

DAY 1: MONDAY (HYPERTROPHY)

| EXERCISE (12 RM Loads) | Set #1 | Set #2 | Set #3 |
|---|--------|--------|--------|
| SQUAT (high bar, close stance) 3 sets of 12 reps, 60 seconds rest | | | |
| BENCH PRESS 3 sets of 12 reps, 60 seconds rest | | | |
| DEADLIFTS (conventional) 3 sets of 12 reps, 60 seconds rest | | | |
| WEIGHTED PULL UPS/TRICEP DIPS (superset) 3 sets of 12 reps, 60 seconds rest | | | |
| BENT OVER ROW (overhand) 3 sets of 12 reps, 60 seconds rest | | | |
| SHOULDER PRESS (dumbbell) 3 sets of 12 reps, 60 seconds rest | | | |
| BARBELL CURLS/TRICEP EXTENSIONS (superset) 3 sets of 12 reps, 60 seconds rest | | | |

DAY 2: WEDNESDAY (POWER)

| EXERCISE (40% of 1RM) | Set #1 | Set #2 | Set #3 | Set #4 | Set #5 |
|---|--------|--------|--------|--------|--------|
| SQUAT (high bar, close stance) 5 sets of 5 reps, 3 minutes rest | | | | | |
| BENCH PRESS 5 sets of 5 reps, 3 minutes rest | | | | | |
| DEADLIFTS (conventional) 5 sets of 5 reps, 3 minutes rest | | | | | |

DAY 3: FRIDAY (STRENGTH)

| EXERCISE (5 RM Loads) | Set #1 | Set #2 | Set #3 | Set #4 | Set #5 |
|---|--------|--------|--------|--------|--------|
| SQUAT (high bar, close stance) 5 sets of 5 reps, 3 minutes rest | | | | | |
| BENCH PRESS 5 sets of 5 reps, 3 minutes rest | | | | | |
| DEADLIFTS (conventional) 3 sets of 5 reps, 3 minutes rest | | | | | |
| PULL UPS/TRICEP DIPS (superset) 3 sets of 5 reps, 3 minutes rest | | | | | |
| BENT OVER ROW (overhand) 3 sets of 5 reps, 3 minutes rest | | | | | |
| SHOULDER PRESS (dumbbell) 3 sets of 5 reps, 3 minutes rest | | | | | |
| BARBELL CURLS/TRICEP EXTENSIONS (superset) 3 sets of 5 reps, 3 minutes rest | | | | | |

DAY 1: MONDAY (HYPERTROPHY)

| EXERCISE (10 RM Loads) | Set #1 | Set #2 | Set #3 |
|---|--------|--------|--------|
| SQUAT (high bar, close stance) 3 sets of 10 reps, 60 seconds rest | | | |
| BENCH PRESS 3 sets of 10 reps, 60 seconds rest | | | |
| DEADLIFTS (conventional) 3 sets of 10 reps, 60 seconds rest | | | |
| WEIGHTED PULL UPS/TRICEP DIPS (superset) 3 sets of 10 reps, 60 seconds rest | | | |
| BENT OVER ROW (overhand) 3 sets of 10 reps, 60 seconds rest | | | |
| SHOULDER PRESS (dumbbell) 3 sets of 10 reps, 60 seconds rest | | | |
| BARBELL CURLS/TRICEP EXTENSIONS (superset) 3 sets of 10 reps, 60 seconds rest | | | |

DAY 2: WEDNESDAY (POWER)

| EXERCISE (50% of 1RM) | Set #1 | Set #2 | Set #3 | Set #4 | Set #5 |
|---|--------|--------|--------|--------|--------|
| SQUAT (high bar, close stance) 5 sets of 4 reps, 3 minutes rest | | | | | |
| BENCH PRESS 5 sets of 4 reps, 3 minutes rest | | | | | |
| DEADLIFTS (conventional) 5 sets of 4 reps, 3 minutes rest | | | | | |

