

### INTRODUCTION

Welcome to the Sweeney Fitness Strength Program. This is a basic strength building program; the "bread and butter" if you will. The exercises are foundational and simple, but that doesn't mean easy. If you have never truly strength trained, it may be a new kind of challenge. However, it is essential for growth and a challenge worth pursuing. While the exercises may be basic, this program was not just thrown together. This is the culmination of countless hours of researching, learning, training, writing and editing. There are a thousand ways you could design a program around strength, but we truly feel this is a great starting place.

We believe it is very important to spend time learning and building your personal strength. After working with many different men and women, we have found that most of us don't know where our own strength lies. We underestimate ourselves and, in turn, quickly get stuck training in a little box. This program was created to assist you in breaking out of that box, to help you understand how to gage your own strength and push you further than you've been before.

We designed the strength program for anyone who is motivated by heavy lifting and increasing numbers. But let us be clear, this is not a powerlifting program. This is also not a cardio based program, a "lean out" program or a weight loss program. If you want strength gains, you need to eat sufficient calories, you need to prioritize rest days/recovery and you need to utilize all of that energy during each and every one of these workouts.

The program is sectioned into 3 different stages. Each stage will consist of a chest workout, a back workout, a shoulder/accessories workout, 2 leg workouts, and 2 rest days each week. The stages will last 4 weeks. This means you will be repeating the same lifts every week for four weeks. After each 4 week interval, we shift you into the next stage of the program. You will notice that we are not reinventing the wheel every 4 weeks. Instead, we are keeping the basics and simply changing the layout and the approach. We want to switch it up enough to continually challenge the body while maintaining our simple "bread and butter" approach.

We ask that you record your sets, weights and reps during your workouts over the next 12 weeks. We have included a record keeping guide at the end of this program for you to utilize, but feel free to record in the most effective way for you. Tracking your reps/weight is such a great visual tool and we encourage you to use this to your advantage.

I have a heart for this program because this kind of training was not what I was drawn to in the beginning of my own journey. It was uncomfortable for me to slow down and shift focus. I was all about the movement variety, which can be effective in other areas, but I found that the constant "fanciness" can get in the way of seeing actual

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strength shine through. Once I stepped out of my own way, I found my true strength and realized my potential.

We hope this program is just the beginning for you. Throughout these 12 weeks we want to see you unwrap the excitement of building strength, not just muscle (though that will come too). Muscle is aesthetic and beautiful, but strength is much more than that. It changes you and best of all, it comes in all different shapes and sizes.

As always, thank you from the bottom of our hearts for supporting us and this program. We hope it serves you well on the next leg of your journey. We are so honored that you have chosen to spend your time with us.

With Love.

Sam and Noel Sweeney

A huge thank you to Kirsten Zahler for her never ending support, encouragement, & help on this project.

#### PROGRAM OUTLINE:

- 12 weeks
- 3 stages with different workouts each stage
- 4 weeks per stage
- 5 workouts/week (15 unique workouts throughout the 12 week program)
- 1 deload week (after the 12 week program ends)

### **WEEKLY SPLIT**

DAY 1: Chest

DAY 2: Back

DAY 3: Rest

DAY 4: Legs

DAY 5: Shoulders & Accessories

DAY 6: Rest

DAY 7: Legs

\*Each workout should take no longer than 1.5 hours depending on how fast you move. (Rest periods are included; time them to be more efficient.)

### ABOUT THE DELOAD WEEK:

A deload week is a period of time where you allow your body to catch up on recovery by reducing weight and/or volume during training sessions. A deload week is usually sandwiched between high intensity training phases. We encourage you to take a deload week immediately following this program. 12 weeks of high intensity strength training is taxing on the body and it is smart to give your body time to catch up and fully reset. We have included an outline for a deload week at the end of this program. As you follow the outline, cut the weight you use by 40-60% of your current working weight for each exercise (your last known working weight for each exercise).

This is a FIXED program meaning it is not customized to you as an individual. We cannot guarantee results. We can only guarantee the workouts are well thought out. They are as detailed as we can make them without customizing them. Your results will depend on several things:

- 1. Adherence and dedication to the program. Ideally these workouts would be no longer than 1.5 hours, but that depends on how focused you are and how fluid you can move throughout the workouts. Remember, strength training may take longer than you are used to because of the max effort and rest periods involved. We want you to have some flexibility with this program but if you are constantly dropping sets and skipping workouts, this program will not be effective for you. If it's hard to keep yourself accountable, find a workout partner to go through the program with you. Having someone else hold you accountable to your goals can push you further than you would go on your own. It can be fun too! Give yourself the best chance at seeing your body change. Commit. Show up. Do the work and you will see results.
- 2. <u>Technique/form and attention to detail.</u> You could do this entire program without hitting a single intended muscle group. You could do every exercise with incorrect form. It is pivotal that you pay attention to detail and understand which muscles you are working throughout these movements. If you are unsure what your form actually looks like, I encourage you to video yourself or have someone watch/video for you. You need to be able to see what you look like from various angles in order to correct your form. There is such a thing as good pain and bad pain when it comes to exercise. If you cannot maintain correct form while completing a movement and it hurts in a bad way, you need to lower the weight.

Please reference the videos within this program to ensure you are familiar with correct form during the exercises. We never want you to compromise on form. The idea behind this strength training program is that you gain strength and your numbers increase, but also that you do it in a way that is effective and safe. If you cannot complete the lift with good form, you need to re-evaluate and possibly bring the weight down, especially if you do not have a spotter available to you.

\*\*BEFORE STARTING THIS PROGRAM OR IF YOU ARE STRUGGLING WITH PAIN AT ANY TIME DURING THIS PROGRAM, PLEASE CONSULT A MEDICAL PROFESSIONAL\*\*

3. <u>Use of warm-up sets.</u> We suggest you use 1-3 warm up sets before diving into your compound movements. We have written suggested numbers of warm up sets for you throughout the program and urge you to take advantage of those. It is dangerous to go straight into "working weight" on max effort movements without giving your body a chance to feel the weight and form of the movement beforehand. Rest 30-60 seconds in between warm up sets.

\*\*(working weight simply means the weight you will consider your first actual set to build on- RPE should be at least a 7 or 8 here).

Your warm up set rep ranges will mimic the rep range given for that exercise. It will get easier to gage your warm up sets as you become more familiar with your numbers but, here's what we recommend using the rate of perceived exertion scale that we will touch on more later on:

Warm up set #1---> 4 or 5 on RPE scale
Warm up set #2---> 6 or 7 on RPE scale
Optional Warm up set #3 ---> 7 or 8 on RPE scale

- 4. <u>Attention to tempo.</u> There are many ways to use tempo in strength training. While this program is not created with specific tempos for each exercise, we do think tempo is important in your training. We want your lifts in this program to have a solid 1:1:1:1 tempo. 1 full second in the eccentric (negative), 1 full second at the midpoint (on the stretch), 1 full second in the concentric (positive), and 1 full second on the contraction (at the top). Always make sure your reps are controlled and complete.
- 5. <u>Intra workout rest intervals.</u> Rest is going to be very important within this program. In order for your body to fully recover from an intense set, you will need rest. If you are not utilizing the indicated rest periods between sets, you will not reach your full potential. Throughout this program, the rest periods are specified for you. I recommend using a timer to time your rest periods. It will keep you honest, efficient and allow you to get the most out of these workouts.
- 6. <u>Prioritizing rest days.</u> Your rest days in this program are very important. You will have 2 rest days each week. The workouts should be heavy and hard which is taxing on the body. Please use your rest days to recover, stretch and make sure your body is prepared for the next workout.
- 7. Workout intensity. You really need to take a step back and evaluate your intensity in the gym. Use the RPE scale as a guideline. RPE stands for "rate of perceived exertion." It functions on a scale from 1-10. 10 being the hardest or most intense, 1 being the easiest or least intense. When you finish a set, evaluate how hard it was for you. Be honest with yourself. We want you sitting in the 8-10 RPE range throughout most of these exercises. If you get to the top of the rep count and you feel like you could have done more, you need to change something; increase your weight, slow down each rep, or push yourself further. There is absolutely NO SHAME in hitting the bottom number of the rep range. In fact, we want you to. That means you're testing your limits.

- 8. <u>Use of a spotter.</u> Not every exercise in this plan will require a spotter. Use your discretion on when you need a spotter. There are many benefits to having a spotter, especially when your goal is to improve on strength.
  - They are your safety net if you want to try a heavier workload than you have attempted in the past. In the event that you cannot complete a rep, it is the responsibility of the spotter to help relieve the weight and assist you in finishing the rep. (Anytime your spotter assists you with a rep, you do not count that as an actual rep for yourself. If you lift 3 reps on your own but your spotter helps on the 4th, you will record your 3 reps and can note that a spotter helped you on the 4th rep.)
  - A spotter can provide you with extra confidence and motivation. Sometimes we can't gage our own RPE as well as a partner can.
  - Even if a spotter is not always assisting you on the weight, it is useful to have someone who is watching your form. Use your spotter as a tool. If you have a good, honest partner who will tell you when your form is off, it will only improve your lifts.

