Workout A
Press
Close-Grip Bench
Pull-ups
Any (Optional)

Workout B
Deadlift
Front Squat
Hanging Leg Raise
Any (Optional)

Workout C
Bench
Incline Press
Rows
Any (Optional)

Workout D
Power Clean
Squat
Good Morning
Any (Optional)

1RMs		
	100%	90%
Press	185	167
Deadlift	385	347
Bench	265	239
Squat	365	329

Assistance 1RMs		
	100%	90%
Close-Grip Bench	220	198
Front Squat	315	284
Incline Press	220	198
Good Morning	225	203

Cycle
1

Deadlift Asst.
Good Morning
SLDL
Trap Bar DL
Rack Pull
DL off Blocks

Week 1			
	5	5	5+
Press	110	125	140
Deadlift	225	260	295
Bench	155	180	205
Squat	215	245	280

Week 2			
	3	3	3+
Press	115	135	150
Deadlift	245	275	310
Bench	165	190	215
Squat	230	265	295

Week 3			
	5	3	1+
Press	125	140	160
Deadlift	260	295	330
Bench	180	205	225
Squat	245	280	310

Deload Week			
	5	5	5
Press	65	85	100
Deadlift	140	175	210
Bench	95	120	145
Squat	130	165	195

Squat Asst.
Box Squat
Front Squat
SSB Squat

Press/Bench Asst.
Log Press
Log Bench Press
CG Bench Press
Swiss Bar Bench
Swiss Bar Press
Incline Press
2-Board Press
Floor Press

Week 1			
	10	10	10
Close-Grip Bench	100	120	140
Front Squat	140	170	200
Incline Press	100	120	140
Good Morning	100	120	140

Week 2			
	8	8	6
Close-Grip Bench	120	140	160
Front Squat	170	200	225
Incline Press	120	140	160
Good Morning	120	140	160

Week 3			
	5	5	5
Close-Grip Bench	130	150	170
Front Squat	185	215	240
Incline Press	130	150	170
Good Morning	130	150	170

Deload Week			
	5	5	5
Close-Grip Bench	80	100	120
Front Squat	115	140	170
Incline Press	80	100	120
Good Morning	80	100	120

1RM Calculator		
Weight	Reps	1RM
130	9	167
		169