DAY 3: FRIDAY (STRENGTH)

| EXERCISE (4 RM Loads) | Set #1 | Set #2 | Set #3 | Set #4 | Set #5 |
|---|--------|--------|--------|--------|--------|
| SQUAT (high bar, close stance) 5 sets of 4 reps, 3 minutes rest | | | | | |
| BENCH PRESS 5 sets of 4 reps, 3 minutes rest | | | | | |
| DEADLIFTS (conventional) 3 sets of 4 reps, 3 minutes rest | | | | | |
| PULL UPS/TRICEP DIPS (superset) 3 sets of 4 reps, 3 minutes rest | | | | | |
| BENT OVER ROW (overhand) 3 sets of 4 reps, 3 minutes rest | | | | | |
| SHOULDER PRESS (dumbbell) 3 sets of 4 reps, 3 minutes rest | | | | | |
| BARBELL CURLS/TRICEP EXTENSIONS (superset) 3 sets of 4 reps, 3 minutes rest | | | | | |

DAY 1: MONDAY (HYPERTROPHY)

| EXERCISE (10 RM Loads) | Set #1 | Set #2 | Set #3 |
|---|--------|--------|--------|
| SQUAT (high bar, close stance) 3 sets of 10 reps, 90 seconds rest | | | |
| BENCH PRESS 3 sets of 10 reps, 90 seconds rest | | | |
| DEADLIFTS (conventional) 3 sets of 10 reps, 90 seconds rest | | | |
| WEIGHTED PULL UPS/TRICEP DIPS (superset) 3 sets of 10 reps, 90 seconds rest | | | |
| BENT OVER ROW (overhand) 3 sets of 10 reps, 90 seconds rest | | | |
| SHOULDER PRESS (dumbbell) 3 sets of 10 reps, 90 seconds rest | | | |
| BARBELL CURLS/TRICEP EXTENSIONS (superset) 3 sets of 10 reps, 90 seconds rest | | | |

DAY 2: WEDNESDAY (POWER)

| EXERCISE (55% of 1RM) | Set #1 | Set #2 | Set #3 | Set #4 | Set #5 |
|---|--------|--------|--------|--------|--------|
| SQUAT (high bar, close stance) 5 sets of 4 reps, 3 minutes rest | | | | | |
| BENCH PRESS 5 sets of 4 reps, 3 minutes rest | | | | | |
| DEADLIFTS (conventional) 5 sets of 4 reps, 3 minutes rest | | | | | |

DAY 3: FRIDAY (STRENGTH)

| EXERCISE (3 RM Loads) | Set #1 | Set #2 | Set #3 | Set #4 | Set #5 |
|---|--------|--------|--------|--------|--------|
| SQUAT (high bar, close stance) 5 sets of 3 reps, 3 minutes rest | | | | | |
| BENCH PRESS 5 sets of 3 reps, 3 minutes rest | | | | | |
| DEADLIFTS (conventional) 3 sets of 3 reps, 3 minutes rest | | | | | |
| PULL UPS/TRICEP DIPS (superset) 3 sets of 3 reps, 3 minutes rest | | | | | |
| BENT OVER ROW (overhand) 3 sets of 3 reps, 3 minutes rest | | | | | |
| SHOULDER PRESS (dumbbell) 3 sets of 3 reps, 3 minutes rest | | | | | |
| BARBELL CURLS/TRICEP EXTENSIONS (superset) 3 sets of 3 reps, 3 minutes rest | | | | | |

DAY 1: MONDAY (HYPERTROPHY)

| EXERCISE (8 RM Loads) | Set #1 | Set #2 | Set #3 |
|---|--------|--------|--------|
| SQUAT (high bar, close stance) 3 sets of 8 reps, 2 minutes rest | | | |
| BENCH PRESS 3 sets of 8 reps, 2 minutes rest | | | |
| DEADLIFTS (conventional) 3 sets of 8 reps, 2 minutes rest | | | |
| WEIGHTED PULL UPS/TRICEP DIPS (superset) 3 sets of 8 reps, 2 minutes rest | | | |
| BENT OVER ROW (overhand) 3 sets of 8 reps, 2 minutes rest | | | |
| SHOULDER PRESS (dumbbell) 3 sets of 8 reps, 2 minutes rest | | | |
| BARBELL CURLS/TRICEP EXTENSIONS (superset) 3 sets of 8 reps, 2 minutes rest | | | |