Be sure you and your spotter are experienced and educated on how to spot:

- They must be strong enough to assist with the weight being lifted.
- Make sure they are familiar with what proper form looks like and what the spotting looks like for that exercise.
- Make sure your spotter knows how many reps you will be attempting.
- Be prepared to communicate to your spotter when assistance is needed. There's nothing worse than a spotter stepping in too early and taking a rep away from you or a spotter who isn't paying attention and allows you to fail potentially injuring yourself.
- 9. <u>Utilizing progressive overload.</u> This program is designed around the principle of progressive overload. Progressive overload is the increase of stress on the body over time. This can mean many different things (increased reps, heavier loads, shorter rest periods, etc). Anything that will make exercises increasingly difficult during your workouts over time can contribute to progressive overload. In this case, we are focusing on the ability to lift heavier weight over time. We need to be very clear, this program will not increase your strength unless you are continually striving for improvement each week. For example, if you are working on your barbell bench press, each week you need to increase the reps, decrease the rest between sets, or increase the working weight. Without progression in one of these areas, you do not have progressive overload.

- 10. <u>Diet.</u> There is no meal plan with this program. We are not certified dieticians or nutritionists and it is impossible to provide a meal plan to compliment a fixed program that will work for everyone. Nutrition requirements vary widely from person to person and in this setting we cannot predict or prescribe what each individual following this program will need. However, there are a few things we highly recommend you consider throughout this process:
- Eat clean. Don't overcomplicate it. Think fresh, whole foods. Fresh fruits, fresh veggies, fresh meats, etc. Eating too many processed or pre packaged foods will limit your results.
- Eat well rounded meals. Don't snack your life away. Sit down to eat actual meals throughout the day. Avoid grazing all day or binge eating at the end of the night.
- You need to EAT on this program. You will need energy to lift heavy weights and increase your strength. That means you need fuel. We do not recommend this program if you are in a caloric deficit. You will not get the most out of this program and we want you to see progress.
- Consider your alcohol consumption while on this program. We're not saying you can't have alcohol, but we are saying the more you have, the more it will hinder your progress. You are free to choose, but ideally we suggest you don't consume any alcohol while on this program.
- Don't obsess about it. This program is challenging and we want you to see results, but positive changes will only come if you are enjoying the process. Learn to love the journey!
- \* To access videos for each exercise within this program, simply click on the name of the exercise. A hyperlink will pop up and lead you to the youtube channel with the exact video for that movement. Pay attention to the description box of the youtube video for each exercise to see set up and form cues.
- \*\* We will have a facebook support group for this program. Upon purchase of the program we will send an invite to the email that is connected to your facebook account. This group will be composed of a community of people who are currently, who have previously, or are soon to complete the strength program. We want this to be an encouraging community of support for one another. This will be a great place to ask/answer each other's questions, to post progress videos/images, and all around create a positive environment around this program. Noel and I will also be checking in on this page to help answer questions and support in any way.

[If you do not get added to the Facebook group within 24hrs it is because we cannot find you on Facebook. Please go ahead and send a request to join SWEENEY FITNESS STRENGTH PROGRAM group and we will add you ASAP. Direct message Noel or Sam Sweeney or email sweeneysfitness@gmail.com with any questions or concerns]

#### ONE REP MAX:

We recommend that you try to find your 1 rep max before starting this program. This will show you the starting point of your strength. As your strength increases over the next 12 weeks, you can retest your 1RM after you have completed the program.

There are many different ways to find your 1RM. If you are a more experienced lifter and you know or have previously tested your 1RM, feel free to use the system that works best for you to test your 1RM before starting the program.

I'm going to reference the "rate of perceived exertion" scale below to use as a tool in helping you find your 1RM. This is a tool that will be helpful throughout the entirety of this program as it will aid you in gaging your intensity throughout each set.

### RATING OF PERCEIVED EXERTION (RPE)

If you are unfamiliar with your training percentages or your 1RM or 3RM, I recommend using the RPE System. RPE means "rate of perceived exertion." The RPE scale can be an effective tool to evaluate intensity during a workout. Of course, it is not an exact science, but will allow you to progress and become familiar with what your intensity should look like. It works on a sliding scale of 1-10. 1 being no effort was exerted during exercise, 10 being maximum effort was exerted.

- A rating of "10" means MAX effort. One rep is nearly impossible. (you will need a spotter for help for certain to avoid injury)
- A rating of "9" means it was an extremely hard rep, but you got it up and could have possibly tried for one more.
- A rating of "8" should put you somewhere within the 2-4 rep range.
- A rating of "7" should put you at a difficult 5-7 rep range
- A rating of "6" should allow you to move fairly smoothly through 8+ reps.
- A rating of "5" would be a good mid range for warm up sets as you prepare for heavy sets.
- Anything below a "4" rating should be utilized for work on form, range of motion, and recovery work.

### **HOW TO FIND YOUR 1RM:**

Below I have laid out a format for using the RPE scale listed above to find your 1RM. I recommend having a spotter/partner with you as a precaution. Not only will that person serve as your safety net, but having someone there will also give you a boost of confidence knowing you have help, if needed. Make sure that person is familiar with spotting and can help you control the weight if you reach failure.

REMEMBER: One rep maxes don't count if depth or form are off. The goal is to find true strength.

Please reference videos for form/depth visuals. This means you should not be increasing weight until proper form and depth are in place.

1st Set: 2-3 Reps at RPE of 5 (Rest 2-3 Minutes)

2nd Set: 2-3R at RPE 7 (Rest 2-3 Minutes)
3rd Set: 2-3R at RPE 8 (Rest 2-3 Minutes)

4th Set: 1R at RPE 8/9 (Rest 2-3 Minutes if you are continuing to a 5th set)

NOTE: If you feel like you struggled to complete 1 rep at this weight, stop here and mark this as your 1RM

5th Set: 1R at RPE 9/10 MAX EFFORT

NOTE: Use a spotter if you're feeling uneasy about going up in weight on this set. There is no shame in failing on a rep, you just want to be safe if/when you do. Be smart and have someone there with you. However the goal is not to fail. You want to choose a weight that will be your true 1RM.

## BEGINNER MODIFICATION - USING YOUR 3 REP MAX TO FIND 1 REP MAX

If you are a beginner, don't feel comfortable pushing to your actual 1RM or you don't have a spotter, you are able to calculate your 1RM by utilizing your 3RM. While this equation cannot guarantee that this is your exact 1RM, it will serve as a guide. Use the format below to find your 3RM and then use this calculation: 3RM WEIGHT X 1.08 = 1RM

1st Set: 2-3R at RPE of 5 (Rest 2-3 Minutes)

2nd Set: 2-3R at RPE 7 (Rest 2-3 Minutes)
3rd Set: 2-3R at RPE 8 (Rest 2-3 Minutes)

4th Set: 3R at RPE 8/9 (Rest 2-3 Minutes if you are continuing to a 5th set)

NOTE: If you feel like you struggled to complete 3 reps at this weight, stop here and mark this as your 3RM

5th Set: 3R at RPE 9/10 MAX EFFORT

NOTE: Use a spotter if you're feeling uneasy about going up in weight on this set. There is no shame in failing on a rep, you just want to be safe if/when you do. Be smart and have someone there with you. However the goal is not to fail. You want to choose a weight that will be your true 3RM.

Once you have found your 3RM proceed with this equation: 3RM WEIGHT X 1.08 = 1RM

### Example.

My 3RM Weight on back squat is 235lbs.
235lbs X 1.08 = 253.8lbs

My 1RM in this case is somewhere close 253.8 lbs.

## 1 REP MAX TESTING DAY

Pick a day one week before your start this program to test your 1 rep max in each of the following movements. Record the weight for each exercise.

### **Barbell Bench Press**

PRE WEEK 1: 1RM	POST WEEK 12: 1RM

## Barbell Back Squat

PRE WEEK 1: 1RM	POST WEEK 12: 1RM

## Standard Barbell Deadlift

PRE WEEK 1: 1RM	POST WEEK 12: 1RM	

## **Overhead Dumbbell Press**

PRE WEEK 1: 1RM	POST WEEK 12: 1RM

At the end of this program you should revisit your 1RM for each of these movements. This will allow you to see how much your strength has increased over the 12 week time period. If you are dedicated to this program and your body responds well, you should see some big changes here.

#### FAQ - HOW TO READ YOUR WORKOUTS:

## What does the "S" and "R" mean written after each exercise?

### Example:

5. CLOSE GRIP CABLE ROW

### **Explanation:**

"S" stands for SETS and "R" stands for REPS. 4S/4-6R = 4 total working sets for 4-6 reps each set.

# Why are the reps listed in a range?

4S/4-6R

## Example:

5. MACHINE CHEST FLY 5S/8-10R

### **Explanation:**

You will notice that every exercise has a rep RANGE. In this example you are asked to do 8-10 reps of chest flys for 5 sets. Let's say within those 5 sets during week 1 you are hitting a solid 10 reps every set. When you revisit the chest flys during week 2, you will look back at your workout log to see you hit the top number of the rep range every set. That tells you you are ready to increase the weight and shoot for the lower end of the rep range. THERE IS ABSOLUTELY NO SHAME IN HITTING THE LOWER END OF THE REP RANGE. Do you see what happens here? It's a cycle. Every time you consistently hit the high end of that rep range, you increase the weight, possibly lower your reps, and the cycle continues as your strength increases. That's progressive overload!

