

## HATCH SQUAT PROGRAM: \_\_\_\_\_ - \_\_\_\_\_

		1RM Back Squat FILL IN				1RM Front Squat FILL IN					
WEEK 1	BACK SQUAT				FRONT SQUAT				SUPPLEMENT	NOTES	
day 1 - __/	sets/reps	%	wt used	reps did	sets/reps	%	wt used	reps did			
	1x10	60%	#VALUE!		1x5	60%	#VALUE!				
	1x8	70%	#VALUE!		1x5	70%	#VALUE!				
	1x6	75%	#VALUE!		1x5	70%	#VALUE!				
	1x4	80%	#VALUE!		1x5	70%	#VALUE!				
day 2 - __/	1x10	60%	#VALUE!		1x5	60%	#VALUE!				
	1x8	65%	#VALUE!		1x5	65%	#VALUE!				
	1x8	70%	#VALUE!		1x5	70%	#VALUE!				
	1x8	75%	#VALUE!		1x5	70%	#VALUE!				
WEEK 2	BACK SQUAT				FRONT SQUAT				SUPPLEMENT	NOTES	
day 1 - __/	1x10	60%	#VALUE!		1x5	60%	#VALUE!				
	1x8	65%	#VALUE!		1x5	70%	#VALUE!				
	1x6	70%	#VALUE!		1x5	75%	#VALUE!				
	1x6	75%	#VALUE!		1x5	75%	#VALUE!				
	1x6	80%	#VALUE!								
day 2 - __/	1x10	60%	#VALUE!		1x5	60%	#VALUE!				
	1x8	70%	#VALUE!		1x5	65%	#VALUE!				
	1x8	75%	#VALUE!		1x5	70%	#VALUE!				
	1x8	80%	#VALUE!		1x5	70%	#VALUE!				
WEEK 3	BACK SQUAT				FRONT SQUAT				SUPPLEMENT	NOTES	
day 1 - __/	1x8	65%	#VALUE!		1x5	60%	#VALUE!				
	1x8	70%	#VALUE!		1x5	70%	#VALUE!				
	1x6	80%	#VALUE!		1x5	75%	#VALUE!				
	1x6	85%	#VALUE!		1x5	80%	#VALUE!				
day 2 - __/	1x10	60%	#VALUE!		1x5	60%	#VALUE!				
	1x10	65%	#VALUE!		1x5	65%	#VALUE!				
	1x8	70%	#VALUE!		1x5	70%	#VALUE!				
	1x8	75%	#VALUE!		1x5	70%	#VALUE!				
WEEK 4	BACK SQUAT				FRONT SQUAT				SUPPLEMENT	NOTES	
day 1 - __/	1x8	65%	#VALUE!		1x5	70%	#VALUE!				
	1x8	70%	#VALUE!		1x5	75%	#VALUE!				
	1x6	80%	#VALUE!		1x5	80%	#VALUE!				
	1x6	85%	#VALUE!		1x5	85%	#VALUE!				
day 2 - __/	1x8	65%	#VALUE!		1x5	60%	#VALUE!				
	1x8	70%	#VALUE!		1x5	65%	#VALUE!				
	1x8	75%	#VALUE!		1x5	70%	#VALUE!				
	1x8	80%	#VALUE!		1x5	70%	#VALUE!				
WEEK 5	BACK SQUAT				FRONT SQUAT				SUPPLEMENT	NOTES	
day 1 - __/	1x8	65%	#VALUE!		1x5	70%	#VALUE!				
	1x6	75%	#VALUE!		1x4	80%	#VALUE!				
	1x4	85%	#VALUE!		1x3	85%	#VALUE!				
	1x4	90%	#VALUE!		1x3	90%	#VALUE!				
day 2 - __/	1x6	65%	#VALUE!		1x5	60%	#VALUE!				
	1x6	75%	#VALUE!		1x5	65%	#VALUE!				
	1x6	80%	#VALUE!		1x5	70%	#VALUE!				
	1x6	80%	#VALUE!		1x5	70%	#VALUE!				
WEEK 6	BACK SQUAT				FRONT SQUAT				SUPPLEMENT	NOTES	
day 1 - __/	1x6	70%	#VALUE!		1x5	65%	#VALUE!				
	1x6	80%	#VALUE!		1x4	75%	#VALUE!				
	1x3	90%	#VALUE!		1x4	80%	#VALUE!				
	1x2	95%	#VALUE!		1x4	80%	#VALUE!				
day 2 - __/	1x4	75%	#VALUE!		1x5	60%	#VALUE!				
	1x4	80%	#VALUE!		1x5	65%	#VALUE!				
	1x4	80%	#VALUE!		1x5	70%	#VALUE!				
	1x4	80%	#VALUE!		1x5	70%	#VALUE!				
WEEK 7	BACK SQUAT				FRONT SQUAT				SUPPLEMENT	NOTES	