DAY 2: WEDNESDAY (POWER)

| EXERCISE (60% of 1RM) | Set #1 | Set #2 | Set #3 | Set #4 | Set #5 |
|---|--------|--------|--------|--------|--------|
| SQUAT (high bar, close stance) 5 sets of 3 reps, 3 minutes rest | | | | | |
| BENCH PRESS 5 sets of 3 reps, 3 minutes rest | | | | | |
| DEADLIFTS (conventional) 5 sets of 3 reps, 3 minutes rest | | | | | |

DAY 3: FRIDAY (STRENGTH - SIMULATED POWERLIFTING COMPETITION)

| EXERCISE (1 RM Testing) | Set #1 | Set #2 | Set #3 |
|--|--------|--------|--------|
| SQUAT (high bar, close stance) 3 sets of 1 rep, 5 minutes rest | | | |
| BENCH PRESS 3 sets of 1 rep, 5 minutes rest | | | |
| DEADLIFTS (conventional) 3 sets of 1 rep, 5 minutes rest | | | |

DAY 1: MONDAY (HYPERTROPHY)

| EXERCISE (12 RM Loads) | Set #1 | Set #2 | Set #3 |
|--|--------|--------|--------|
| SQUAT (low bar, wide stance) 3 sets of 12 reps, 60 seconds rest | | | |
| BENCH PRESS 3 sets of 12 reps, 60 seconds rest | | | |
| DEADLIFTS (2 sets sumo; 1 set conventional) 3 sets of 12 reps, 60 seconds rest | | | |
| WEIGHTED PULL UPS/TRICEP DIPS (superset) 3 sets of 12 reps, 60 seconds rest | | | |
| BENT OVER ROW (underhand) 3 sets of 12 reps, 60 seconds rest | | | |
| SHOULDER PRESS (barbell) 3 sets of 12 reps, 60 seconds rest | | | |
| DUMBBELL CURLS/SKULL CRUSHERS (superset) 3 sets of 12 reps, 60 seconds rest | | | |

DAY 2: WEDNESDAY (POWER/ACCOMMODATING RESISTANCE)

| EXERCISE (40% of 1RM Plus Bands) | Set #1 | Set #2 | Set #3 | Set #4 | Set #5 |
|---|--------|--------|--------|--------|--------|
| SQUAT (low bar, wide stance) 5 sets of 5 reps, 3 minutes rest | | | | | |
| BENCH PRESS 5 sets of 5 reps, 3 minutes rest | | | | | |
| DEADLIFTS (3 sets sumo; 2 sets conventional) 5 sets of 5 reps, 3 minutes rest | | | | | |

DAY 3: FRIDAY (STRENGTH)

| EXERCISE (5 RM Loads) | Set #1 | Set #2 | Set #3 | Set #4 | Set #5 |
|--|--------|--------|--------|--------|--------|
| SQUAT (low bar, wide stance) 5 sets of 5 reps, 3 minutes rest | | | | | |
| BENCH PRESS 5 sets of 5 reps, 3 minutes rest | | | | | |
| DEADLIFTS (2 sets sumo; 1 set conventional) 3 sets of 5 reps, 3 minutes rest | | | | | |
| PULL UPS/TRICEP DIPS (superset) 3 sets of 5 reps, 3 minutes rest | | | | | |
| BENT OVER ROW (underhand) 3 sets of 5 reps, 3 minutes rest | | | | | |
| SHOULDER PRESS (barbell) 3 sets of 5 reps, 3 minutes rest | | | | | |
| DUMBBELL CURLS/SKULL CRUSHERS (superset) 3 sets of 5 reps, 3 minutes rest | | | | | |

DAY 1: MONDAY (HYPERTROPHY)

| EXERCISE (10 RM Loads) | Set #1 | Set #2 | Set #3 |
|--|--------|--------|--------|
| SQUAT (low bar, wide stance) 3 sets of 10 reps, 60 seconds rest | | | |
| BENCH PRESS 3 sets of 10 reps, 60 seconds rest | | | |
| DEADLIFTS (2 sets sumo; 1 set conventional) 3 sets of 10 reps, 60 seconds rest | | | |
| WEIGHTED PULL UPS/TRICEP DIPS (superset) 3 sets of 10 reps, 60 seconds rest | | | |
| BENT OVER ROW (underhand) 3 sets of 10 reps, 60 seconds rest | | | |
| SHOULDER PRESS (barbell) 3 sets of 10 reps, 60 seconds rest | | | |
| DUMBBELL CURLS/SKULL CRUSHERS (superset) 3 sets of 10 reps, 60 seconds rest | | | |