### What does the (ph1) and (ph2) on my workout mean?

### Example:

1. LAT PULLDOWNS: (PH1)

4S/4-6R **Warm up sets:** 2-3 sets in addition to working sets listed above

**Tempo:** 1:1:1:1 **Rest time:** 2-3 minutes between sets

2. LAT PULLDOWNS: (PH2)

3S/6-8R Warm up sets: 1-2 sets in addition to working sets listed above

**Tempo:** 1:1:1:1 **Rest time:** 1-2 minutes between sets

### **Explanation:**

PH1 indicates Phase 1 of an exercise. PH2 indicates Phase 2 of an exercise. These are not supersets. For big/compound movements placed at the beginning of a workout, we have given you two phases. During Phase 1 your sets require lower rep ranges.

PH2 indicates Phase 2 of an exercise. You are utilizing the same exercise, but working with a higher rep range. Your weight should be less than Phase 1. Again, this is NOT a superset.

### Why do I have an A or a B written after some exercises?

## Example:

6A. ROPE TRICEPS EXTENSIONS 4S/6-10R

6B. LYING SKULL CRUSHERS 4S/6-8R

## **Explanation:**

The "A" and "B" next to each exercise here represents a superset. This means you will move from exercise A to exercise B with 15-20 seconds in between. After completing both exercises you will rest for 45 seconds-1 minute in before beginning again with exercise A. In this example, you will do one set of rope triceps extensions for 6-10 reps and move right into lying skull crushers for 6-8 reps and then rest 45 sec to 1 min before starting over with the rope triceps extensions.

## How do I know how long to warm up and how much time to rest?

## Example:

1. BARBELL SQUATS (PH1)

4S/2-5R

Warm up sets: 2-3 sets

**Tempo:** 1:1:1:1 **Rest time:** 3-4 minutes between sets

### **Explanation:**

Your warm up sets and the amount of rest between each set is specified for each exercise. In the example above, you will complete 2 or 3 warm up sets prior to starting your 4 working sets. Between all 4 working sets you will rest 3-4 minutes.

#### HOW TO RECORD YOUR WORKOUTS:

This program is designed around the principle of progressive overload. Progressive overload is the increase of stress on the body over time. This can mean many different things (increased reps, heavier loads, shorter rest periods, etc). Anything that will make exercises increasingly difficult during your workouts over time can contribute to progressive overload. In this case, we are focusing on the ability to lift heavier weight over time. The only way to ensure that we are accomplishing this goal is to record our workouts in a workout log so that we have a record to refer back to each week. It's also a valuable tool to visually see your progress and push yourself to the next level.

Below is an example of a log we created. You do not need to use the exact sheet we have provided (at the end of this guide) to record your weights/reps. If you have your own notebook or file on your phone, feel free to copy your workouts into those and use them the same way. Just be consistent with your method.

To record weight and reps for one set of an exercise you can use the format Xlbs/Xreps. This means you will record your weight first, followed by a backslash and then the amount of reps you performed for each set. To separate multiple sets use a comma. Do this each week.

### EXAMPLE OF RECORDING YOUR WEIGHT/REPS OVER 4 WEEKS:

EXERCISE:	WEEK 1: weight(lbs)/reps-sets separated by commas	WEEK 2:	WEEK 3:	WEEK 4:
1. BARBELL BENCH PRESS	65/5, 75/5, 85/3, 85/3	80/5, 85/4, 90/4, 90/3	90/5, 90/4, 90/4, 90/3	90/5, 95/4, 95/3, 95/3
(PH1) 4S/2-5R				

In this example you can read each week's results using this method discussed above.

- During the first week of the program I started my bench press at 65 lbs and hit 5 reps on the first set.
- During the second I went up to 75lbs and hit 5 reps again.
- During the third I went up to 85lbs and hit 3 reps.
- For the final set I stayed at 85 lbs and hit another 3 reps.
- As we move to "week 2" you can see I was able to reference my numbers from week 1 and I decided to begin my sets with 80lbs because during week 1, I was using 75lbs for 5 which is the top of the rep range. To push myself, I started with 80lbs to utilize progressive overload.
- This pattern continues throughout all 4 weeks before moving to the next stage. The hope is that you are able to witness your strength increasing over time.

#### THINGS TO NOTE:

- 1. Not all weeks are equal. While we would love for your progress to be linear, some days/weeks are just going to be harder and feel heavier than others. If your strength dips down a week here and there, don't stress about it. The whole point here is that you are being consistent. If you are consistent, your numbers will come back around.
- 2. ALWAYS REMEMBER: Progressive overload starts with the weight you can lift while maintaining perfect technical form. We have included videos in this plan for reference. If you decide to increase the weight at any point but you find that you can't maintain proper form, you need to decrease the weight and use other methods of progressive overload until you can lift the heavier weight with correct form. This is about safety and true progress, so don't cheat yourself. Be honest with yourself, have someone film you or watch you and give you helpful critiques if needed.



### **DAY 1: CHEST**

## 1. BARBELL BENCH PRESS (PH1)

4S/2-5R Warm up sets: 2-3 sets in addition to working sets listed above

**Tempo:** 1:1:1:1 **Rest:** 2-3 minutes between sets

Note: PH1 indicates Phase 1 of the exercise. You will move on to Phase 2 of this exercise with a different rep range. This is not a superset.

#### BARBELL BENCH PRESS (PH2)

3S/6-8R Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 2 minutes between sets

Note: PH2 indicates Phase 2 of the exercise. This is not a superset. You should be using a slightly lighter weight than you were using in Phase 1 above.

### 3. DUMBBELL INCLINE BENCH CHEST PRESS (PH1)

4S/3-5R Warm up sets: 1-2 sets in addition to working sets listed above

**Tempo:** 1:1:1:1 **Rest:** 2-3 minutes between sets

Note: Bench at a 45 degree angle. PH1 indicates Phase 1 of the exercise. You will move on to Phase 2 of this exercise with a different rep range. This is not a superset.

### 4. DUMBBELL INCLINE BENCH CHEST PRESS (PH2)

3S/6-8R Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 2 minutes between sets

Note: Bench at a 45 degree angle. PH2 indicates Phase 2 of the exercise. You should be using a slightly lighter weight than you were using in Phase 1 above. This is not a superset.

#### MACHINE CHEST FLY

5S/8-10R Warm up sets: 0

Tempo: 1:1:1:1 Rest: 45 seconds to 1 minute between sets

## **DAY 1: CHEST**

## 6A. INCLINE BENCH DUMBBELL HEX PRESS (SUPERSET)

3S/8-10R Warm up sets: 0

Tempo: 1:1:1:1 Rest: 15-20 seconds between A and B.

Note: Bench set at a 45 degree angle.

### 6B. CHEST FOCUSED DIPS (SUPERSET)

3S/8-10R (modify if needed with assisted dips) Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 45 seconds after B then go back to A.

Note: Add weight for difficulty or modify with assisted dips.

#### DAY 2: BACK

## 1. BARBELL DEADLIFTS (PH1)

4S/3-5R Warm up sets: 2-3 sets in addition to working sets listed above.

**Tempo:** 1:1:1:1 **Rest:** 2-3 minutes between sets

Note: PH1 indicates Phase 1 of the exercise. You will move on to Phase 2 of this exercise with a different rep range. This is not a superset.

#### 2. BARBELL DEADLIFTS (PH2)

3S/6-8R Warm up sets: 0

Tempo: 1:1:1:1 Rest: 2 minutes between sets

Note: PH2 indicates Phase 2 of the exercise. This is not a superset. You should be using a slightly lighter weight than you were using in Phase 1 above.

### LAT PULLDOWNS (PH1)

4S/4-6R Warm up sets: 1-2 sets in addition to working sets listed above

Tempo: 1:1:1:1 Rest: 2 minutes between sets

Note: PH1 indicates Phase 1 of the exercise. You will move on to Phase 2 of this exercise with a different rep range. This is not a superset.

### 4. LAT PULLDOWN (PH2)

3S/6-8R Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 1-2 minutes between sets

Note: Bench at a 45 degree angle. PH2 indicates Phase 2 of the exercise. You should be using a slightly lighter weight than you were using in Phase 1 above. This is not a superset.

#### CLOSE GRIP CABLE ROW

5S/8-10R Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 45 seconds to 1 minute between sets

## DAY 2: BACK

6A. DUMBBELL HIGH ROW/BAT ROW (SUPERSET)

3S/8-10R Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 15-20 seconds between A and B.

Note: Bench at a 45 degree angle.

6B. SEATED STRAIGHT ARM PULLDOWNS (SUPERSET)

3S/8-10R Warm up sets: 2-3 sets in addition to working sets listed above.

**Tempo:** 1:1:1:1 **Rest:** 45 seconds after B then go back to A.

Note: Cable with a rope attachment.



#### DAY 4: LEGS

## 1. BARBELL SQUATS (PH1)

4S/2-5R Warm up sets: 2-3 sets in addition to working sets listed above.

**Tempo:** 1:1:1:1 **Rest:** 3-4 minutes between sets

Note: PH1 indicates Phase 1 of the exercise. You will move on to Phase 2 of this exercise with a different rep range. This is not a superset.

#### 2. BARBELL SQUATS (PH2)

3S/6-8R Warm up sets: 0

Tempo: 1:1:1:1 Rest: 2-3 minutes between sets

Note: PH2 indicates Phase 2 of the exercise. This is not a superset. You should be using a slightly lighter weight than you were using in Phase 1 above.

