

Your 4 Week Schedule

Week 1

	Day 1 Overhead Press	Day 2 Deadlift	Day 3 Bench Press	Day 4 Squat
Warm Up	65 lbs x 5	130 lbs x 5	85 lbs x 5	110 lbs x 5
	80 lbs x 5	165 lbs x 5	105 lbs x 5	140 lbs x 5
	95 lbs x 3	195 lbs x 3	130 lbs x 3	170 lbs x 3
5/3/1	100 lbs x 5	210 lbs x 5	140 lbs x 5	185 lbs x 5
	115 lbs x 5	245 lbs x 5	160 lbs x 5	210 lbs x 5
	135 lbs x 5+	275 lbs x 5+	180 lbs x 5+	240 lbs x 5+
Assistance	5 x 10 at 80 lbs	5 x 10 at 165 lbs	5 x 10 at 105 lbs	5 x 10 at 140 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	65 lbs x 5	130 lbs x 5	85 lbs x 5	110 lbs x 5
	80 lbs x 5	165 lbs x 5	105 lbs x 5	140 lbs x 5
	95 lbs x 3	195 lbs x 3	130 lbs x 3	170 lbs x 3
5/3/1	110 lbs x 3	230 lbs x 3	150 lbs x 3	195 lbs x 3
	125 lbs x 3	260 lbs x 3	170 lbs x 3	225 lbs x 3
	140 lbs x 3+	295 lbs x 3+	190 lbs x 3+	255 lbs x 3+
Assistance	5 x 10 at 80 lbs	5 x 10 at 165 lbs	5 x 10 at 105 lbs	5 x 10 at 140 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	65 lbs x 5	130 lbs x 5	85 lbs x 5	110 lbs x 5
	80 lbs x 5	165 lbs x 5	105 lbs x 5	140 lbs x 5
	95 lbs x 3	195 lbs x 3	130 lbs x 3	170 lbs x 3
5/3/1	115 lbs x 5	245 lbs x 5	160 lbs x 5	210 lbs x 5
	135 lbs x 3	275 lbs x 3	180 lbs x 3	240 lbs x 3

Feedback

	Day 1 Overhead Press	Day 2 Deadlift	Day 3 Bench Press	Day 4 Squat
	150 lbs x 1+	310 lbs x 1+	200 lbs x 1+	265 lbs x 1+
Assistance	5 x 10 at 80 lbs	5 x 10 at 165 lbs	5 x 10 at 105 lbs	5 x 10 at 140 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	65 lbs x 5	130 lbs x 5	85 lbs x 5	110 lbs x 5
	80 lbs x 5	165 lbs x 5	105 lbs x 5	140 lbs x 5
	95 lbs x 5	195 lbs x 5	130 lbs x 5	170 lbs x 5
Assistance	5 x 10 at 80 lbs	5 x 10 at 165 lbs	5 x 10 at 105 lbs	5 x 10 at 140 lbs
	Chin-ups 5 x 10	Hanging Leg Raise 5 x 10	Dumbbell Row 5 x 10	Leg Curl 5 x 10

Feedback