DAY 2: WEDNESDAY (POWER/ACCOMMODATING RESISTANCE)

| EXERCISE (50% of 1RM Plus Chains) | Set #1 | Set #2 | Set #3 | Set #4 | Set #5 |
|---|--------|--------|--------|--------|--------|
| SQUAT (low bar, wide stance) 5 sets of 4 reps, 3 minutes rest | | | | | |
| BENCH PRESS 5 sets of 4 reps, 3 minutes rest | | | | | |
| DEADLIFTS (3 sets sumo; 2 sets conventional) 5 sets of 4 reps, 3 minutes rest | | | | | |

DAY 3: FRIDAY (STRENGTH)

| EXERCISE (4 RM Loads) | Set #1 | Set #2 | Set #3 | Set #4 | Set #5 |
|--|--------|--------|--------|--------|--------|
| SQUAT (low bar, wide stance) 5 sets of 4 reps, 3 minutes rest | | | | | |
| BENCH PRESS 5 sets of 4 reps, 3 minutes rest | | | | | |
| DEADLIFTS (2 sets sumo; 1 set conventional) 3 sets of 4 reps, 3 minutes rest | | | | | |
| PULL UPS/TRICEP DIPS (superset) 3 sets of 4 reps, 3 minutes rest | | | | | |
| BENT OVER ROW (underhand) 3 sets of 4 reps, 3 minutes rest | | | | | |
| SHOULDER PRESS (barbell) 3 sets of 4 reps, 3 minutes rest | | | | | |
| DUMBBELL CURLS/SKULL CRUSHERS (superset) 3 sets of 4 reps, 3 minutes rest | | | | | |

DAY 1: MONDAY (HYPERTROPHY)

| EXERCISE (10 RM Loads) | Set #1 | Set #2 | Set #3 |
|---|--------|--------|--------|
| SQUAT (low bar, wide stance) 3 sets of 10 reps, 90 seconds rest | | | |
| BENCH PRESS 3 sets of 10 reps, 90 seconds rest | | | |
| DEADLIFTS (conventional) 3 sets of 10 reps, 90 seconds rest | | | |
| WEIGHTED PULL UPS/TRICEP DIPS (superset) 3 sets of 10 reps, 90 seconds rest | | | |
| BENT OVER ROW (underhand) 3 sets of 10 reps, 90 seconds rest | | | |
| SHOULDER PRESS (barbell) 3 sets of 10 reps, 90 seconds rest | | | |
| DUMBBELL CURLS/SKULL CRUSHERS (superset) 3 sets of 10 reps, 90 seconds rest | | | |

DAY 2: WEDNESDAY (POWER/ACCOMMODATING RESISTANCE)

| EXERCISE (55% of 1RM Plus Bands) | Set #1 | Set #2 | Set #3 | Set #4 | Set #5 |
|---|--------|--------|--------|--------|--------|
| SQUAT (low bar, wide stance) 5 sets of 4 reps, 3 minutes rest | | | | | |
| BENCH PRESS 5 sets of 4 reps, 3 minutes rest | | | | | |
| DEADLIFTS (3 sets sumo; 2 sets conventional) 5 sets of 4 reps, 3 minutes rest | | | | | |

DAY 3: FRIDAY (STRENGTH)

| EXERCISE (3 RM Loads) | Set #1 | Set #2 | Set #3 | Set #4 | Set #5 |
|--|--------|--------|--------|--------|--------|
| SQUAT (low bar, wide stance) 5 sets of 3 reps, 3 minutes rest | | | | | |
| BENCH PRESS 5 sets of 3 reps, 3 minutes rest | | | | | |
| DEADLIFTS (2 sets sumo; 1 set conventional) 3 sets of 3 reps, 3 minutes rest | | | | | |
| PULL UPS/TRICEP DIPS (superset) 3 sets of 3 reps, 3 minutes rest | | | | | |
| BENT OVER ROW (underhand) 3 sets of 3 reps, 3 minutes rest | | | | | |
| SHOULDER PRESS (barbell) 3 sets of 3 reps, 3 minutes rest | | | | | |
| DUMBBELL CURLS/SKULL CRUSHERS (superset) 3 sets of 3 reps, 3 minutes rest | | | | | |