### BARBELL SUMO DEADLIFT (PH1)

4S/4-6R Warm up sets: 2 sets in addition to working sets listed above

**Tempo:** 1:1:1:1 **Rest:** 2-3 minutes between setss

Note: PH1 indicates Phase 1 of the exercise. You will move on to Phase 2 of this exercise with a different rep range. This is not a superset.

## 4. BARBELL SUMO DEADLIFT (PH 2)

3S/6-8R Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 1-2 minutes between sets

Note: PH2 indicates Phase 2 of the exercise. You should be using a slightly lighter weight than you were using in Phase 1 above. This is not a superset.

#### BARBELL FLOOR GLUTE BRIDGE

4S/8-10R Warm up sets: 0

Tempo: 1:1:1:1 Rest: 1 minute between sets

## DAY 4: LEGS

6A. LYING HAMSTRING CURLS (SUPERSET)

3S/8-10R Warm up sets: 0

Tempo: 1:1:1:1 Rest: 15-20 seconds between A and B.

6B. WEIGHTED GLUTE HYPEREXTENSIONS (SUPERSET)

3S/8-10R Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 45 seconds after B then go back to A.

Note: Modify by using no weight.

## **DAY 5: SHOULDERS/ACCESSORIES**

## 1. SEATED DUMBBELL OVERHEAD PRESS (PH1)

4S/3-5R Warm up sets: 2-3 sets in addition to working sets listed above

Tempo: 1:1:1:1 Rest: 2 minutes between sets

Note: Bench set at a 90 degree angle for back support. PH1 indicates Phase 1 of the exercise. You will move on to Phase 2 of this exercise with a different rep range. This is not a superset.

#### 2. SEATED DUMBBELL OVERHEAD PRESS (PH2)

3S/6-8R Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 2 minutes between sets

Note: Bench set at a 90 degree angle for back support. PH2 indicates Phase 2 of the exercise. You should be using a slightly lighter weight than you were using in Phase 1 above. This is not a superset..

## 3A. STANDING LATERAL RAISES (SUPERSET)

3S/8-10R Warm up sets: 0

Tempo: 1:1:1:1 Rest: 15-20 seconds between A and B.

# 3B. CHEST SUPPORTED DUMBBELL Y RAISE (SUPERSET)

3S/8-10R Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 45 seconds after B then go back to A.

Note: Chest supported with a 60 degree bench angle.

# 4A. STANDING STRAIGHT BAR CURLS (SUPERSET)

3S/6-8R Warm up sets: 0

Tempo: 1:1:1:1 Rest: 15-20 seconds between A and B.

## **DAY 5: SHOULDERS/ACCESSORIES**

4B. LYING DUMBBELL SKULL CRUSHERS (SUPERSET)

3S/8-10R Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 45 seconds after B then go back to A.

5A. SEATED DUMBBELL ALTERNATING CURLS (SUPERSET)

3S/6-8R each side Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 15-20 seconds between A and B.

5B. SEATED DUMBBELL OVERHEAD TRICEP EXTENSIONS (SUPERSET

3S/8-10R Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 45 seconds after B then go back to A.

6. OPTIONAL ABS: WEIGHTED PLANKS

3-4 sets. Each set is 1 minute Warm up sets: 0

**Tempo:** N/A **Rest:** 30-45 seconds between sets



#### DAY 7: LEGS

### 1. LEG PRESS (PH1)

4S/3-5R Warm up sets: 2-3 sets in addition to working sets listed above

**Tempo:** 1:1:1:1 **Rest:** 2-3 minutes between sets

Note: Feet lower on the platform and hip width apart. Toes very slightly turned out and knees should track over the toes. PH1 indicates Phase 1 of the exercise. You will move on to Phase 2 of this exercise with a different rep range. This is not a superset.

#### 2. LEG PRESS (PH2)

3S/6-8R Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 2 minutes between sets

Note: Feet lower on the platform and hip width apart. Toes very slightly turned out and knees should track over the toes. PH2 indicates Phase 2 of the exercise. You should be using a slightly lighter weight than you were using in Phase 1 above. This is not a superset.

#### HACK SQUAT OR BARBELL FRONT SQUAT (PH1)

4S/4-6R Warm up sets: 2 sets in addition to working sets listed above

**Tempo:** 1:1:1:1 **Rest:** 2 minutes between sets.

Note: Feet lower on the platform and hip width apart. Toes very slightly turned out and knees should track over the toes. PH1 indicates Phase 1 of the exercise. You will move on to Phase 2 of this exercise with a different rep range. This is not a superset.

#### 4. HACK SQUAT OR BARBELL FRONT SQUAT (PH2)

3S/8-10R Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 2 minutes between sets

Note: Feet lower on the platform and hip width apart. Toes very slightly turned out and knees should track over the toes. PH2 indicates Phase 2 of the exercise. You should be using a slightly lighter weight than you were using in Phase 1 above. This is not a superset.

## DAY 7: LEGS

5. BULGARIAN SPLIT SQUAT (QUAD FOCUSED)

4S/6-8R each leg Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 1-2 minutes between sets

Note: Back foot elevated on a bench. Keep torso upright during the movement

(no leaning forward).

6A. LEG EXTENSIONS (SUPERSET)

3S/8-10R Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 15-20 seconds between A and B.

6B. HEELS ELEVATED GOBLET SQUATS (SUPERSET)

3S/8-10R Warm up sets: 0

Tempo: 1:1:1:1 Rest: 45 seconds after B then go back to A.

Note: Place a small plate (5 or 10lb plates) under each heel. You could also use a small ramp if you

have access to one.



#### **DAY 1: CHEST**

### 1. BARBELL BENCH PRESS

4S/2-5R **Warm up sets:** 2-3 sets in addition to working sets above

**Tempo:** 1:1:1:1 **Rest:** 2-3 minutes between sets

### 2. BARBELL INCLINE BENCH PRESS (PH1)

4S/3-5R **Warm up sets:** 2 sets in addition to working sets above

Tempo: 1:1:1:1 Rest: 2-3 minutes between sets

Note: PH1 indicates Phase 1 of the exercise. You will move on to Phase 2 of this exercise with a different rep range. This is not a superset.

### 3. BARBELL INCLINE BENCH PRESS (PH2)

3S/6-8R Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 2 minutes between sets.

Note: PH2 indicates Phase 2 of the exercise. You should be using a slightly lighter weight than you were using in Phase 1 above. This is not a superset.

#### 4. DUMBBELL DECLINE BENCH CHEST PRESS

3S/6-8R Warm up sets: 0

Tempo: 1:1:1:1 Rest: 1-2 minutes between sets

#### DUMBBELL INCLINE BENCH CORKSCREW FLY

4S/8-10R Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 1-2 minutes between sets

Note: Bench at a 45 degree incline.

## **DAY 1: CHEST**

6A. DUMBBELL HIGH INCLINE HEX PRESS

3S/8-10R Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 1-2 minutes between sets

Note: Bench at a 60 degree incline.

6B. PUSH UPS

3S/8-10R Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 1-2 minutes between sets

Note: Add weight to your back to increase difficulty or drop to your knees to decrease difficulty.

### DAY 2: BACK

### 1. BARBELL DEADLIFTS

4S/3-5R Warm up sets: 2-3 warmup sets in addition to the working sets above

**Tempo:** 1:1:1:1 **Rest:** 2-3 minutes between sets

#### BARBELL PENDLAY ROW (PH1)

4S/3-5R Warm up sets: 1-2 warmup sets in addition to the working sets above

Tempo: 1:1:1:1 Rest: 2-3 minutes between sets

Note: PH1 indicates Phase 1 of the exercise. You will move on to Phase 2 of this exercise with a different rep range. This is not a superset. To decrease difficulty, substitute with bent over (pro nated/overhand grip) dumbbell row.

### 3. BARBELL PENDLAY ROW (PH2)

3S/6-8R Warm up sets: 0

Tempo: 1:1:1:1 Rest: 1-2 minutes between sets

Note: PH2 indicates Phase 2 of the exercise. You should be using a slightly lighter weight than you were using in Phase 1 above. This is not a superset. To decrease difficulty, substitute with bent over (pronated/overhand grip) dumbbell row.

### 4. LAT PULLDOWNS

4S/6-8R Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 1-2 minutes between sets

Note: Grip should be shoulder width apart.

### 5. SINGLE ARM SEATED CABLE ROW

3S/6-8R each side Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 1-2 minutes between sets

## DAY 2: BACK

6A. DUMBBELL PULLOVER (SUPERSET)

3S/8-10R Warm up sets: 0

Tempo: 1:1:1:1 Rest: 15-20 seconds between A to exercise B.

6B. BACK HYPEREXTENSIONS (SUPERSET)

3S/8-10R Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 45 seconds-1 minute after B then go back to A.

Note: Hold weight in arms for difficulty. Perform supermans to modify.



#### DAY 4: LEGS

## 1. BARBELL BOX SQUATS (PH 1)

4S/2-5R Warm up sets: 2-3 sets in addition to working sets listed above

**Tempo:** 1:1:1:1 **Rest:** 2-3 minutes between sets

Note: Box height should be slightly below knees. PH1 indicates Phase 1 of the exercise. You will move on to Phase 2 of this exercise with a different rep range. This is not a superset.

