

# Your 4 Week Schedule

BW:255 O:230 D:530 B:295  
S:445

## Week 1

	Day 1 Overhead Press	Day 2 Deadlift	Day 3 Bench Press	Day 4 Squat
Warm Up	75 lbs x 5	170 lbs x 5	95 lbs x 5	145 lbs x 5
	95 lbs x 5	215 lbs x 5	120 lbs x 5	180 lbs x 5
	110 lbs x 3	260 lbs x 3	145 lbs x 3	215 lbs x 3
5/3/1	120 lbs x 5	280 lbs x 5	155 lbs x 5	235 lbs x 5
	140 lbs x 5	320 lbs x 5	180 lbs x 5	270 lbs x 5
	<b>160 lbs x 5+</b>	<b>365 lbs x 5+</b>	<b>205 lbs x 5+</b>	<b>305 lbs x 5+</b>
Assistance	5 x 10 at 95 lbs	5 x 10 at 215 lbs	5 x 10 at 120 lbs	5 x 10 at 180 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	170 lbs x 5	95 lbs x 5	145 lbs x 5
	95 lbs x 5	215 lbs x 5	120 lbs x 5	180 lbs x 5
	110 lbs x 3	260 lbs x 3	145 lbs x 3	215 lbs x 3
5/3/1	130 lbs x 3	300 lbs x 3	165 lbs x 3	250 lbs x 3
	150 lbs x 3	345 lbs x 3	190 lbs x 3	290 lbs x 3
	<b>170 lbs x 3+</b>	<b>385 lbs x 3+</b>	<b>215 lbs x 3+</b>	<b>325 lbs x 3+</b>
Assistance	5 x 10 at 95 lbs	5 x 10 at 215 lbs	5 x 10 at 120 lbs	5 x 10 at 180 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	170 lbs x 5	95 lbs x 5	145 lbs x 5
	95 lbs x 5	215 lbs x 5	120 lbs x 5	180 lbs x 5
	110 lbs x 3	260 lbs x 3	145 lbs x 3	215 lbs x 3
5/3/1	140 lbs x 5	320 lbs x 5	180 lbs x 5	270 lbs x 5
	160 lbs x 3	365 lbs x 3	205 lbs x 3	305 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>410 lbs x 1+</b>	<b>225 lbs x 1+</b>	<b>340 lbs x 1+</b>
Assistance	5 x 10 at 95 lbs	5 x 10 at 215 lbs	5 x 10 at 120 lbs	5 x 10 at 180 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	170 lbs x 5	95 lbs x 5	145 lbs x 5
	95 lbs x 5	215 lbs x 5	120 lbs x 5	180 lbs x 5
	110 lbs x 5	260 lbs x 5	145 lbs x 5	215 lbs x 5
Assistance	5 x 10 at 95 lbs	5 x 10 at 215 lbs	5 x 10 at 120 lbs	5 x 10 at 180 lbs
	Chin-ups 5 x 10	Hanging Leg Raise 5 x 10	Dumbbell Row 5 x 10	Leg Curl 5 x 10

Feedback