DAY 1: MONDAY (HYPERTROPHY)

| EXERCISE (8 RM Loads) | Set #1 | Set #2 | Set #3 |
|--|--------|--------|--------|
| SQUAT (low bar, wide stance) 3 sets of 8 reps, 120 seconds rest | | | |
| BENCH PRESS 3 sets of 8 reps, 120 seconds rest | | | |
| DEADLIFTS (2 sets sumo; 1 set conventional) 3 sets of 8 reps, 120 seconds rest | | | |
| WEIGHTED PULL UPS/TRICEP DIPS (superset) 3 sets of 8 reps, 120 seconds rest | | | |
| BENT OVER ROW (underhand) 3 sets of 8 reps, 120 seconds rest | | | |
| SHOULDER PRESS (barbell) 3 sets of 8 reps, 120 seconds rest | | | |
| DUMBBELL CURLS/SKULL CRUSHERS (superset) 3 sets of 8 reps, 120 seconds rest | | | |

DAY 2: WEDNESDAY (POWER/ACCOMMODATING RESISTANCE)

| EXERCISE (60% of 1RM Plus Chains) | Set #1 | Set #2 | Set #3 | Set #4 | Set #5 |
|---|--------|--------|--------|--------|--------|
| SQUAT (low bar, wide stance) 5 sets of 3 reps, 3 minutes rest | | | | | |
| BENCH PRESS 5 sets of 3 reps, 3 minutes rest | | | | | |
| DEADLIFTS (3 sets sumo; 2 sets conventional) 5 sets of 3 reps, 3 minutes rest | | | | | |

DAY 3: FRIDAY (STRENGTH - SIMULATED POWERLIFTING COMPETITION)

| EXERCISE (1 RM Testing) | Set #1 | Set #2 | Set #3 |
|--|--------|--------|--------|
| SQUAT (high bar, close stance) 3 sets of 1 rep, 5 minutes rest | | | |
| BENCH PRESS 3 sets of 1 rep, 5 minutes rest | | | |
| DEADLIFTS (conventional) 3 sets of 1 rep, 5 minutes rest | | | |

DAY 1: MONDAY (HYPERTROPHY)

| EXERCISE (75% of 1 RM) | Set #1 | Set #2 | Set #3 |
|--|--------|--------|--------|
| SQUAT (high bar, close stance) 3 sets of 8 reps, 60 seconds rest | | | |
| BENCH PRESS 3 sets of 8 reps, 60 seconds rest | | | |
| DEADLIFTS (conventional) 3 sets of 8 reps, 60 seconds rest | | | |
| WEIGHTED PULL UPS/TRICEP DIPS (superset) 3 sets of 8 reps, 60 seconds rest | | | |
| BENT OVER ROW (overhand) 3 sets of 8 reps, 60 seconds rest | | | |
| SHOULDER PRESS (dumbbell) 3 sets of 8 reps, 60 seconds rest | | | |
| BARBELL CURLS/TRICEP EXTENSIONS (superset) 3 sets of 8 reps, 60 seconds rest | | | |

DAY 2: TUESDAY (HYPERTROPHY)

| EXERCISE (75% of 1 RM) | Set #1 | Set #2 | Set #3 |
|---|--------|--------|--------|
| LEG PRESS (close foot placement) 3 sets of 8 reps, 60 seconds rest | | | |
| INCLINE BENCH PRESS 3 sets of 8 reps, 60 seconds rest | | | |
| MILITARY PRESS 3 sets of 8 reps, 60 seconds rest | | | |
| SUPINATED PULL UPS/TRICEP DIPS (superset) 3 sets of 8 reps, 60 seconds rest | | | |
| BENT OVER ROW 3 sets of 8 reps, 60 seconds rest | | | |
| HAMMER CURLS/CLOSE GRIP BENCH (superset) 3 sets of 8 reps, 60 seconds rest | | | |