#### 2. BARBELL BOX SQUATS (PH 2)

3S/6-8R Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 2 minutes between sets

Note: Box height should be slightly below knees. PH2 indicates Phase 2 of the exercise.

You should be using a slightly lighter weight than you were using in Phase 1 above. This is not a superset.

### 3. BARBELL HIP THRUSTERS (PH1)

3S/4-6R Warm up sets: 1-2 sets in addition to working sets listed above

**Tempo:** 1:1:1:1 **Rest:** 2 minutes between sets

Note: PH1 indicates Phase 1 of the exercise. You will move on to Phase 2 of this exercise with a different rep range. This is not a superset.

## 4. BARBELL HIP THRUSTERS (PH2)

3S/8-10R **Warm up sets:** 0

**Tempo:** 1:1:1:1 **Rest:** 1-2 minutes between sets

Note: PH2 indicates Phase 2 of the exercise. You should be using a slightly lighter weight than you were using in Phase 1 above. This is not a superset.

### 5. BARBELL WALKING LUNGES

5S/6-8R each leg Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 1-2 minutes between sets

Note: Modify by using dumbbells.

## DAY 4: LEGS

6A. DUMBBELL ROMANIAN DEADLIFTS (SUPERSET)

3S/8-10R Warm up sets: 0

Tempo: 1:1:1:1 Rest: 15-20 seconds between A to exercise B.

6B. SEATED HAMSTRING CURLS (SUPERSET)

3S/8-10R Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 45 seconds to 1 minute after B then go back to A.

## **DAY 5: SHOULDERS/ACCESSORIES**

## 1. BARBELL PUSH PRESS (PH1)

4S/4-6R Warm up sets: 2-3 sets in addition to working sets listed above

**Tempo:** 1:1:1:1 **Rest:** 2-3 minutes between sets

Note: PH1 indicates Phase 1 of the exercise. You will move on to Phase 2 of this exercise with a different rep range. This is not a superset.

#### 2. BARBELL PUSH PRESS (PH2)

3S/6-8R Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 2 minutes between sets

Note: PH2 indicates Phase 2 of the exercise. You should be using a slightly lighter weight than you were using in Phase 1 above. This is not a superset. Substitute the barbell with dumbbells if needed.

#### 3A. SEATED DUMBBELL ARNOLD PRESS (SUPERSET)

3S/6-8R Warm up sets: 0

Tempo: 1:1:1:1 Rest: 15-20 seconds between A to exercise B

Note: Set the bench at a 90 degree angle for back support.

#### 3B. SEATED SINGLE ARM LATERAL RAISE (SUPERSET)

3S/6-8R each side Warm up sets: 0

Tempo: 1:1:1:1 Rest: 45 seconds to 1 minute after B then go back to A

Note: Hold only one dumbbell at a time.

### 4A. SEATED HAMMER CURLS (SUPERSET)

3S/6-8R Warm up sets: 0

Tempo: 1:1:1:1 Rest: 15-20 seconds between A to exercise B

Note: Set the bench at a 90 degree angle for back support.

## **DAY 5: SHOULDERS/ACCESSORIES**

## 4B. TRICEP DIPS (SUPERSET)

3S/6-8R Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 45 seconds to 1 minute after B then go back to A *Note: Keep torso upright. Add weight for difficulty or use assistance to modify.* 

#### 5A. MACHINE PREACHER CURLS (SUPERSET)

3S/8-10R Warm up sets: 0

Tempo: 1:1:1:1 Rest: 15-20 seconds between A to exercise B

Note: If you do not have a preacher curl machine available to you, use dumbbells and a bench to support your arms from elbow to armpit.

#### 5B. CABLE TRICEP EXTENSIONS (SUPERSET)

3S/8-10R Warm up sets: 0

Tempo: 1:1:1:1 Rest: 45 seconds to 1 minute after B then go back to A

Note: Use rope attachment.

#### 6. ABS: HOLLOW HOLDS

3-4S/15R **Warm up sets:** 0

**Tempo:** 3 second hold each rep **Rest:** 30-45 seconds



#### DAY 7: LEGS

#### 1. BACK SQUAT (PH1)

4S/4-6R Warm up sets: 2-3 sets in addition to working sets listed above

**Tempo:** 1:1:1:1 **Rest:** 2-3 minutes between sets

Note: PH1 indicates Phase 1 of the exercise. You will move on to Phase 2 of this exercise with a different rep range. This is not a superset.

### 2. BACK SQUAT (PH2)

3S/8-10R **Warm up sets:** 0

**Tempo:** 1:1:1:1 **Rest:** 2 minutes between sets

Note: PH2 indicates Phase 2 of the exercise. You should be using a slightly lighter weight than you were using in Phase 1 above. This is not a superset.

## TRAP BAR DEADLIFTS (PH1)

4S/6-8R **Warm up sets:** 1-2 sets in addition to working sets listed above

**Tempo:** 1:1:1:1 **Rest:** 2 minutes between sets

Note: PH1 indicates Phase 1 of the exercise. You will move on to Phase 2 of this exercise with a different rep range. This is not a superset. If you do not have a trap bar available to you, modify with kettlebell suitcase deadlifts.

#### 4. TRAP BAR DEADLIFTS (PH2)

3S/8-10R Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 1-2 minutes between sets

Note: PH2 indicates Phase 2 of the exercise. You should be using a slightly lighter weight than you were using in Phase 1 above. This is not a superset. If you do not have a trap bar available to you, modify with kettlebell suitcase deadlifts.

#### 5. SINGLE LEG PRESS

4S/6-8R each side Warm up sets: 0

Tempo: 1:1:1:1 Rest: 1-2 minutes between sets

Note: Foot should be lower on the platform and in line with hip, knee should track in line with toes.

DAY 7: LEGS

6A. DUMBBELL LEG EXTENSIONS (SUPERSET)

3S/8-10R Warm up sets: 0

Tempo: 1:1:1:1 Rest: 15-20 seconds between A to exercise B

6B. ADDUCTION MACHINE (SUPERSET)

3S/8-10R Warm up sets: 0

Tempo: 1:1:1:1 Rest: 45 seconds to 1 minute after B then go back to A

Note: Sub with copenhagen adductions if you do not have an adduction machine available to you.



#### **DAY 1: CHEST**

## 1. BARBELL BENCH PRESS (PH1)

4S/2-5R Warm up sets: 2-3 sets in addition to working sets listed above

**Tempo:** 1:1:1:1 **Rest:** 2-3 minutes between sets

Note: PH1 indicates Phase 1 of the exercise. You will move on to Phase 2 of this exercise with a different rep range. This is not a superset.

#### 2. BARBELL BENCH PRESS (PH2)

3S/6-8R Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 2 minutes between sets

Note: PH2 indicates Phase 2 of the exercise. You should be using a slightly lighter weight than you were using in Phase 1 above. This is not a superset.

#### 3. DUMBBELL INCLINE BENCH CHEST PRESS (PH 1)

4S/4-6R **Warm up sets:** 1-2 sets in addition to working sets listed above

**Tempo:** 1:1:1:1 **Rest:** 2 minutes between sets

Note: Bench should be set at a 45 degree angle. PH1 indicates Phase 1 of the exercise. You will move on to Phase 2 of this exercise with a different rep range. This is not a superset.

## 4. DUMBBELL INCLINE BENCH CHEST PRESS (PH 2)

3S/6-8R Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 1-2 minutes between sets

Note: Bench should be set at a 45 degree angle. PH2 indicates Phase 2 of the exercise. You should be using a slightly lighter weight than you were using in Phase 1 above. This is not a superset.

#### 5. DUMBBELL HIGH INCLINE BENCH NEUTRAL GRIP CHEST PRESS

4S/6-8R Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 1-2 minutes between sets

Note: Bench at a 60 degree angle.

## **DAY 1: CHEST**

6A. STANDING CABLE CHEST FLY (SUPERSET)

3S/8-10R Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 15-20 seconds between A to exercise B Note: Line up the the cable at chest level and then take 1-2 steps forward.

6B. DECLINE BENCH DUMBBELL HEX PRESS (SUPERSET)

3S/8-10R Warm up sets: 0

Tempo: 1:1:1:1 Rest: 45 seconds-1 minute after B then go back to A

Note: Bench in a decline position.

#### DAY 2: BACK

## 1. DEADLIFTS (PH1)

4S/3-5R Warm up sets: 2-3 sets in addition to working sets listed above

**Tempo:** 1:1:1:1 **Rest:** 2-3 minutes between sets

Note: PH1 indicates Phase 1 of the exercise. You will move on to Phase 2 of this exercise with a different rep range. This is not a superset.

## 2. DEADLIFTS (PH2)

3S/6-8R Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 1-2 minutes between sets

Note: PH2 indicates Phase 2 of the exercise. You should be using a slightly lighter weight than you were using in Phase 1 above. This is not a superset.

#### DUMBBELL SINGLE ARM ROW (PH1)

4S/4-6R each side Warm up sets: 1-2 sets in addition to working sets listed above

**Tempo:** 1:1:1:1 **Rest:** 2 minutes between sets

Note: PH1 indicates Phase 1 of the exercise. You will move on to Phase 2 of this exercise with a different rep range. This is not a superset.

## 4. DUMBBELL SINGLE ARM ROW (PH2)

3S/6-8R each side Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 1-2 minutes between sets

Note: PH2 indicates Phase 2 of the exercise. You should be using a slightly lighter weight than you were using in Phase 1 above. This is not a superset.

