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88	ACC

Week 1, Day 1/2	Week 1, Day 2/2	Week 1, Day 1/1
BACK SQUAT 55/5, 65/5 (8)	<b>BENCH PRESS</b> 55/5, 65/5 (8)	<b>BENCH PRESS</b> 55/5, 65/5 (8)
Rest 1:30 b/t sets. Last set (the eight set) is for 5 or more reps, maxing out, keeping 1-2 reps in the tank.	Rest 1:30 b/t sets. Last set (the eight set) is for 5 or more reps, maxing out, keeping 1-2 reps in the tank.	Rest 1:30 b/t sets. Last set (the eight set) is for 5 or more reps, maxing out, keeping 1-2 reps in the tank.
<b>PUSH PRESS</b> 60/5 (10)	<b>DEADLIFT</b> 55/5, 65/5 (8)	BACK SQUAT 55/5, 65/5 (8)
Rest 1:00 b/t sets. Last set is for more- than-5 reps, trying to set a maximum keeping 2-3 reps in the tank.	Rest 1:30 b/t sets. Last set (the eight set) is for 5 or more reps, maxing out, keeping 1-2 reps in the tank.	Rest 1:30 b/t sets. Last set (the eight set) is for 5 or more reps, maxing out, keeping 1-2 reps in the tank.
ACCESSORIES	ACCESSORIES	ACCESSORIES
5 sets:	box jump + depth drop 5x5	box jump + depth drop 5x5
pullups 8+	good am 5x12+	good am 5x12+
dips 10+	DB/KB sumo deadlift 5x15	DB/KB sumo deadlift 5x15
hip extension 15+	banded good am 5x30+	banded good am 5x30+
GHDSU 20	GHDSU hold 5x:20+	GHDSU hold 5x:20+
STRETCH	STRETCH	STRETCH
chair stretch 3:00 total/side	middle splits 5:00 accumulated time	middle splits 5:00 accumulated time

10s INT

Week 2, Day 1/2	Week 2, Day 2/2	Week 2, Day 1/1
<b>BACK SQUAT</b> 50/5, 60/5, 67.5/5 (10)	<b>BENCH PRESS</b> 50/5, 60/5, 67.5/5 (10)	<b>BENCH PRESS</b> 50/5, 60/5, 67.5/5 (10)
Rest 1:00 b/t sets. The last set (the tenth set) of 5 is for max reps, keeping 2-3 in the tank.	Rest 1:00 b/t sets. The last set (the tenth set) of 5 is for max reps, keeping 2-3 in the tank.	Rest 1:00 b/t sets. The last set (the tenth set) of 5 is for max reps, keeping 2-3 in the tank.
PUSH PRESS	DEADLIFT	BACK SQUAT
50/5, 60/5, 70/3, 80/3, 90/3+	50/5, 60/5, 67.5/5 (10)	50/5, 60/5, 70/3, 80/3, 90/3+
Rest at least 2:00 b/t sets. The last set is for absolute max (3 or more) reps.	Rest 1:00 b/t sets. The last set (the tenth set) of 5 is for max reps, keeping 2-3 in the tank.	Rest at least 2:00 b/t sets. The last set is for absolute max (3 or more) reps.
ACCESSORIES		ACCESSORIES
pullups 4x8+	ACCESSORIES	Dimel deadlift 4x12
dips 4x10+	Dimel deadlift 4x12	RDL 4x12
kettlebell swings 4x20	RDL 4x12	Sumo deadlift 4x12
weighted situps 4x20	Sumo deadlift 4x12	forearm plank 4x:45
STRETCH	forearm plank 4x:45	STRETCH
chair stretch 3:00 total/side	STRETCH	
Chair Stretch 3.00 total/side	middle splits 5:00 accumulated time	middle splits 5:00 accumulated time

10s REAL

Day 1/2	Day 2/2	Day 1/1
BACK SQUAT	BENCH PRESS	BENCH PRESS
50/5, 60/5, 70/5, 75/5 (10)	50/5, 60/5, 70/5, 75/5 (10)	50/5, 60/5, 70/5, 75/5 (10)
Rest 1:00 b/t sets. The last set (the tenth	Rest 1:00 b/t sets. The last set (the tenth	Rest 1:00 b/t sets. The last set (the tenth
set) of 5 is for <i>absolute</i> max reps, keeping nothing in the tank.	set) of 5 is for <i>absolute</i> max reps, keeping nothing in the tank.	set) of 5 is for <i>absolute</i> max reps, keeping nothing in the tank.
PUSH PRESS	DEADLIFT	BACK SQUAT
50/5, 65/5, 75/5, 85/3, 95/1+	50/5, 60/5, 70/5, 75/5 (10)	50/5, 65/5, 75/5, 85/3, 95/1+
Rest at least 2:00 b/t sets. The last set is	Rest 1:00 b/t sets. The last set (the tenth	Rest at least 2:00 b/t sets. The last set is
for absolute max (1 or more) reps.	set) of 5 is for <i>absolute</i> max reps, keeping nothing in the tank.	for absolute max (1 or more) reps.
ACCESSORIES		ACCESSORIES
pullups 3x8+	ACCESSORIES	Dimel deadlift 3x12
dips 3x10+	Dimel deadlift 3x12	RDL 3x12
kettlebell swings 3x20	RDL 3x12	Sumo deadlift 3x12
weighted situps 3x20	Sumo deadlift 3x12	forearm plank 3x1:00
OTRETOU	forearm plank 3x1:00	OTDETOU
STRETCH	OTDETOLI	STRETCH
chair stretch 3:00 total/side	STRETCH	middle splits 5:00 accumulated time
	middle splits 5:00 accumulated time	

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Day 1/2	Day 2/2	Day 1/1
BACK SQUAT	BENCH PRESS	BENCH PRESS
50/5, 60/5, 70/3, 75/3, 80/1, 85/1,	50/5, 60/5, 70/3, 75/3, 80/1, 85/1,	50/5, 60/5, 70/3, 75/3, 80/1, 85/1,
90/1, 94/1, 98/1, 101/1, etc.	90/1, 94/1, 98/1, 101/1, etc.	90/1, 94/1, 98/1, 101/1, etc.
Rest as needed between sets.	Rest as needed between sets.	Rest as needed between sets.
PUSH PRESS	DEADLIFT	BACK SQUAT
50/5, 60/5, 70/3, 75/3, 80/1, 85/1,	50/5, 60/5, 70/3, 75/3, 80/1, 85/1,	50/5, 60/5, 70/3, 75/3, 80/1, 85/1,
90/1, 94/1, 98/1, 101/1, etc.	90/1, 94/1, 98/1, 101/1, etc.	90/1, 94/1, 98/1, 101/1, etc.
Rest as needed between sets.	Rest as needed between sets.	Rest as needed between sets.
ACCESSORIES	ACCESSORIES	ACCESSORIES
pullups 3x8+	Dimel deadlift 3x12	Dimel deadlift 3x12
dips 3x10+	RDL 3x12	RDL 3x12
kettlebell swings 3x20	Sumo deadlift 3x12	Sumo deadlift 3x12
weighted situps 3x20	forearm plank 3x1:00	forearm plank 3x1:00
STRETCH	STRETCH	STRETCH
chair stretch 3:00 total/side	middle splits 5:00 accumulated time	middle splits 5:00 accumulated time