DAY 3: WEDNESDAY (HYPERTROPHY)

| EXERCISE (65% of 1 RM) | Set #1 | Set #2 | Set #3 |
|--|--------|--------|--------|
| SQUAT (low bar, wide stance) 3 sets of 12 reps, 60 seconds rest | | | |
| BENCH PRESS 3 sets of 12 reps, 60 seconds rest | | | |
| DEADLIFTS (2 sets sumo; 1 set conventional) 3 sets of 12 reps, 60 seconds rest | | | |
| WEIGHTED PULL UPS/TRICEP DIPS (superset) 3 sets of 12 reps, 60 seconds rest | | | |
| BENT OVER ROW (underhand) 3 sets of 12 reps, 60 seconds rest | | | |
| SHOULDER PRESS (barbell) 3 sets of 12 reps, 60 seconds rest | | | |
| DUMBBELL CURLS/SKULL CRUSHERS (superset) 3 sets of 12 reps, 60 seconds rest | | | |

DAY 4: THURSDAY (HYPERTROPHY)

| EXERCISE (65% of 1 RM) | Set #1 | Set #2 | Set #3 |
|--|--------|--------|--------|
| LEG PRESS (wide foot placement) 3 sets of 12 reps, 60 seconds rest | | | |
| INCLINE BENCH PRESS 3 sets of 12 reps, 60 seconds rest | | | |
| MILITARY PRESS 3 sets of 12 reps, 60 seconds rest | | | |
| SUPINATED PULL UPS/TRICEP DIPS (superset) 3 sets of 12 reps, 60 seconds rest | | | |
| BENT OVER ROW 3 sets of 12 reps, 60 seconds rest | | | |
| HAMMER CURLS/CLOSE GRIP BENCH (superset) 3 sets of 12 reps, 60 seconds rest | | | |

DAY 5: FRIDAY (STRENGTH - SIMULATED POWERLIFTING COMPETITION)

| EXERCISE (1 RM Testing) | Set #1 | Set #2 | Set #3 |
|--|--------|--------|--------|
| SQUAT (high bar, close stance) 3 sets of 1 rep, 5 minutes rest | | | |
| BENCH PRESS 3 sets of 1 rep, 5 minutes rest | | | |
| DEADLIFTS (conventional) 3 sets of 1 rep, 5 minutes rest | | | |

DAY 1: MONDAY (HYPERTROPHY)

| EXERCISE (75% of 1 RM) | Set #1 | Set #2 | Set #3 |
|--|--------|--------|--------|
| SQUAT (high bar, close stance) 3 sets of 8 reps, 60 seconds rest | | | |
| BENCH PRESS 3 sets of 8 reps, 60 seconds rest | | | |
| DEADLIFTS (conventional) 3 sets of 8 reps, 60 seconds rest | | | |
| WEIGHTED PULL UPS/TRICEP DIPS (superset) 3 sets of 8 reps, 60 seconds rest | | | |
| BENT OVER ROW (overhand) 3 sets of 8 reps, 60 seconds rest | | | |
| SHOULDER PRESS (dumbbell) 3 sets of 8 reps, 60 seconds rest | | | |
| BARBELL CURLS/TRICEP EXTENSIONS (superset) 3 sets of 8 reps, 60 seconds rest | | | |

DAY 2: TUESDAY (HYPERTROPHY)

| EXERCISE (75% of 1 RM) | Set #1 | Set #2 | Set #3 |
|---|--------|--------|--------|
| LEG PRESS (close foot placement) 3 sets of 8 reps, 60 seconds rest | | | |
| INCLINE BENCH PRESS 3 sets of 8 reps, 60 seconds rest | | | |
| MILITARY PRESS 3 sets of 8 reps, 60 seconds rest | | | |
| SUPINATED PULL UPS/TRICEP DIPS (superset) 3 sets of 8 reps, 60 seconds rest | | | |
| BENT OVER ROW 3 sets of 8 reps, 60 seconds rest | | | |
| HAMMER CURLS/CLOSE GRIP BENCH (superset) 3 sets of 8 reps, 60 seconds rest | | | |