#### CLOSE GRIP PULLDOWN

4S/8-10R Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 1-2 minutes between sets

Note: Use V bar attachment.

## DAY 2: BACK

6A. STANDING STRAIGHT ARM PULLDOWN (SUPERSET)

3S/8-10R Warm up sets: 0

Tempo: 1:1:1:1 Rest: 15-20 seconds between A to exercise B

Note: Use cable straight bar.

6B. REVERSE FLY MACHINE (SUPERSET)

3S/8-10R Warm up sets: 0

Tempo: 1:1:1:1 Rest: 45 seconds-1 minute after B then go back to A



#### DAY 4: LEGS

## 1. BARBELL SQUAT (PH1)

4S/2-5R **Warm up sets:** 2-3 sets in addition to working sets listed above

Tempo: 1:1:1:1 Rest: 3 minutes between sets

Note: PH1 indicates Phase 1 of the exercise. You will move on to Phase 2 of this exercise with a different rep range. This is not a superset.

#### 2. BARBELL SQUAT (PH2)

3S/6-8R Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 2 minutes between sets

Note: PH2 indicates Phase 2 of the exercise. You should be using a slightly lighter weight than you were using in Phase 1 above. This is not a superset.

#### BARBELL ROMANIAN DEADLIFT (PH1)

4S/6-8R **Warm up sets:** 1-2 sets in addition to working sets listed above

Tempo: 1:1:1:1 Rest: 2-3 minutes between sets

Note: PH1 indicates Phase 1 of the exercise. You will move on to Phase 2 of this exercise with a different rep range. This is not a superset.

## 4. BARBELL ROMANIAN DEADLIFT (PH2)

3S/8-10R **Warm up sets:** 0

**Tempo:** 1:1:1:1 **Rest:** 1-2 minutes between sets

Note: PH2 indicates Phase 2 of the exercise. You should be using a slightly lighter weight than you were using in Phase 1 above. This is not a superset.

#### 5. DUMBBELL WEIGHTED REVERSE LUNGES

4S/6-8R each leg Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 1-2 minutes between sets

Note: For each set, complete all reps for one leg before moving to the next leg.

## DAY 4: LEGS

6A. KETTLEBELL DEFICIT SUMO SQUAT (SUPERSET)

3S/8-10R Warm up sets: 0

Tempo: 1:1:1:1 Rest: 15-20 seconds between A to exercise B

6B. ABDUCTION MACHINE (SUPERSET)

3S/8-10R Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 45 seconds to 1 minute after B then go back to A

Note: Modify with banded abductions or cable abductions.

## **DAY 5: SHOULDERS/ACCESSORIES**

## SEATED DUMBBELL OVERHEAD PRESS (PH1)

4S/2-5R Warm up sets: 2-3 sets in addition to working sets listed above

**Tempo:** 1:1:1:1 **Rest:** 2-3 minutes between sets

Note: PH1 indicates Phase 1 of the exercise. You will move on to Phase 2 of this exercise with a different rep range. This is not a superset.

#### 2. SEATED DUMBBELL OVERHEAD PRESS: (PH2)

3S/6-8R Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 2 minutes between sets

Note: PH2 indicates Phase 2 of the exercise. You should be using a slightly lighter weight than you were using in Phase 1 above. This is not a superset.

#### 3A. STANDING SCAPTION RAISE (SUPERSET)

3S/8-10R Warm up sets: 0

Tempo: 1:1:1:1 Rest: 15-20 seconds between A to exercise B

#### 3B. SEATED CABLE REAR DELT ROW (SUPERSET)

3S/8-10R Warm up sets: 0

Tempo: 1:1:1:1 Rest: 45 seconds- 1 minute after B then go back to A

Note: Use a double cable pulley or a straight bar with a pronated grip.

#### 4A. STRAIGHT BAR CABLE CURLS (SUPERSET)

3S/8-10R Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 15-20 seconds between A to exercise B

### DAY 5: SHOULDERS/ACCESSORIES

4B. TATE PRESS (SUPERSET)

3S/8-10R Warm up sets: 0

Tempo: 1:1:1:1 Rest: 45 seconds-1 minute after B then go back to A

5A. STANDING STRAIGHT BAR CURLS (SUPERSET)

3S/6-8R Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 15-20 seconds between A to exercise B

5B. DIAMOND PUSH UPS (SUPERSET)

3S/8-10R Warm up sets: 0

Tempo: 1:1:1:1 Rest: 45 seconds-1 minute after B then go back to A

Note: Add weight for difficulty or modify on knees if needed.

6. ABS: DEAD BUG

3-4S/10R each side Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 30-45 seconds between sets.



#### DAY 7: LEGS

## 1. LEG PRESS (PH1)

4S/3-5R Warm up sets: 2-3 sets in addition to working sets listed above

**Tempo:** 1:1:1:1 **Rest:** 2-3 minutes between sets

Note: PH1 indicates Phase 1 of the exercise. You will move on to Phase 2 of this exercise with a different rep range. This is not a superset. Feet should be lower on the platform and hip width apart. Knees should track over toes.

#### 2. LEG PRESS (PH2)

3S/6-8R Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 1-2 minutes between sets

Note: PH2 indicates Phase 2 of the exercise. You should be using a slightly lighter weight than you were using in Phase 1 above. This is not a superset.

### HEELS ELEVATED BARBELL SQUAT (PH1)

4S/6-8R **Warm up sets:** 1-2 sets in addition to working sets listed above

**Tempo:** 1:1:1:1 **Rest:** 2 minutes between sets

Note: PH1 indicates Phase 1 of the exercise. You will move on to Phase 2 of this exercise with a different rep range. This is not a superset. Your stance should be narrow or inside hip width.

#### 4. HEELS ELEVATED BARBELL SQUAT (PH2)

3S/8-10R Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 1-2 minutes between sets

Note: PH2 indicates Phase 2 of the exercise. You should be using a slightly lighter weight than you were using in Phase 1 above. This is not a superset. Your stance should be narrow or inside hip width.

#### 5. WEIGHTED STEP UPS

4S/6-8R each leg Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 1-2 minutes between sets *Note: The top of the box should be at mid shin height.* 

## DAY 7: LEGS

6A. SINGLE LEG EXTENSIONS (SUPERSET)

3S/8-10R each side Warm up sets: 0

Tempo: 1:1:1:1 Rest: 15-20 seconds between A to exercise B

6B. WALL SIT (SUPERSET)

3 sets for 1 minute each set Warm up sets: 0

**Tempo:** N/A **Rest:** 45 seconds to 1 minute after B then go back to A Note: Legs should be at a 90 degree angle. Rest weight on legs for difficulty.





#### ABOUT THE DELOAD WEEK:

A deload week is a period of time where you allow your body to catch up on recovery by reducing weight and/or volume during training sessions. A deload week is usually sandwiched between high intensity training phases. We encourage you to take a deload week immediately following this program. 12 weeks of high intensity strength training is taxing on the body and it is smart to give your body time to catch up and fully reset. We have included an outline for a deload week at the end of this program. As you follow the outline, cut the weight you use by 40-60% of your current working weight for each exercise (your last known working weight for each exercise).

\*USE 40-60% OF YOUR LAST KNOWN WORKING WEIGHT FOR EACH EXERCISE \*

#### **DAY 1: CHEST**

#### 1. BARBELL BENCH PRESS

3S/6-8R Warm up sets: 1-2 sets in addition to working sets listed above

**Tempo:** 1:1:1:1 **Rest:** 1-2 minutes between sets

### 2. DUMBBELL INCLINE BENCH CHEST PRESS

4S/6-8R Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 1-2 minutes between sets

Note: Set bench at a 45 degree angle..

## 3. MACHINE CHEST FLY

4S/8-10R Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 1minutes between sets

#### 4A. INCLINE BENCH DUMBBELL HEX PRESS (SUPERSET)

4S/8-10R Warm up sets: 0

Tempo: 1:1:1:1 Rest: 15-20 seconds between A to exercise B

Note: Set bench at a 45 degree angle

## DAY 1: CHEST

## 4B. CHEST FOCUSED DIPS (SUPERSET)

4S/8-10R Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 45 seconds- 1 minute after B then go back to A

Note: Modify with assisted dips.

#### DAY 2: BACK

1. BARBELL DEADLIFTS

3S/6-8R Warm up sets: 1-2 sets in addition to working sets listed above

**Tempo:** 1:1:1:1 **Rest:** 1-2 minutes between sets

2. LAT PULLDOWN

4S/6-8R Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 1-2 minutes between sets

3. CLOSE GRIP CABLE ROW

4S/6-8R Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 1-2 minutes between sets

4A. DUMBBELL HIGH ROW/BAT ROW (SUPERSET)

3S/8-10R Warm up sets: 0

Tempo: 1:1:1:1 Rest: 15-20 seconds between A to exercise B

4B. SEATED STRAIGHT ARM PULLDOWNS (SUPERSET)

3S/8-10R Warm up sets: 0

Tempo: 1:1:1:1 Rest: 45 seconds-1 minute after B then go back to A

Note: Use rope attachment.