day 1 - __/	1x5	70%	#VALUE!		1x5	65%	#VALUE!		
	1x5	80%	#VALUE!		1x4	75%	#VALUE!		
	1x2	85%	#VALUE!		1x4	80%	#VALUE!		
	1x3	90%	#VALUE!		1x4	85%	#VALUE!		
	1x1	100%	#VALUE!						
day 2 - __/	1x4	70%	#VALUE!		1x5	60%	#VALUE!		
	1x4	75%	#VALUE!		1x5	65%	#VALUE!		
	1x4	80%	#VALUE!		1x5	70%	#VALUE!		
	1x4	85%	#VALUE!		1x5	70%	#VALUE!		
<b>WEEK 8</b>	<b>BACK SQUAT</b>				<b>FRONT SQUAT</b>			<b>SUPPLEMENT</b>	<b>NOTES</b>
day 1 - __/	1x5	65%	#VALUE!		1x5	60%	#VALUE!		
	1x5	70%	#VALUE!		1x5	65%	#VALUE!		
	1x5	75%	#VALUE!		1x5	65%	#VALUE!		
	1x5	80%	#VALUE!		1x5	65%	#VALUE!		
day 2 - __/	1x5	65%	#VALUE!		1x5	60%	#VALUE!		
	1x5	65%	#VALUE!		1x5	60%	#VALUE!		
	1x5	70%	#VALUE!		1x5	60%	#VALUE!		
	1x5	70%	#VALUE!		1x5	60%	#VALUE!		
	1x5	70%	#VALUE!						
<b>WEEK 9</b>	<b>BACK SQUAT</b>				<b>FRONT SQUAT</b>			<b>SUPPLEMENT</b>	<b>NOTES</b>
day 1 - __/	1x5	60%	#VALUE!		1x5	65%	#VALUE!		
	1x3	70%	#VALUE!		1x4	75%	#VALUE!		
	1x2	80%	#VALUE!		1x4	80%	#VALUE!		
	1x2	90%	#VALUE!		1x4	85%	#VALUE!		
	1x1	95%	#VALUE!						
day 2 - __/	1x5	65%	#VALUE!		1x5	65%	#VALUE!		
	1x5	75%	#VALUE!		1x5	65%	#VALUE!		
	1x5	75%	#VALUE!		1x5	65%	#VALUE!		
	1x5	75%	#VALUE!		1x5	65%	#VALUE!		
<b>WEEK 10</b>	<b>BACK SQUAT</b>				<b>FRONT SQUAT</b>			<b>SUPPLEMENT</b>	<b>NOTES</b>
day 1 - __/	1x5	60%	#VALUE!		1x5	60%	#VALUE!		
	1x5	65%	#VALUE!		1x5	65%	#VALUE!		
	1x5	70%	#VALUE!		1x5	70%	#VALUE!		
	1x5	75%	#VALUE!		1x5	70%	#VALUE!		
day 2 - __/	1x5	60%	#VALUE!		1x5	60%	#VALUE!		
	1x5	65%	#VALUE!		1x5	65%	#VALUE!		
	1x5	70%	#VALUE!		1x5	70%	#VALUE!		
	1x5	75%	#VALUE!		1x5	70%	#VALUE!		
<b>WEEK 11</b>	<b>BACK SQUAT</b>				<b>FRONT SQUAT</b>			<b>SUPPLEMENT</b>	<b>NOTES</b>
day 1 - __/	1x5	60%	#VALUE!		1x5	60%	#VALUE!		
	1x3	70%	#VALUE!		1x5	70%	#VALUE!		
	1x2	80%	#VALUE!		1x5	75%	#VALUE!		
	1x2	90%	#VALUE!		1x5	75%	#VALUE!		
	1x1	95%	#VALUE!						
	1x1	103%	#VALUE!						
day 2 - __/	1x5	60%	#VALUE!		1x5	60%	#VALUE!		
	1x5	65%	#VALUE!		1x5	70%	#VALUE!		
	1x5	70%	#VALUE!		1x5	75%	#VALUE!		
	1x5	70%	#VALUE!		1x5	80%	#VALUE!		
<b>WEEK 12</b>	<b>BACK SQUAT</b>				<b>FRONT SQUAT</b>			<b>SUPPLEMENT</b>	<b>NOTES</b>
day 1 - __/	1x5	60%	#VALUE!		1x5	65%	#VALUE!		
	1x5	70%	#VALUE!		1x5	70%	#VALUE!		
	1x5	75%	#VALUE!		1x5	75%	#VALUE!		
	1x5	75%	#VALUE!						
day 2 - __/	1x5	60%	#VALUE!		1x5	60%	#VALUE!		
	1x5	70%	#VALUE!		1x5	70%	#VALUE!		
	1x5	75%	#VALUE!		1x5	75%	#VALUE!		
	1x5	75%	#VALUE!						

