

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!		
WEEK 8	BACK SQUAT			FRONT SQUAT			SUPPLEMENT	NOTES	
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!						
WEEK 9	BACK SQUAT			FRONT SQUAT			SUPPLEMENT	NOTES	
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!			
WEEK 10	BACK SQUAT			FRONT SQUAT			SUPPLEMENT	NOTES	
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!			
WEEK 11	BACK SQUAT			FRONT SQUAT			SUPPLEMENT	NOTES	
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!		
WEEK 12	BACK SQUAT				FRONT SQUAT			SUPPLEMENT	NOTES
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!		
WEEK 8	PRESS			BENCH PRESS			SUPPLEMENT	NOTES	
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!			
WEEK 9	PRESS			BENCH PRESS			SUPPLEMENT	NOTES	
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!			
WEEK 10	PRESS			BENCH PRESS			SUPPLEMENT	NOTES	
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!			
WEEK 11	PRESS			BENCH PRESS			SUPPLEMENT	NOTES	
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!			
WEEK 12	PRESS				BENCH PRESS				SUPPLEMENT	NOTES
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!			
WEEK 11	DEADLIFT				SUPPLEMENT	NOTES
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!			
WEEK 12	DEADLIFT				SUPPLEMENT	NOTES
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!			