## DAY 4: LEGS

1. BARBELL SQUATS

4S/6-8R **Warm up sets:** 1-2 sets in addition to working sets listed above

**Tempo:** 1:1:1:1 **Rest:** 1-2 minutes between sets

2. BARBELL SUMO DEADLIFT

3S/6-8R Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 1-2 minutes between sets

3. BARBELL HIP THRUSTER

4S/8-10R Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 1-2 minutes between sets

4A. LYING HAMSTRING CURLS (SUPERSET)

4S/8-10R Warm up sets: 0

Tempo: 1:1:1:1 Rest: 15-20 seconds between A to exercise B

4B. GLUTE HYPEREXTENSIONS (SUPERSET)

4S/8-10R Warm up sets: 0

Tempo: 1:1:1:1 Rest: 45 seconds-1 minute after B then go back to A

Note: Add weight for difficulty

## **DAY 5: SHOULDERS/ACCESSORIES**

1. SEATED DUMBBELL OVERHEAD PRESS

3S/6-8R Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 2 minutes between sets

2A. STANDING LATERAL RAISES (SUPERSET)

3S/8-10R Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 15-20 seconds between A to exercise B

2B. INCLINE BENCH SUPPORTED DUMBBELL Y RAISE (SUPERSET)

3S/8-10R Warm up sets: 0

Tempo: 1:1:1:1 Rest: 45 seconds to 1 minute after B then go back to A

3A. STANDING STRAIGHT BAR CURLS (SUPERSET)

3S/6-8R Warm up sets: 0

Tempo: 1:1:1:1 Rest: 15-20 seconds between A to exercise B

3B. LYING DUMBBELL SKULL CRUSHERS (SUPERSET)

3S/8-10R Warm up sets: 0

Tempo: 1:1:1:1 Rest: 45 seconds to 1 minute after B then go back to A

4. ABS: WEIGHTED PLANKS

3-4 sets for 1 minute each set Warm up sets:

Tempo: 1:1:1:1 Rest: 30-45 seconds between sets



## DAY 7: LEGS (OR IF NEEDED, TAKE AN ADDITIONAL REST DAY)

1. LEG PRESS

3S/6-8R Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 2 minutes between sets

2. HACK SQUAT OR BARBELL FRONT SQUAT

3S/8-10R Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 1-2 minutes between sets

3. BULGARIAN SPLIT SQUAT (QUAD FOCUSED)

4S/6-8R each leg Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 1-2 minutes between sets

4A. LEG EXTENSIONS (SUPERSET)

3S/8-10R Warm up sets: 0

**Tempo:** 1:1:1:1 **Rest:** 15-20 seconds between A to exercise B

4B. GOBLET SQUATS (SUPERSET)

3S/8-10R Warm up sets: 0

Tempo: 1:1:1:1 Rest: 45 seconds to 1 minute after B then go back to A



## WEEKS 1-4: DAY 1: CHEST

EXERCISES:	WEEK 1: weight(lbs)/reps-sets separated by commas	WEEK 2:	WEEK 3:	WEEK 4:
1. BARBELL BENCH PRESS (PH1) 4S/2-5R				
2. BARBELL BENCH PRESS (PH2) 3S/6-8R				
3. DUMBBELL INCLINE BENCH CHEST PRESS (PH1) 4S/3-5R				
4. DUMBBELL INCLINE BENCH CHEST PRESS (PH2) 3S/6-8R				
5. MACHINE CHEST FLY 5S/8-10R				
6A. INCLINE BENCH DUMBBELL HEX PRESS 3S/8-10R				
6B. CHEST FOCUSED DIPS 3S/8-10R [MODIFY WITH ASSISTED]				

## WEEKS 1-4: DAY 2: BACK

EXERCISES:	WEEK 1: weight(lbs)/reps-sets separated by commas	WEEK 2:	WEEK 3:	WEEK 4:
1. BARBELL DEADLIFTS (PH1) 4S/3-5R				
2. BARBELL DEADLIFTS (PH2) 3S/6-8R				
3. LAT PULLDOWNS (PH1) 4S/4-6R				
4. LAT PULLDOWN (PH2) 3S/6-8R				
5. CLOSE GRIP CABLE ROW 4S/6-8R				
6A. DUMBBELL HIGH ROW/BAT ROW 3S/8-10R				
6B. SEATED STRAIGHT ARM PULLDOWNS (CABLE- ROPE ATTACHMENT) 3S/8-10R				

WEEKS 1-4: DAY 3: REST

## WEEKS 1-4: DAY 4: LEGS

EXERCISES:	WEEK 1: weight(lbs)/reps-sets separated by commas	WEEK 2:	WEEK 3:	WEEK 4:
1. BARBELL SQUATS (PH1) 4S/2-5R				
2. BARBELL SQUATS (PH2) 3S/6-8R				
3. BARBELL SUMO DEADLIFT (PH1) 4S/4-6R				
4. BARBELL SUMO DEAD- LIFT (PH 2) 3S/6-8R				
5. BARBELL FLOOR GLU- TE BRIDGE 4S/8-10R				
6A. LYING HAMSTRING CURLS 3S/8-10R				
6B. HYPEREXTENSIONS 3S/8-10R				

## WEEKS 1-4: DAY 5: SHOULDERS/ACCESSORIES

EXERCISES:	WEEK 1:	WEEK 2:	WEEK 3:	WEEK 4:
EXERCISES.	weight(lbs)/reps-sets separated by commas	WEER Z.	WEEK 3.	WEER 4.
1. SEATED DUMBBELL OVERHEAD PRESS (PH1) 4S/3-5R				
2. SEATED DUMBBELL OVERHEAD PRESS (PH2) 3S/6-8R				
3A. STANDING LATERAL RAISES 3S/8-10R				
3B. INCLINE BENCH SUPPORTED DUMBBELL Y RAISE 3S/8-10R				
4A. STANDING STRAIGHT BAR CURLS 3S/6-8R				
4B. LYING DUMBBELL SKULL CRUSHERS 3S/8-10R				
5A. SEATED DUMBBELL ALTERNATING CURLS 3S/6-8R EACH SIDE				
5B. SEATED DUMBBELL OVERHEAD TRICEP EX- TENSIONS 3S/8-10R				
6. OPTIONAL ABS: WEIGHTED PLANKS 3-4S/1 MINUTE (OR FAILURE)				

WEEKS 1-4: DAY 6: REST

## WEEKS 1-4: DAY 7: LEGS

EXERCISES:	WEEK 1: weight(lbs)/reps-sets separated by commas	WEEK 2:	WEEK 3:	WEEK 4:
1. LEG PRESS (PH1) 4S/3-5R				
2. LEG PRESS (PH2) 3S/6-8R				
3. HACK SQUAT OR BARBELL FRONT SQUAT (PH1) 4S/4-6R				
4. HACK SQUAT OR BARBELL FRONT SQUAT (PH2) 3S/8-10R				
5. BULGARIAN SPLIT SQUAT (QUAD FOCUSED) 4S/6-8R EACH LEG				
6A. LEG EXTENSIONS 3S/8-10R				
6B. GOBLET SQUATS 3S/8-10R				



#### WEEKS 5-8: DAY 1: CHEST

EXERCISES:	WEEK 2: weight(lbs)/reps-sets separated by commas	WEEK 3:	WEEK 4:	WEEK 5:
1. BARBELL BENCH PRESS 4S/2-5R				
2. BARBELL INCLINE BENCH PRESS (PH1) 4S/3-5R				
3. BARBELL INCLINE BENCH PRESS (PH2) 3S/6-8R				
4. DUMBBELL DECLINE BENCH CHEST PRESS (PH2) 3S/6-8R				
5. DUMBBELL INCLINE BENCH CORKSCREW FLY 4S/8-10R				
6A. DUMBBELL HIGH INCLINE HEX PRESS 3S/8-10R				
6B. (WEIGHTED) PUSH UPS 3S/8-10R				

#### WEEKS 5-8: DAY 2: BACK

EXERCISES:	WEEK 1: weight(lbs)/reps-sets separated by commas	WEEK 2:	WEEK 3:	WEEK 4:
1. BARBELL DEADLIFTS 4S/3-5R				
2. BARBELL PENDLAY ROW (OR PRONATED GRIP BENT OVER ROW) (PH1) 4S/3-5R				
3. BARBELL PENDLAY ROW (OR PRONATED GRIP BENT OVER ROW) (PH2) 3S/6-8R				
4. MID GRIP LAT PULLDOWNS 4S/6-8R				
5. SINGLE ARM CABLE LAT ROW 3S/6-8R EACH SIDE				
6A. DUMBBELL PULLOVER 3S/8-10R				
6B. WEIGHTED BACK HYPEREXTENSIONS 3S/8-10R				

WEEKS 5-8: DAY 3: REST

WEEKS 5-8: DAY 4: LEGS

EXERCISES:	WEEK 1: weight(lbs)/reps-sets separated by commas	WEEK 2:	WEEK 3:	WEEK 4:
1. BARBELL BOX SQUATS (PH 1) 4S/2-5R				
2. BARBELL BOX SQUATS (PH 2) 3S/6-8R				
3. HIP THRUSTERS (PH1) 4S/4-6R				
4. HIP THRUSTERS (PH2) 3S/8-10R				
5. BARBELL WALKING LUNGES 5S/6-8R EACH LEG				
6A. DUMBBELL ROMA- NIAN DEADLIFTS 3S/8-10R				
6B. SEATED HAMSTRING CURLS 3S/8-10R				