## HATCH PRESS: \_\_\_\_\_ - \_\_\_\_\_

		1RM Press FILL IN			1RM Bench Press FILL IN					
WEEK 1	PRESS				BENCH PRESS				SUPPLEMENT	NOTES
day 1 - __/	sets/reps	%	wt used	rep did	sets/reps	%	wt used	rep did		
	1x10	60%	#VALUE!		1x10	60%	#VALUE!			
	1x8	70%	#VALUE!		1x8	70%	#VALUE!			
	1x6	75%	#VALUE!		1x6	75%	#VALUE!			
	1x4	80%	#VALUE!		1x4	80%	#VALUE!			
day 2 - __/	1x10	60%	#VALUE!		1x10	60%	#VALUE!			
	1x8	65%	#VALUE!		1x8	65%	#VALUE!			
	1x8	70%	#VALUE!		1x8	70%	#VALUE!			
	1x8	75%	#VALUE!		1x8	75%	#VALUE!			
WEEK 2	PRESS				BENCH PRESS				SUPPLEMENT	NOTES
day 1 - __/	1x10	60%	#VALUE!		1x10	60%	#VALUE!			
	1x8	65%	#VALUE!		1x8	65%	#VALUE!			
	1x6	70%	#VALUE!		1x6	70%	#VALUE!			
	1x6	75%	#VALUE!		1x6	75%	#VALUE!			
	1x6	80%	#VALUE!		1x6	80%	#VALUE!			
day 2 - __/	1x10	60%	#VALUE!		1x10	60%	#VALUE!			
	1x8	70%	#VALUE!		1x8	70%	#VALUE!			
	1x8	75%	#VALUE!		1x8	75%	#VALUE!			
	1x8	80%	#VALUE!		1x8	80%	#VALUE!			
WEEK 3	PRESS				BENCH PRESS				SUPPLEMENT	NOTES
day 1 - __/	1x8	65%	#VALUE!		1x8	65%	#VALUE!			
	1x8	70%	#VALUE!		1x8	70%	#VALUE!			
	1x6	80%	#VALUE!		1x6	80%	#VALUE!			
	1x6	85%	#VALUE!		1x6	85%	#VALUE!			
day 2 - __/	1x10	60%	#VALUE!		1x10	60%	#VALUE!			
	1x10	65%	#VALUE!		1x10	65%	#VALUE!			
	1x8	70%	#VALUE!		1x8	70%	#VALUE!			
	1x8	75%	#VALUE!		1x8	75%	#VALUE!			
WEEK 4	PRESS				BENCH PRESS				SUPPLEMENT	NOTES
day 1 - __/	1x8	65%	#VALUE!		1x8	65%	#VALUE!			
	1x8	70%	#VALUE!		1x8	70%	#VALUE!			
	1x6	80%	#VALUE!		1x6	80%	#VALUE!			
	1x6	85%	#VALUE!		1x6	85%	#VALUE!			
day 2 - __/	1x8	65%	#VALUE!		1x8	65%	#VALUE!			
	1x8	70%	#VALUE!		1x8	70%	#VALUE!			
	1x8	75%	#VALUE!		1x8	75%	#VALUE!			
	1x8	80%	#VALUE!		1x8	80%	#VALUE!			
WEEK 5	PRESS				BENCH PRESS				SUPPLEMENT	NOTES
day 1 - __/	1x8	65%	#VALUE!		1x8	65%	#VALUE!			
	1x6	75%	#VALUE!		1x6	75%	#VALUE!			
	1x4	85%	#VALUE!		1x4	85%	#VALUE!			
	1x4	90%	#VALUE!		1x4	90%	#VALUE!			
day 2 - __/	1x6	65%	#VALUE!		1x6	65%	#VALUE!			
	1x6	75%	#VALUE!		1x6	75%	#VALUE!			
	1x6	80%	#VALUE!		1x6	80%	#VALUE!			
	1x6	80%	#VALUE!		1x6	80%	#VALUE!			
WEEK 6	PRESS				BENCH PRESS				SUPPLEMENT	NOTES
day 1 - __/	1x6	70%	#VALUE!		1x6	70%	#VALUE!			
	1x6	80%	#VALUE!		1x6	80%	#VALUE!			
	1x3	90%	#VALUE!		1x3	90%	#VALUE!			
	1x2	95%	#VALUE!		1x2	95%	#VALUE!			
day 2 - __/	1x4	75%	#VALUE!		1x4	75%	#VALUE!			
	1x4	80%	#VALUE!		1x4	80%	#VALUE!			
	1x4	80%	#VALUE!		1x4	80%	#VALUE!			
	1x4	80%	#VALUE!		1x4	80%	#VALUE!			
WEEK 7	PRESS				BENCH PRESS				SUPPLEMENT	NOTES