DAY 3: WEDNESDAY (HYPERTROPHY)

| EXERCISE (65% of 1 RM) | Set #1 | Set #2 | Set #3 |
|--|--------|--------|--------|
| SQUAT (low bar, wide stance) 3 sets of 12 reps, 60 seconds rest | | | |
| BENCH PRESS 3 sets of 12 reps, 60 seconds rest | | | |
| DEADLIFTS (2 sets sumo; 1 set conventional) 3 sets of 12 reps, 60 seconds rest | | | |
| WEIGHTED PULL UPS/TRICEP DIPS (superset) 3 sets of 12 reps, 60 seconds rest | | | |
| BENT OVER ROW (underhand) 3 sets of 12 reps, 60 seconds rest | | | |
| SHOULDER PRESS (barbell) 3 sets of 12 reps, 60 seconds rest | | | |
| DUMBBELL CURLS/SKULL CRUSHERS (superset) 3 sets of 12 reps, 60 seconds rest | | | |

DAY 4: THURSDAY (HYPERTROPHY)

| EXERCISE (65% of 1 RM) | Set #1 | Set #2 | Set #3 |
|--|--------|--------|--------|
| LEG PRESS (wide foot placement) 3 sets of 12 reps, 60 seconds rest | | | |
| INCLINE BENCH PRESS 3 sets of 12 reps, 60 seconds rest | | | |
| MILITARY PRESS 3 sets of 12 reps, 60 seconds rest | | | |
| SUPINATED PULL UPS/TRICEP DIPS (superset) 3 sets of 12 reps, 60 seconds rest | | | |
| BENT OVER ROW 3 sets of 8 reps, 60 seconds rest | | | |
| HAMMER CURLS/CLOSE GRIP BENCH (superset) 3 sets of 12 reps, 60 seconds rest | | | |

DAY 5: FRIDAY (STRENGTH - SIMULATED POWERLIFTING COMPETITION)

| EXERCISE (1 RM Testing) | Set #1 | Set #2 | Set #3 |
|--|--------|--------|--------|
| SQUAT (high bar, close stance) 3 sets of 1 rep, 5 minutes rest | | | |
| BENCH PRESS 3 sets of 1 rep, 5 minutes rest | | | |
| DEADLIFTS (conventional) 3 sets of 1 rep, 5 minutes rest | | | |

DAY 1: MONDAY (TAPERING)

| EXERCISE (40-60% of 1RM) | Set #1 | Set #2 | Set #3 | Set #4 | Set #5 |
|--|--------|--------|--------|--------|--------|
| SQUAT 5 sets of 5 reps, 3 minutes rest | | | | | |
| BENCH PRESS 5 sets of 5 reps, 3 minutes rest | | | | | |
| DEADLIFTS 5 sets of 5 reps, 3 minutes rest | | | | | |

DAY 2: WEDNESDAY (TAPERING)

| EXERCISE (>90% of 1 RM) | Set #1 | Set #2 | Set #3 |
|---|--------|--------|--------|
| SQUAT 3 sets of 3-5 reps, 4 minutes rest | | | |
| BENCH PRESS 3 sets of 3-5 reps, 4 minutes rest | | | |
| DEADLIFTS (conventional) 1 sets of 3-5 reps, 4 minutes rest | | | |
| PULL UPS 1 sets of 3-5 reps, 4 minutes rest | | | |
| BENT OVER ROW 1 sets of 3-5 reps, 4 minutes rest | | | |
| SHOULDER PRESS (dumbbell) 1 sets of 3-5 reps, 4 minutes rest | | | |
| BARBELL CURLS/TRICEP EXTENSIONS (superset) 1 sets of 3-5 reps, 4 minutes rest | | | |

DAY 3: FRIDAY (TAPERING)

| EXERCISE (40-60% of 1 RM) | Set #1 | Set #2 | Set #3 | Set #4 | Set #5 |
|--|--------|--------|--------|--------|--------|
| SQUAT 5 sets of 5 reps, 3 minutes rest | | | | | |
| BENCH PRESS 5 sets of 5 reps, 3 minutes rest | | | | | |
| DEADLIFTS 5 sets of 5 reps, 3 minutes rest | | | | | |

