR		3	12-15		
RDL with Barbell	2RIR		3	8		
Standing Calf Raise	2RIR		3	18-20		
Deadbug / Hanging Knee Tucks	1RIR		3	30s, 12		

<i>Day 4</i>						
Main Lifts	%	Weight	Sets	Reps	Volume	
Barbell Deadlift	70	0	3	9	0	
Barbell Bench Press	70	0	3	10	0	
Barbell Bent Over Row	1RIR		4	8		
Lat Pull Down	2RIR		3	12		
dumbbell Incline Press	2RIR		3	8-12		
Cable Chest Fly	2RIR		3	12		
Dips / Push-ups	ORIR		2	12		
Lateral Raise / Front Raise	ORIR		3	10-12		
Crunch / Reverse Crunch	ORIR		3	25ea		

<i>Day 5</i>						
Main Lifts	%	Weight	Sets	Reps	Volume	
Barbell Squat	75	0.0	4	8	0	
Barbell Over Head Press	75	0.0	4	6	0	
Barbell Hip Thrust	1RIR		4	10		
Barbell Lunges	2RIR		2	10ea		
Leg Extension / Leg Curl	2RIR		3	12		
Back Extension	2RIR		3	12		
Seated Calf Raise	2RIR		4	15		
Unilateral Farmers Carries	2RIR		3	25ft each		

