

# 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	130 lbs x 5
	95 lbs x 5	190 lbs x 5	125 lbs x 5	160 lbs x 5
	115 lbs x 3	230 lbs x 3	150 lbs x 3	190 lbs x 3
5/3/1	125 lbs x 5	250 lbs x 5	160 lbs x 5	210 lbs x 5
	145 lbs x 5	290 lbs x 5	185 lbs x 5	240 lbs x 5
	<b>165 lbs x 5+</b>	<b>325 lbs x 5+</b>	<b>210 lbs x 5+</b>	<b>270 lbs x 5+</b>
Assistance	5 x 10 at 95 lbs	5 x 10 at 190 lbs	5 x 10 at 125 lbs	5 x 10 at 160 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	130 lbs x 5
	95 lbs x 5	190 lbs x 5	125 lbs x 5	160 lbs x 5
	115 lbs x 3	230 lbs x 3	150 lbs x 3	190 lbs x 3
5/3/1	135 lbs x 3	270 lbs x 3	175 lbs x 3	225 lbs x 3
	155 lbs x 3	310 lbs x 3	200 lbs x 3	255 lbs x 3
	<b>175 lbs x 3+</b>	<b>345 lbs x 3+</b>	<b>220 lbs x 3+</b>	<b>290 lbs x 3+</b>
Assistance	5 x 10 at 95 lbs	5 x 10 at 190 lbs	5 x 10 at 125 lbs	5 x 10 at 160 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	130 lbs x 5
	95 lbs x 5	190 lbs x 5	125 lbs x 5	160 lbs x 5
	115 lbs x 3	230 lbs x 3	150 lbs x 3	190 lbs x 3
5/3/1	145 lbs x 5	290 lbs x 5	185 lbs x 5	240 lbs x 5
	165 lbs x 3	325 lbs x 3	210 lbs x 3	270 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>185 lbs x 1+</b>	<b>365 lbs x 1+</b>	<b>235 lbs x 1+</b>	<b>305 lbs x 1+</b>
Assistance	5 x 10 at 95 lbs	5 x 10 at 190 lbs	5 x 10 at 125 lbs	5 x 10 at 160 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	80 lbs x 5	155 lbs x 5	100 lbs x 5	130 lbs x 5
	95 lbs x 5	190 lbs x 5	125 lbs x 5	160 lbs x 5
	115 lbs x 5	230 lbs x 5	150 lbs x 5	190 lbs x 5
Assistance	5 x 10 at 95 lbs	5 x 10 at 190 lbs	5 x 10 at 125 lbs	5 x 10 at 160 lbs
	Chin-ups 5 x 10	Hanging Leg Raise 5 x 10	Dumbbell Row 5 x 10	Leg Curl 5 x 10

Feedback