day 1 - __/	1x5	70%	#VALUE!		1x5	70%	#VALUE!		
	1x5	80%	#VALUE!		1x5	80%	#VALUE!		
	1x2	85%	#VALUE!		1x2	85%	#VALUE!		
	1x3	90%	#VALUE!		1x3	90%	#VALUE!		
	1x1	100%	#VALUE!		1x1	100%	#VALUE!		
day 2 - __/	1x4	70%	#VALUE!		1x4	70%	#VALUE!		
	1x4	75%	#VALUE!		1x4	75%	#VALUE!		
	1x4	80%	#VALUE!		1x4	80%	#VALUE!		
	1x4	85%	#VALUE!		1x4	85%	#VALUE!		
<b>WEEK 8</b>	<b>PRESS</b>				<b>BENCH PRESS</b>			<b>SUPPLEMENT</b>	<b>NOTES</b>
day 1 - __/	1x5	65%	#VALUE!		1x5	65%	#VALUE!		
	1x5	70%	#VALUE!		1x5	70%	#VALUE!		
	1x5	75%	#VALUE!		1x5	75%	#VALUE!		
	1x5	80%	#VALUE!		1x5	80%	#VALUE!		
day 2 - __/	1x5	65%	#VALUE!		1x5	65%	#VALUE!		
	1x5	65%	#VALUE!		1x5	65%	#VALUE!		
	1x5	70%	#VALUE!		1x5	70%	#VALUE!		
	1x5	70%	#VALUE!		1x5	70%	#VALUE!		
	1x5	70%	#VALUE!		1x5	70%	#VALUE!		
<b>WEEK 9</b>	<b>PRESS</b>				<b>BENCH PRESS</b>			<b>SUPPLEMENT</b>	<b>NOTES</b>
day 1 - __/	1x5	60%	#VALUE!		1x5	60%	#VALUE!		
	1x3	70%	#VALUE!		1x3	70%	#VALUE!		
	1x2	80%	#VALUE!		1x2	80%	#VALUE!		
	1x2	90%	#VALUE!		1x2	90%	#VALUE!		
	1x1	95%	#VALUE!		1x1	95%	#VALUE!		
day 2 - __/	1x5	65%	#VALUE!		1x5	65%	#VALUE!		
	1x5	75%	#VALUE!		1x5	75%	#VALUE!		
	1x5	75%	#VALUE!		1x5	75%	#VALUE!		
	1x5	75%	#VALUE!		1x5	75%	#VALUE!		
<b>WEEK 10</b>	<b>PRESS</b>				<b>BENCH PRESS</b>			<b>SUPPLEMENT</b>	<b>NOTES</b>
day 1 - __/	1x5	60%	#VALUE!		1x5	60%	#VALUE!		
	1x5	65%	#VALUE!		1x5	65%	#VALUE!		
	1x5	70%	#VALUE!		1x5	70%	#VALUE!		
	1x5	75%	#VALUE!		1x5	75%	#VALUE!		
day 2 - __/	1x5	60%	#VALUE!		1x5	60%	#VALUE!		
	1x5	65%	#VALUE!		1x5	65%	#VALUE!		
	1x5	70%	#VALUE!		1x5	70%	#VALUE!		
	1x5	75%	#VALUE!		1x5	75%	#VALUE!		
<b>WEEK 11</b>	<b>PRESS</b>				<b>BENCH PRESS</b>			<b>SUPPLEMENT</b>	<b>NOTES</b>
day 1 - __/	1x5	60%	#VALUE!		1x5	60%	#VALUE!		
	1x3	70%	#VALUE!		1x3	70%	#VALUE!		
	1x2	80%	#VALUE!		1x2	80%	#VALUE!		
	1x2	90%	#VALUE!		1x2	90%	#VALUE!		
	1x1	95%	#VALUE!		1x1	95%	#VALUE!		
	1x1	103%	#VALUE!		1x1	103%	#VALUE!		
day 2 - __/	1x5	60%	#VALUE!		1x5	60%	#VALUE!		
	1x5	65%	#VALUE!		1x5	65%	#VALUE!		
	1x5	70%	#VALUE!		1x5	70%	#VALUE!		
	1x5	70%	#VALUE!		1x5	70%	#VALUE!		
<b>WEEK 12</b>	<b>PRESS</b>				<b>BENCH PRESS</b>			<b>SUPPLEMENT</b>	<b>NOTES</b>
day 1 - __/	1x5	60%	#VALUE!		1x5	60%	#VALUE!		
	1x5	70%	#VALUE!		1x5	70%	#VALUE!		
	1x5	75%	#VALUE!		1x5	75%	#VALUE!		
	1x5	75%	#VALUE!		1x5	75%	#VALUE!		
day 2 - __/	1x5	60%	#VALUE!		1x5	60%	#VALUE!		
	1x5	70%	#VALUE!		1x5	70%	#VALUE!		
	1x5	75%	#VALUE!		1x5	75%	#VALUE!		
	1x5	75%	#VALUE!		1x5	75%	#VALUE!		

