

Week1					Week2					Week3					Week4				
Day	Time	Area	Rate	Volume	Day	Time	Area	Rate	Volume	Day	Time	Area	Rate	Volume	Day	Time	Area	Rate	Volume
Competition Squat	1.1	5	85.5	207.5	Competition Squat	1.1	5	87.7	215	Competition Squat	1.1	5	87.5	222.5	Competition Squat	1.1	5	88	227.5
Competition Bench	2.1	5	85.5	187.5	Competition Bench	2.1	5	87.7	190	Competition Bench	2.1	5	85.5	189.5	Competition Bench	2.1	5	86.8	195
Trap Bar Deadlift	3.1	8	88.9	132.5	Trap Bar Deadlift	3.1	8	88.9	135	Trap Bar Deadlift	3.1	7	88.9	137.5	Trap Bar Deadlift	3.1	8	88.9	142.5
DB Squat	2.1	10	88	130	DB Squat	2.1	10	88	130	DB Squat	2.1	10	88	130	DB Squat	2.1	10	88	130
Triceps Pressdown	2.1	8	88	60	Triceps Pressdown	2.1	8	88	60	Triceps Pressdown	2.1	8	88	60	Triceps Pressdown	2.1	8	88	60
Front Shoulder Press	2.1	8	87	70	Front Shoulder Press	2.1	8	87	77.5	Front Shoulder Press	2.1	7	87	80	Front Shoulder Press	2.1	8	87	82.5
Lat Pulldown	2.1	7	88	80.5	Lat Pulldown	2.1	7	88	80.5	Lat Pulldown	2.1	8	88	80.5	Lat Pulldown	2.1	7	88	80.5
Competition Deadlift	1.1	5	85	240	Competition Deadlift	1.1	5	86	250	Competition Deadlift	1.1	5	84.5	257.5	Competition Deadlift	1.1	5	87	265
DB Squat	2.1	10	88	130	DB Squat	2.1	10	88	130	DB Squat	2.1	10	88	130	DB Squat	2.1	10	88	130
Competition Bench	3.1	4	85.9	147.5	Competition Bench	3.1	4	85.9	147.5	Competition Bench	3.1	3	85.9	147.5	Competition Bench	3.1	2	85.9	145
Close Grip Bench (One rep)	2.1	3	88	130	Close Grip Bench (One rep)	2.1	3	88	130	Close Grip Bench (One rep)	2.1	3	88	130	Close Grip Bench (One rep)	2.1	3	88	130
Wide Stance Squat Grip Deadlift	2.1	7	88	187.5	Wide Stance Squat Grip Deadlift	2.1	7	88	190	Wide Stance Squat Grip Deadlift	2.1	7	88	182.5	Wide Stance Squat Grip Deadlift	2.1	7	88	195
DB Row (Shoulder Forward Strength) (One hand)	2.1	8	88	80	DB Row (Shoulder Forward Strength) (One hand)	2.1	8	88	80	DB Row (Shoulder Forward Strength) (One hand)	2.1	8	88	80	DB Row (Shoulder Forward Strength) (One hand)	2.1	8	88	80
Dumbbell Arm Curl	2.1	8-10	88	15	Dumbbell Arm Curl	2.1	8-10	88	15	Dumbbell Arm Curl	2.1	8-10	88	15	Dumbbell Arm Curl	2.1	8-10	88	15
Dumbbell Hammer Curl	2.1	8-10	88	18	Dumbbell Hammer Curl	2.1	8-10	88	18	Dumbbell Hammer Curl	2.1	8-10	88	18	Dumbbell Hammer Curl	2.1	8-10	88	18
Competition Squat	1.1	5	85.5	220	Competition Squat	1.1	5	87	227.5	Competition Squat	1.1	5	85.5	222.5	Competition Squat	1.1	5	86	230
DB Squat	2.1	10	88	130	DB Squat	2.1	10	88	130	DB Squat	2.1	10	88	130	DB Squat	2.1	10	88	130
Competition Bench	2.1	5	85.9	142.5	Competition Bench	2.1	5	85.9	142.5	Competition Bench	2.1	4	85.9	142.5	Competition Bench	2.1	3	85.9	140
Front Shoulder Press	2.1	7	88	80	Front Shoulder Press	2.1	7	88	80	Front Shoulder Press	2.1	6	88	82.5	Front Shoulder Press	2.1	7	88	85
Uprig Triceps Extension	2.1	8	88	50	Uprig Triceps Extension	2.1	8	88	50	Uprig Triceps Extension	2.1	8	88	50	Uprig Triceps Extension	2.1	8	88	50
Competition Squat	2.1	5	85.7	187.5	Competition Squat	2.1	5	85.7	190	Competition Squat	2.1	4	85.7	182.5	Competition Squat	2.1	4	85.7	185
Competition Deadlift	2.1	5	85.7	220	Competition Deadlift	2.1	5	85.7	222.5	Competition Deadlift	2.1	4	85.7	225	Competition Deadlift	2.1	4	85.7	227.5
DB Squat	2.1	10	88	130	DB Squat	2.1	10	88	130	DB Squat	2.1	9	88	132.5	DB Squat	2.1	8	88	135
Dumbbell Arm Curl	2.1	8-10	88	15	Dumbbell Arm Curl	2.1	8-10	88	15	Dumbbell Arm Curl	2.1	8-10	88	15	Dumbbell Arm Curl	2.1	8-10	88	15
Dumbbell Hammer Curls	2.1	8-10	88	18	Dumbbell Hammer Curls	2.1	8-10	88	18	Dumbbell Hammer Curls	2.1	8-10	88	18	Dumbbell Hammer Curls	2.1	8-10	88	18
Weighted Plank	1.1		60sec	25	Weighted Plank	1.1		60sec	25	Weighted Plank	1.1		60sec	25	Weighted Plank	1.1		60sec	25

