

# Your 4 Week Schedule

BW:260 O:225 D:500 B:282  
S:425

## Week 1

	Day 1 Overhead Press	Day 2 Deadlift	Day 3 Bench Press	Day 4 Squat
Warm Up	75 lbs x 5	160 lbs x 5	90 lbs x 5	140 lbs x 5
	90 lbs x 5	205 lbs x 5	115 lbs x 5	170 lbs x 5
	110 lbs x 3	245 lbs x 3	135 lbs x 3	205 lbs x 3
5/3/1	120 lbs x 5	265 lbs x 5	150 lbs x 5	225 lbs x 5
	135 lbs x 5	305 lbs x 5	170 lbs x 5	260 lbs x 5
	<b>155 lbs x 5+</b>	<b>345 lbs x 5+</b>	<b>195 lbs x 5+</b>	<b>295 lbs x 5+</b>
Assistance	5 x 10 at 90 lbs	5 x 10 at 205 lbs	5 x 10 at 115 lbs	5 x 10 at 170 lbs
	Chin-ups 5 x 10	Hanging Leg Raise 5 x 10	Dumbbell Row 5 x 10	Leg Curl 5 x 10

## Week 2

	Day 1 Overhead Press	Day 2 Deadlift	Day 3 Bench Press	Day 4 Squat
Warm Up	75 lbs x 5	160 lbs x 5	90 lbs x 5	140 lbs x 5
	90 lbs x 5	205 lbs x 5	115 lbs x 5	170 lbs x 5
	110 lbs x 3	245 lbs x 3	135 lbs x 3	205 lbs x 3
5/3/1	130 lbs x 3	285 lbs x 3	160 lbs x 3	240 lbs x 3
	145 lbs x 3	325 lbs x 3	185 lbs x 3	275 lbs x 3
	<b>165 lbs x 3+</b>	<b>365 lbs x 3+</b>	<b>205 lbs x 3+</b>	<b>310 lbs x 3+</b>
Assistance	5 x 10 at 90 lbs	5 x 10 at 205 lbs	5 x 10 at 115 lbs	5 x 10 at 170 lbs
	Chin-ups 5 x 10	Hanging Leg Raise 5 x 10	Dumbbell Row 5 x 10	Leg Curl 5 x 10

## Week 3

	Day 1 Overhead Press	Day 2 Deadlift	Day 3 Bench Press	Day 4 Squat
Warm Up	75 lbs x 5	160 lbs x 5	90 lbs x 5	140 lbs x 5
	90 lbs x 5	205 lbs x 5	115 lbs x 5	170 lbs x 5
	110 lbs x 3	245 lbs x 3	135 lbs x 3	205 lbs x 3
5/3/1	135 lbs x 5	305 lbs x 5	170 lbs x 5	260 lbs x 5
	155 lbs x 3	345 lbs x 3	195 lbs x 3	295 lbs x 3

Feedback

	<b>Day 1 Overhead Press</b>	<b>Day 2 Deadlift</b>	<b>Day 3 Bench Press</b>	<b>Day 4 Squat</b>
	<b>175 lbs x 1+</b>	<b>385 lbs x 1+</b>	<b>215 lbs x 1+</b>	<b>325 lbs x 1+</b>
Assistance	5 x 10 at 90 lbs	5 x 10 at 205 lbs	5 x 10 at 115 lbs	5 x 10 at 170 lbs
	Chin-ups 5 x 10	Hanging Leg Raise 5 x 10	Dumbbell Row 5 x 10	Leg Curl 5 x 10

## Week 4 - Deload

	<b>Day 1 Overhead Press</b>	<b>Day 2 Deadlift</b>	<b>Day 3 Bench Press</b>	<b>Day 4 Squat</b>
Warm Up	75 lbs x 5	160 lbs x 5	90 lbs x 5	140 lbs x 5
	90 lbs x 5	205 lbs x 5	115 lbs x 5	170 lbs x 5
	110 lbs x 5	245 lbs x 5	135 lbs x 5	205 lbs x 5
Assistance	5 x 10 at 90 lbs	5 x 10 at 205 lbs	5 x 10 at 115 lbs	5 x 10 at 170 lbs
	Chin-ups 5 x 10	Hanging Leg Raise 5 x 10	Dumbbell Row 5 x 10	Leg Curl 5 x 10

Feedback