# HATCH DEADLIFT: \_\_\_\_\_ - \_\_\_\_\_

**1RM Deadlift**  
FILL IN

WEEK 1	DEADLIFT				SUPPLEMENT	NOTES
day 1 - __/__/__	sets/reps	%	wt used	reps did		
	1x10	60%	#VALUE!			
	1x8	70%	#VALUE!			
	1x6	75%	#VALUE!			
	1x4	80%	#VALUE!			
day 2 - __/__/__	1x10	60%	#VALUE!			
	1x8	65%	#VALUE!			
	1x8	70%	#VALUE!			
	1x8	75%	#VALUE!			
WEEK 2	DEADLIFT				SUPPLEMENT	NOTES
day 1 - __/__/__	1x10	60%	#VALUE!			
	1x8	65%	#VALUE!			
	1x6	70%	#VALUE!			
	1x6	75%	#VALUE!			
	1x6	80%	#VALUE!			
day 2 - __/__/__	1x10	60%	#VALUE!			
	1x8	70%	#VALUE!			
	1x8	75%	#VALUE!			
	1x8	80%	#VALUE!			
WEEK 3	DEADLIFT				SUPPLEMENT	NOTES
day 1 - __/__/__	1x8	65%	#VALUE!			
	1x8	70%	#VALUE!			
	1x6	80%	#VALUE!			
	1x6	85%	#VALUE!			
day 2 - __/__/__	1x10	60%	#VALUE!			
	1x10	65%	#VALUE!			
	1x8	70%	#VALUE!			
	1x8	75%	#VALUE!			
WEEK 4	DEADLIFT				SUPPLEMENT	NOTES
day 1 - __/__/__	1x8	65%	#VALUE!			
	1x8	70%	#VALUE!			
	1x6	80%	#VALUE!			
	1x6	85%	#VALUE!			
day 2 - __/__/__	1x8	65%	#VALUE!			
	1x8	70%	#VALUE!			
	1x8	75%	#VALUE!			
	1x8	80%	#VALUE!			
WEEK 5	DEADLIFT				SUPPLEMENT	NOTES
day 1 - __/__/__	1x8	65%	#VALUE!			
	1x6	75%	#VALUE!			
	1x4	85%	#VALUE!			
	1x4	90%	#VALUE!			

