

BW:265 O:240 D:485 B:305
S:410

Your 4 Week Schedule

Week 1

	Day 1 Overhead Press	Day 2 Deadlift	Day 3 Bench Press	Day 4 Squat
Warm Up	80 lbs x 5	155 lbs x 5	100 lbs x 5	135 lbs x 5
	95 lbs x 5	195 lbs x 5	125 lbs x 5	165 lbs x 5
	115 lbs x 3	235 lbs x 3	150 lbs x 3	200 lbs x 3
5/3/1	125 lbs x 5	255 lbs x 5	160 lbs x 5	215 lbs x 5
	145 lbs x 5	295 lbs x 5	185 lbs x 5	250 lbs x 5
	165 lbs x 5+	335 lbs x 5+	210 lbs x 5+	280 lbs x 5+
Assistance	5 x 10 at 95 lbs	5 x 10 at 195 lbs	5 x 10 at 125 lbs	5 x 10 at 165 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	80 lbs x 5	155 lbs x 5	100 lbs x 5	135 lbs x 5
	95 lbs x 5	195 lbs x 5	125 lbs x 5	165 lbs x 5
	115 lbs x 3	235 lbs x 3	150 lbs x 3	200 lbs x 3
5/3/1	135 lbs x 3	275 lbs x 3	175 lbs x 3	230 lbs x 3
	155 lbs x 3	315 lbs x 3	200 lbs x 3	265 lbs x 3
	175 lbs x 3+	355 lbs x 3+	220 lbs x 3+	300 lbs x 3+
Assistance	5 x 10 at 95 lbs	5 x 10 at 195 lbs	5 x 10 at 125 lbs	5 x 10 at 165 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	80 lbs x 5	155 lbs x 5	100 lbs x 5	135 lbs x 5
	95 lbs x 5	195 lbs x 5	125 lbs x 5	165 lbs x 5
	115 lbs x 3	235 lbs x 3	150 lbs x 3	200 lbs x 3
5/3/1	145 lbs x 5	295 lbs x 5	185 lbs x 5	250 lbs x 5
	165 lbs x 3	335 lbs x 3	210 lbs x 3	280 lbs x 3

Feedback

	Day 1 Overhead Press	Day 2 Deadlift	Day 3 Bench Press	Day 4 Squat
	185 lbs x 1+	375 lbs x 1+	235 lbs x 1+	315 lbs x 1+
Assistance	5 x 10 at 95 lbs	5 x 10 at 195 lbs	5 x 10 at 125 lbs	5 x 10 at 165 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

	Day 1 Overhead Press	Day 2 Deadlift	Day 3 Bench Press	Day 4 Squat
Warm Up	80 lbs x 5	155 lbs x 5	100 lbs x 5	135 lbs x 5
	95 lbs x 5	195 lbs x 5	125 lbs x 5	165 lbs x 5
	115 lbs x 5	235 lbs x 5	150 lbs x 5	200 lbs x 5
Assistance	5 x 10 at 95 lbs	5 x 10 at 195 lbs	5 x 10 at 125 lbs	5 x 10 at 165 lbs
	Chin-ups 5 x 10	Hanging Leg Raise 5 x 10	Dumbbell Row 5 x 10	Leg Curl 5 x 10

Feedback