

WEEK 1-2: 3x10/3x12 WEEK 3-5: 3x 8/3x 10 WEEK 6-8: 3x 6/3x8 WEEK 9- : 3x 4/3x 6 *Assistance lifts below line				STRENGTH & CONDITIONING PROGRAM							
				3 day split routine							
DAY/DATE shldrs/legs				DAY/DATE upper body				DAY/DATE lower/upper			
WARM-UP & TECHNIQUE				WARM-UP & BAR WORK				WARM-UP & BAR WORK			
UPRIGHT ROW				INCLINE PRESS				UPRIGHT ROW			
SQUAT *work on depth				BENCH PRESS				LEG PRESS HIP SLED OR SQUAT			
Front Shoulder Press				WIDE GRIP PULL UPS				BENCH PRESS			
LUNGES				DB BENCH PRESS				LAT PULLS *behind neck			
LEG EXTENSIONS				REVERSE GRIP LAT PULLS				DB SHOULDER PRESS			
LEG CURLS				TRICEP PUSHDOWN				LEG CURLS			
CALVES/ NECK				TRICEP EXTENSION				TRICEPS & BICEPS			
ABS 100 REPS				BICEPS 2 KINDS				ABS 100 REPS			
STRETCH & WARM DOWN				STRETCH & WARM DOWN				STRETCH & WARM DOWN			