

Your 4 Week Schedule

BW:265 OHP:238 DL:448
B:294 S:384

Week 1

	Day 1 Overhead Press	Day 2 Deadlift	Day 3 Bench Press	Day 4 Squat
Warm Up	75 lbs x 5	145 lbs x 5	95 lbs x 5	125 lbs x 5
	95 lbs x 5	180 lbs x 5	120 lbs x 5	155 lbs x 5
	115 lbs x 3	220 lbs x 3	145 lbs x 3	185 lbs x 3
5/3/1	125 lbs x 5	235 lbs x 5	155 lbs x 5	200 lbs x 5
	145 lbs x 5	270 lbs x 5	180 lbs x 5	235 lbs x 5
	165 lbs x 5+	310 lbs x 5+	200 lbs x 5+	265 lbs x 5+
Assistance	5 x 10 at 95 lbs	5 x 10 at 180 lbs	5 x 10 at 120 lbs	5 x 10 at 155 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	145 lbs x 5	95 lbs x 5	125 lbs x 5
	95 lbs x 5	180 lbs x 5	120 lbs x 5	155 lbs x 5
	115 lbs x 3	220 lbs x 3	145 lbs x 3	185 lbs x 3
5/3/1	135 lbs x 3	255 lbs x 3	165 lbs x 3	220 lbs x 3
	155 lbs x 3	290 lbs x 3	190 lbs x 3	250 lbs x 3
	175 lbs x 3+	325 lbs x 3+	215 lbs x 3+	280 lbs x 3+
Assistance	5 x 10 at 95 lbs	5 x 10 at 180 lbs	5 x 10 at 120 lbs	5 x 10 at 155 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	145 lbs x 5	95 lbs x 5	125 lbs x 5
	95 lbs x 5	180 lbs x 5	120 lbs x 5	155 lbs x 5
	115 lbs x 3	220 lbs x 3	145 lbs x 3	185 lbs x 3
5/3/1	145 lbs x 5	270 lbs x 5	180 lbs x 5	235 lbs x 5
	165 lbs x 3	310 lbs x 3	200 lbs x 3	265 lbs x 3

Feedback

	Day 1 Overhead Press	Day 2 Deadlift	Day 3 Bench Press	Day 4 Squat
	185 lbs x 1+	345 lbs x 1+	225 lbs x 1+	295 lbs x 1+
Assistance	5 x 10 at 95 lbs	5 x 10 at 180 lbs	5 x 10 at 120 lbs	5 x 10 at 155 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	75 lbs x 5	145 lbs x 5	95 lbs x 5	125 lbs x 5
	95 lbs x 5	180 lbs x 5	120 lbs x 5	155 lbs x 5
	115 lbs x 5	220 lbs x 5	145 lbs x 5	185 lbs x 5
Assistance	5 x 10 at 95 lbs	5 x 10 at 180 lbs	5 x 10 at 120 lbs	5 x 10 at 155 lbs
	Chin-ups 5 x 10	Hanging Leg Raise 5 x 10	Dumbbell Row 5 x 10	Leg Curl 5 x 10

Feedback