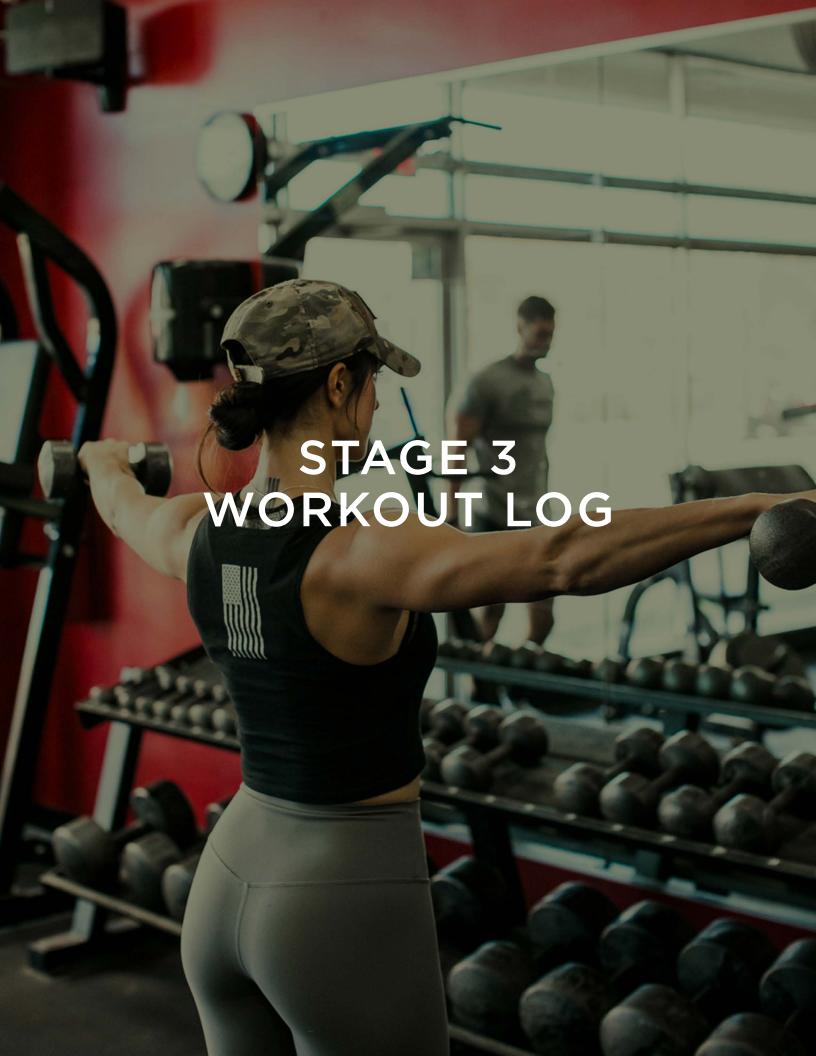
#### WEEKS 5-8: DAY 5: SHOULDERS/ACCESSORIES

EXERCISES:	WEEK 1: weight(lbs)/reps-sets separated by commas	WEEK 2:	WEEK 3:	WEEK 4:
1. BARBELL PUSH PRESS (PH1) 4S/4-6R				
2. BARBELL PUSH PRESS (PH2) 3S/6-8R				
3A. DUMBBELL SEATED ARNOLD PRESS 3S/6-8R				
3B. SEATED SINGLE ARM LATERAL RAISES 3S/6-8R				
4A. SEATED HAMMER CURLS 3S/6-8R				
4B. TRICEP FOCUSED DIPS (WEIGHTED OPTIONAL- ASSISTED IF NEEDED) 3S/6-8R				
5A. CONCENTRATION/ MACHINE PREACHER CURLS 3S/8-10R				
5B. CABLE ROPE TRICEP EXTENSIONS 3S/8-10R				
6. OPTIONAL ABS: HOLLOW HOLDS 3-4S/15R (3 SECOND HOLDS EACH REP)				

WEEKS 5-8: DAY 6: REST

WEEKS 5-8: DAY 7: LEGS

EXERCISES:	WEEK 1: weight(lbs)/reps-sets separated by commas	WEEK 2:	WEEK 3:	WEEK 4:
1. BACK SQUAT (PH1) 4S/4-6R				
2. BACK SQUAT (PH2) 3S/8-10R				
3. TRAP BAR DEADLIFTS (PH1) 4S/6-8R				
4. TRAP BAR DEADLIFTS (PH2) 35/8-10R				
5. SINGLE LEG PRESS 4S/6-8R EACH SIDE				
6A. DUMBBELL LEG EXTENSIONS 3S/8-10R				
6B. ADDUCTION MACHINE (OR COPENHA- GEN ADDUCTIONS) 3S/8-10R				



#### WEEKS 9-12: DAY 1: CHEST

EXERCISES:	WEEK 1: weight(lbs)/reps-sets separated by commas	WEEK 2:	WEEK 3:	WEEK 4:
1. BARBELL BENCH PRESS (PH1) 4S/2-5R				
2. BARBELL BENCH PRESS (PH2) 3S/6-8R				
3. DUMBBELL INCLINE BENCH CHEST PRESS (PH 1) 4S/4-6R				
4. DUMBBELL INCLINE BENCH CHEST PRESS (PH 2) 3S/6-8R				
5. DUMBBELL HIGH INCLINE NEUTRAL GRIP CHEST PRESS 4S/6-8R				
6A. STANDING CABLE CHEST FLY 3S/8-10R				
6B. DUMBBELL DECLINE BENCH HEX PRESS 3S/8-10R				

#### WEEKS 9-12: DAY 2: BACK

EXERCISES:	WEEK 1: weight(lbs)/reps-sets separated by commas	WEEK 2:	WEEK 3:	WEEK 4:
1. DEADLIFTS (PH1) 4S/3-5R				
2. DEADLIFTS (PH2) 3S/6-8R				
3. DUMBBELL SINGLE ARM ROW (PH1) 4S/4-6R EACH SIDE				
4. DUMBBELL SINGLE ARM ROW (PH2) 3S/6-8R EACH SIDE				
5. CLOSE GRIP PULLDOWN (PH2) 4S/8-10R				
6A. STANDING STRAIGHT ARM PULLDOWN (CABLE STRAIGHT BAR) 3S/8-10R				
6B. REVERSE FLY MACHINE 3S/8-10R				

WEEKS 9-12: DAY 3: REST

#### **WEEKS 9-12: DAY 4: LEGS**

EXERCISES:	WEEK 1: weight(lbs)/reps-sets separated by commas	WEEK 2:	WEEK 3:	WEEK 4:
1. BARBELL SQUAT (PH1) 4S/2-5R				
2. BARBELL SQUAT (PH2) 3S/6-8R				
3. BARBELL ROMANIAN DEADLIFT (PH1) 4S/6-8R				
4. BARBELL ROMANIAN DEADLIFT (PH2) 3S/8-10R				
5. DUMBBELL WEIGHTED REVERSE LUNGES 4S/6-8R EACH LEG				
6A. KETTLEBELL DEFICIT SUMO SQUAT 3S/8-10R				
6B. ABDUCTIONS 3S/8-10R				

#### WEEKS 9-12: DAY 5: SHOULDERS/ACCESSORIES

EXERCISES:	WEEK 1: weight(lbs)/reps-sets separated by commas	WEEK 2:	WEEK 3:	WEEK 4:
1. SEATED DUMBBELL OVERHEAD PRESS (PH1) 4S/2-5R				
2. SEATED DUMBBELL OVERHEAD PRESS: (PH2) 3S/6-8R				
3A. STANDING SCAPTION RAISE 3S/8-10R				
3B. SEATED CABLE REAR DELT ROW (DOUBLE CABLE PULLEY OR STRAIGHT BAR-PRONAT- ED GRIP) 3S/8-10R				
4A. STRAIGHT BAR CABLE CURLS 3S/8-10R				
4B. TATE PRESS 3S/8-10R				
5A. STANDING STRAIGHT BAR CURLS 3S/6-8R				
5B. DIAMOND PUSH UPS (WEIGHTED- OPTION- AL. MODIFY ON KNEES) 3S/8-10R				
6. OPTIONAL ABS: DEAD BUG 3-4S/10R EACH SIDE (OPTIONAL WEIGHTED)				

WEEKS 9-12: DAY 6: REST

#### WEEKS 9-12: DAY 7: LEGS

EXERCISES:	WEEK 1: weight(lbs)/reps-sets separated by commas	WEEK 2:	WEEK 3:	WEEK 4:
1. LEG PRESS (PH1) 4S/3-5R				
2. LEG PRESS (PH2) 3S/6-8R				
3. HEELS ELEVATED (NARROW/INSIDE HIP WIDTH STANCE) BARBELL SQUAT (PH1) 4S/6-8R				
4. HEELS ELEVATED (NARROW/INSIDE HIP WIDTH STANCE) BARBELL SQUAT (PH2) 3S/8-10R				
5. WEIGHTED STEP UPS 4S/6-8R EACH LEG				
6A. SINGLE LEG EXTENSIONS 3S/8-10R EACH SIDE				
6B. WEIGHTED WALL SIT 3S/1MINUTE				

Thank you for your dedication and hard work over the last 12 weeks. Congratulations on finishing the Sweeney Fitness Strength program