day 2 - __/ __	1x6	65%	#VALUE!			
	1x6	75%	#VALUE!			
	1x6	80%	#VALUE!			
	1x6	80%	#VALUE!			

WEEK 6	DEADLIFT			SUPPLEMENT	NOTES
day 1 - __/ __	1x6	70%	#VALUE!		
	1x6	80%	#VALUE!		
	1x3	90%	#VALUE!		
	1x2	95%	#VALUE!		
day 2 - __/ __	1x4	75%	#VALUE!		
	1x4	80%	#VALUE!		
	1x4	80%	#VALUE!		
	1x4	80%	#VALUE!		

WEEK 7	DEADLIFT			SUPPLEMENT	NOTES
day 1 - __/ __	1x5	70%	#VALUE!		
	1x5	80%	#VALUE!		
	1x2	85%	#VALUE!		
	1x3	90%	#VALUE!		
	1x1	100%	#VALUE!		
day 2 - __/ __	1x4	70%	#VALUE!		
	1x4	75%	#VALUE!		
	1x4	80%	#VALUE!		
	1x4	85%	#VALUE!		

WEEK 8	DEADLIFT			SUPPLEMENT	NOTES
day 1 - __/ __	1x5	65%	#VALUE!		
	1x5	70%	#VALUE!		
	1x5	75%	#VALUE!		
	1x5	80%	#VALUE!		
day 2 - __/ __	1x5	65%	#VALUE!		
	1x5	65%	#VALUE!		
	1x5	70%	#VALUE!		
	1x5	70%	#VALUE!		
	1x5	70%	#VALUE!		

WEEK 9	DEADLIFT			SUPPLEMENT	NOTES
day 1 - __/ __	1x5	60%	#VALUE!		
	1x3	70%	#VALUE!		
	1x2	80%	#VALUE!		
	1x2	90%	#VALUE!		
	1x1	95%	#VALUE!		
day 2 - __/ __	1x5	65%	#VALUE!		
	1x5	75%	#VALUE!		
	1x5	75%	#VALUE!		
	1x5	75%	#VALUE!		

WEEK 10	DEADLIFT			SUPPLEMENT	NOTES
day 1 - __/ __	1x5	60%	#VALUE!		
	1x5	65%	#VALUE!		
	1x5	70%	#VALUE!		
	1x5	75%	#VALUE!		

day 2 - __/__/	1x5	60%	#VALUE!			
	1x5	65%	#VALUE!			
	1x5	70%	#VALUE!			
	1x5	75%	#VALUE!			
<b>WEEK 11</b>	<b>DEADLIFT</b>				<b>SUPPLEMENT</b>	<b>NOTES</b>
day 1 - __/__/	1x5	60%	#VALUE!			
	1x3	70%	#VALUE!			
	1x2	80%	#VALUE!			
	1x2	90%	#VALUE!			
	1x1	95%	#VALUE!			
	1x1	103%	#VALUE!			
day 2 - __/__/	1x5	60%	#VALUE!			
	1x5	65%	#VALUE!			
	1x5	70%	#VALUE!			
	1x5	70%	#VALUE!			
<b>WEEK 12</b>	<b>DEADLIFT</b>				<b>SUPPLEMENT</b>	<b>NOTES</b>
day 1 - __/__/	1x5	60%	#VALUE!			
	1x5	70%	#VALUE!			
	1x5	75%	#VALUE!			
	1x5	75%	#VALUE!			
day 2 - __/__/	1x5	60%	#VALUE!			
	1x5	70%	#VALUE!			
	1x5	75%	#VALUE!			
	1x5	75%	#VALUE!			