DAY 1: MONDAY (TAPERING)

| EXERCISE (>90% of 1 RM) | Set #1 | Set #2 | Set #3 |
|---|--------|--------|--------|
| SQUAT 3 sets of 3-5 reps, 4 minutes rest | | | |
| BENCH PRESS 3 sets of 3-5 reps, 4 minutes rest | | | |
| DEADLIFTS (conventional) 1 sets of 3-5 reps, 4 minutes rest | | | |
| PULL UPS 1 sets of 3-5 reps, 4 minutes rest | | | |
| BENT OVER ROW 1 sets of 3-5 reps, 4 minutes rest | | | |
| SHOULDER PRESS (dumbbell) 1 sets of 3-5 reps, 4 minutes rest | | | |
| BARBELL CURLS/TRICEP EXTENSIONS (superset) 1 sets of 3-5 reps, 4 minutes rest | | | |

DAY 2: WEDNESDAY (TAPERING)

| EXERCISE (40-60% of 1 RM) | Set #1 | Set #2 | Set #3 | Set #4 | Set #5 |
|--|--------|--------|--------|--------|--------|
| SQUAT 5 sets of 5 reps, 3 minutes rest | | | | | |
| BENCH PRESS 5 sets of 5 reps, 3 minutes rest | | | | | |
| DEADLIFTS 5 sets of 5 reps, 3 minutes rest | | | | | |

DAY 3: FRIDAY (STRENGTH - SIMULATED POWERLIFTING COMPETITION)

| EXERCISE (1 RM Testing) | Set #1 | Set #2 | Set #3 |
|--|--------|--------|--------|
| SQUAT 3 sets of 1 rep, 5 minutes rest | | | |
| BENCH PRESS 3 sets of 1 rep, 5 minutes rest | | | |
| DEADLIFTS (conventional) 3 sets of 1 rep, 5 minutes rest | | | |

IMPORTANT NOTES BEFORE STARTING THIS TRAINING PROGRAM:

| |
|---|
| <p>▲ Hypertrophy Days: These days consist of higher repetitions and short rest periods. It is important to reach failure by at least your last set.</p> |
| <p>▲ Power Days: These days should be explosive. The key focus is on accelerating through the movement.</p> |
| <p>▲ Strength Days: These days should test your strength. You need to challenge yourself and lift at your maximum potential.</p> |
| <p>▲ Tapering Days: These are meant to reduce the training load to allow you to prepare for maximum loading to follow in the program.</p> |
| <p>▲ RM: RM is an abbreviation for repetition maximum. This means you should be performing the heaviest weight possible for those set of reps. It is important that you should be reaching failure at minimum by your last set.</p> |
| <p>▲ 1 RM Testing: These should be treated similar to a powerlifting competition. You should start with a heavy weight and increase each set, hopefully setting a new personal record. Note: be sure to properly warm up before ever hitting heavy sets!</p> |
| <p>▲ Superset: This is when you perform two exercises in a row without any rest. Example: Pull ups/ Dips superset means you will perform your pull ups first then when finished immediately move on to the dips. Then do the appropriate rest amount listed after performing both exercises.</p> |
| <p>▲ Supinated Pull Ups: Supinated refers to your grip. When you are on the pull up bar your palms should be facing you. These are often referred to as chin-ups.</p> |
| <p>▲ DB: DB is an abbreviation for dumbbell.</p> |
| <p>▲ Con.: Con. is an abbreviation for conventional and is used when referring to deadlifts.</p> |
| <p>▲ Barbell Curls: All barbell curls performed in this training cycle were done standing up.</p> |
| <p>▲ Dumbbell Curls: All dumbbell curls performed in this training cycle were done seated.</p> |
| <p>▲ Rest Periods: Make sure after every performed set you are taking the appropriate rest time that is indicated. You should only be performing sets back to back if it says superset.</p> |

*Before starting any supplementation or training program you should consult with your physician to assure you are in good health for the type of program you intend to train with. This is particularly important if you intend to follow the program outlined here, as this program is designed to have you achieve your maximum intensity during multiple workout sessions.