

Your 4 Week Schedule

OHP 1rm 225, Deadlift 1RM 435, Bench 1RM 282,
Squat 1RM 372, BW 275

Week 1

	Day 1 Overhead Press	Day 2 Deadlift	Day 3 Bench Press	Day 4 Squat
Warm Up	75 lbs x 5	140 lbs x 5	90 lbs x 5	120 lbs x 5
	90 lbs x 5	175 lbs x 5	115 lbs x 5	150 lbs x 5
	110 lbs x 3	210 lbs x 3	135 lbs x 3	180 lbs x 3
5/3/1	120 lbs x 5	230 lbs x 5	150 lbs x 5	195 lbs x 5
	135 lbs x 5	265 lbs x 5	170 lbs x 5	225 lbs x 5
	155 lbs x 5+	300 lbs x 5+	195 lbs x 5+	255 lbs x 5+
Assistance	5 x 10 at 90 lbs	5 x 10 at 175 lbs	5 x 10 at 115 lbs	5 x 10 at 150 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	140 lbs x 5	90 lbs x 5	120 lbs x 5
	90 lbs x 5	175 lbs x 5	115 lbs x 5	150 lbs x 5
	110 lbs x 3	210 lbs x 3	135 lbs x 3	180 lbs x 3
5/3/1	130 lbs x 3	245 lbs x 3	160 lbs x 3	210 lbs x 3
	145 lbs x 3	280 lbs x 3	185 lbs x 3	240 lbs x 3
	165 lbs x 3+	315 lbs x 3+	205 lbs x 3+	270 lbs x 3+
Assistance	5 x 10 at 90 lbs	5 x 10 at 175 lbs	5 x 10 at 115 lbs	5 x 10 at 150 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	140 lbs x 5	90 lbs x 5	120 lbs x 5
	90 lbs x 5	175 lbs x 5	115 lbs x 5	150 lbs x 5
	110 lbs x 3	210 lbs x 3	135 lbs x 3	180 lbs x 3
5/3/1	135 lbs x 5	265 lbs x 5	170 lbs x 5	225 lbs x 5
	155 lbs x 3	300 lbs x 3	195 lbs x 3	255 lbs x 3

Feedback

	Day 1 Overhead Press	Day 2 Deadlift	Day 3 Bench Press	Day 4 Squat
	175 lbs x 1+	335 lbs x 1+	215 lbs x 1+	285 lbs x 1+
Assistance	5 x 10 at 90 lbs	5 x 10 at 175 lbs	5 x 10 at 115 lbs	5 x 10 at 150 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	140 lbs x 5	90 lbs x 5	120 lbs x 5
	90 lbs x 5	175 lbs x 5	115 lbs x 5	150 lbs x 5
	110 lbs x 5	210 lbs x 5	135 lbs x 5	180 lbs x 5
Assistance	5 x 10 at 90 lbs	5 x 10 at 175 lbs	5 x 10 at 115 lbs	5 x 10 at 150 lbs
	Chin-ups 5 x 10	Hanging Leg Raise 5 x 10	Dumbbell Row 5 x 10	Leg Curl 5 x 10

Feedback