

BW:260 O:225 D:515 B:290

S:435

# Your 4 Week Schedule

## Week 1

	Day 1 Overhead Press	Day 2 Deadlift	Day 3 Bench Press	Day 4 Squat
Warm Up	75 lbs x 5	165 lbs x 5	95 lbs x 5	140 lbs x 5
	90 lbs x 5	210 lbs x 5	115 lbs x 5	175 lbs x 5
	110 lbs x 3	250 lbs x 3	140 lbs x 3	210 lbs x 3
5/3/1	120 lbs x 5	270 lbs x 5	155 lbs x 5	230 lbs x 5
	135 lbs x 5	315 lbs x 5	175 lbs x 5	265 lbs x 5
	<b>155 lbs x 5+</b>	<b>355 lbs x 5+</b>	<b>200 lbs x 5+</b>	<b>300 lbs x 5+</b>
Assistance	5 x 10 at 90 lbs	5 x 10 at 210 lbs	5 x 10 at 115 lbs	5 x 10 at 175 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	165 lbs x 5	95 lbs x 5	140 lbs x 5
	90 lbs x 5	210 lbs x 5	115 lbs x 5	175 lbs x 5
	110 lbs x 3	250 lbs x 3	140 lbs x 3	210 lbs x 3
5/3/1	130 lbs x 3	290 lbs x 3	165 lbs x 3	245 lbs x 3
	145 lbs x 3	335 lbs x 3	190 lbs x 3	280 lbs x 3
	<b>165 lbs x 3+</b>	<b>375 lbs x 3+</b>	<b>210 lbs x 3+</b>	<b>315 lbs x 3+</b>
Assistance	5 x 10 at 90 lbs	5 x 10 at 210 lbs	5 x 10 at 115 lbs	5 x 10 at 175 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	165 lbs x 5	95 lbs x 5	140 lbs x 5
	90 lbs x 5	210 lbs x 5	115 lbs x 5	175 lbs x 5
	110 lbs x 3	250 lbs x 3	140 lbs x 3	210 lbs x 3
5/3/1	135 lbs x 5	315 lbs x 5	175 lbs x 5	265 lbs x 5
	155 lbs x 3	355 lbs x 3	200 lbs x 3	300 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>175 lbs x 1+</b>	<b>395 lbs x 1+</b>	<b>225 lbs x 1+</b>	<b>335 lbs x 1+</b>
Assistance	5 x 10 at 90 lbs	5 x 10 at 210 lbs	5 x 10 at 115 lbs	5 x 10 at 175 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	75 lbs x 5	165 lbs x 5	95 lbs x 5	140 lbs x 5
	90 lbs x 5	210 lbs x 5	115 lbs x 5	175 lbs x 5
	110 lbs x 5	250 lbs x 5	140 lbs x 5	210 lbs x 5
Assistance	5 x 10 at 90 lbs	5 x 10 at 210 lbs	5 x 10 at 115 lbs	5 x 10 at 175 lbs
	Chin-ups 5 x 10	Hanging Leg Raise 5 x 10	Dumbbell Row 5 x 10	Leg Curl 5 x 10

Feedback