

Program Templates

One Rep Max	Lower Pull, Upper Push						
	REST	Tempo			1st Week 1RM	11th Week 1RM	Date
		E	I	C			
Deadlifts/Rack Pulls	02:00	2	1	x			
Push Press	02:00	4	1	x			
Stiff Legged Deadlifts	02:00	4	1	x			
Incline Chest Press	02:00	4	1	x			
Single Leg Deadlift	02:00	4	1	x			
Dips	02:00	4	1	x			
Hamstring Curl/Lying/Standing	02:00	4	1	x			

One Rep Max	Lower Push, Upper Pull						
	REST	Tempo			Baseline	10 Week 1RM	Date
		E	I	C			
Pull - Ups	02:00	4	1	x			
Front Squats	02:00	4	1	x			
T Bar Row	02:00	4	1	x			
Reverse Lunges	02:00	4	1	x			
Lat Pulldown	02:00	4	1	x			
Leg Extension	02:00	4	1	x			

Strength Lower														
	SETS	REPS	Tempo	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	REST
			E I C											
Barbell Front Squat	6	4	4 1 x											03:00
Deadlift/Rack Pull	6	4	2 1 x											03:00
Stiff Legged Deadlift	6	4	4 1 x											03:00
SS1 Reverse Barbell Lunges	4	10 to 12	2 1 x											*****
SS1 Reverse Hyperextensions	4	10 to 12	1 3 x											01:30

Size Upper														
	SETS	REPS	Tempo	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	REST
			E I C											
Underhand Grip Lean Away Pull Ups	3	4 to 6	3 3 x											02:00
Decline Close Grip Bench	2	8 to 12	3 1 x											01:30
Inverted Row	2	Failure	3 3 x											01:30
SS1 Chest Pullovers	2	6 to 8	3 1 x											*****
SS1 Incline Dumbbell Flye w/ith Rotation	2	12	3 1 x											01:30
SS2 Seated Overhead Press	2	6 to 8	3 1 x											*****
SS2 Lateral Raises	2	15+	3 1 x											01:30
SS3 Close Grip Standing Barbell Curl	2	8	3 3 x											*****
SS3 Single Arm Rope Pulldowns	2	8	3 3 x											01:00
Back Extensions	4	15+	6 3 2											
SS4 Hanging Knee Raises	4	10	4 1 x	B/W										*****
SS4 Russian Twists	4	10 each side	4 1 x											01:00

Cardio														
Apparatus	Duration	Level	Warm Up	ON					OFF					
Mesomorph & Endomorphs														
Spin Bike/Cross Trainer	25	Med/High	03:00	Heart Rate = Over 150					Heart Rate = Under 130					
Ectomorphs														
Sprints on Road or Stairs	20	n/a	01:00	Sprint Up					Walk Down					

Strength Upper														
	SETS	REPS	Tempo	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	REST
			E I C											
Push Press	5	4	4 1 x											03:00
T Bar Row	5	4	4 1 x											03:00
Wide Grip Pull Ups	5	4	4 1 x											03:00
Incline Chest Press	5	4	4 1 x											03:00
SS1 Lat Pulldown	4	4	4 1 x											*****
SS1 Dips	4	4	4 1 x											03:00
Back Extensions	4	15	6 3 2											01:00

Size Lower														
	SETS	REPS	Tempo	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	REST
			E I C											
Seated Goblet Squat	2	6 to 8	3 1 x											01:30
Stiff Leg Deadlift	2	6 to 8	3 1 x											01:30
Hip Thrusts	2	6 to 8	3 3 x											01:30
Glute Ham Raise	2	12 to 15	3 1 x											01:00
SS1 Single Leg Presses	2	6 to 8	3 1 x											*****
SS1 Single Leg Deadlift	2	6 to 8	3 1 x											01:00
SS2 Standing Calf Raise	4	8	3 3 x											*****
SS2 Calf Raises (Bodyweight)	4	20+	3 3 x	B/W										00:45
SS3 Hanging Knee Raises	4	10	4 1 x	B/W										*****
SS3 Russian Twists	4	10 each side	4 1 x											01:00

Metabolic Conditioning for Endomorphs & Mesomorphs															
	SETS	REPS	Tempo	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	REST	
			E I C												
Bodyweight Seated Squats	3	20	n/a						B/W					*****	
Hammer & Tyre/ Med Ball Smashes		01:00							n/a					*****	
Jumping Lunges		01:00								B/W					*****
Kettlebell Swings		15 both sides								Med/High					*****
Burpees		15								B/W					*****
Battle Ropes		01:00								B/W					03:00