

Wk	DAY	EXERCISE	NOTES	SETS	REPS	WEIGHTS
Week 1	Max Day	Max Effor Bench	Start with high reps with bar and 135 then sets of 2 every 30-50lbs. -minimal/no warmup all excercises after this.	6	2	355
		Lockouts off Pins (5-6" range motion)	Hold for 5 seconds at lockout for each rep. If this is super easy or super hard adjust the lockout height but stay with same height every week once set. Rough starting weight given - will increase 20-30lbs each week.	3	5	455
		DB Military Press	I like to add a band from the floor to the DB to make it more exciting	4	8-12	
		Skull Crushers		3	8-12	
	Speed/ Rep Day	Speed/Rep Bench	3 sets to failure with 90 sec rest between sets. Done explosivly as possible	3	max	225
		Overhead tricep Ext	Cable or Band...I prefer a band hooked to the top of a rack.	4	25	light but get some good blood flow/pump
Face Pulls			4	8-12		
Week 2	Max Day	Max Effor Bench	Start with high reps with bar and 135 then sets of 3 every 30-50lbs. -minimal/no warmup all excercises after this.	6	3	355
		Lockouts off Pins (5-6" range motion)	Hold for 5 seconds at lockout for each rep. If this is super easy or super hard adjust the lockout height but stay with same height every week once set. Rough starting weight given - will increase 20-30lbs each week.	3	5	485
		DB Military Press	I like to add a band from the floor to the DB to make it more exciting	4	8-12	
		Skull Crushers		3	8-12	
	Speed/ Rep Day	Speed/Rep Bench	3 sets to failure with 90 sec rest between sets. Done explosivly as possible	3	max	225
		Overhead tricep Ext	Cable or Band...I prefer a band hooked to the top of a rack.	4	25	light but get some good blood flow/pump
Face Pulls			4	8-12		
Week 3	Max Day	Max Effor Bench	Start with high reps with bar and 135 then sets of 4 every 40-60lbs. -minimal/no warmup all excercises after this.	6	4	355
		Lockouts off Pins (5-6" range motion)	Hold for 5 seconds at lockout for each rep. If this is super easy or super hard adjust the lockout height but stay with same height every week once set. Rough starting weight given - will increase 20-30lbs each week.	3	5	515
		DB Military Press	I like to add a band from the floor to the DB to make it more exciting	4	8-12	
		Skull Crushers		3	8-12	
	Speed/ Rep Day	Speed/Rep Bench	3 sets to failure with 90 sec rest between sets. Done explosivly as possible	3	max	225
		Overhead tricep Ext	Cable or Band...I prefer a band hooked to the top of a rack.	4	25	light but get some good blood flow/pump
Face Pulls			4	8-12		
Week 4	Max Day	Max Effor Bench	Start with high reps with bar and 135 then sets of 5 every 50-70lbs. -minimal/no warmup all excercises after this.	6	5	355
		Lockouts off Pins (5-6" range motion)	Hold for 5 seconds at lockout for each rep. If this is super easy or super hard adjust the lockout height but stay with same height every week once set. Rough starting weight given - will increase 20-30lbs each week.	3	5	545
		DB Military Press	I like to add a band from the floor to the DB to make it more exciting	4	8-12	
		Skull Crushers		3	8-12	

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	Speed/ Rep Day	Speed/Rep Bench	3 sets to failure with 90 sec rest between sets. Done explosivly as possible	3		185 and mimic sets/reps done last week/225
		Overhead tricep Ext	Cable or Band...I prefer a band hooked to the top of a rack.	4	25	light but get some good blood flow/pump
		Face Pulls		4	8-12	
Week 5	Max Day	Max Effor Bench	Start with high reps with bar and 135 then sets of 6 every 60-80lbs. -minimal/no warmup all excercises after this.	6	6	355
		Lockouts off Pins (5-6" range motion)	Hold for 5 seconds at lockout for each rep. If this is super easy or super hard adjust the lockout height but stay with same height every week once set. Rough starting weight given - will increase 20-30lbs each week.	3	5	MAX out
		DB Military Press	I like to add a band from the floor to the DB to make it more exciting	4	8-12	
		Skull Crushers		3	8-12	
	Speed/ Rep Day	Speed/Rep Bench	3 sets to failure with 90 sec rest between sets. Done explosivly as possible	3	max	225
		Overhead tricep Ext	Cable or Band...I prefer a band hooked to the top of a rack.	4	25	light but get some good blood flow/pump
		Face Pulls		4	8-12	
Week 6	Max Day	2 Board Press	Start with high reps with bar and 135 then add Boards at 315 and do sets of 3 every 30-50lbs. (keep it light this week! And just feel out exercise) -minimal/no warmup all excercises after this.	1	3	445
		5 board press	Rep these out and pick a weight you can increase by 20-30lbs every week for couple weeks. (keep it light this week! And just feel out exercise)	2	5	495
		DB Front Raises	I like to add a band from the floor to the DB to make it more exciting	4	8-12	
		Tricep Pressdowns	Add a band doubled over from top of pulley machine and down to bar if you can	3	8-12	
	Speed/ Rep Day	Speed/Rep Bench	3 sets to failure with 90 sec rest between sets. Done explosivly as possible	3	max	225
		Overhead tricep Ext	Cable or Band...I prefer a band hooked to the top of a rack.	4	25	light but get some good blood flow/pump
		Face Pulls		4	8-12	
DB Side laterals		keep elbows locked but rotate them up and thumbs down at the top. (use a KB in extended position if u have them)	4	8-12		
Week 7	Max Day	2 Board Press	Start with high reps with bar and 135 then add Boards at 315 and do sets of 3 every 30-50lbs. -minimal/no warmup all excercises after this.	1	3	465
		5 board press	Rep these out and pick a weight you can increase by 20-30lbs every week for couple weeks.	2	5	515
		DB Front Raises	I like to add a band from the floor to the DB to make it more exciting	4	8-12	
		Tricep Pressdowns	Add a band doubled over from top of pulley machine and down to bar if you can	3	8-12	

Wk	DAY	EXERCISE	NOTES	SETS	REPS	WEIGHTS	
Week 7	Speed/ Rep Day	Speed/Rep Bench	6 sets 2 reps with 45 sec rest	6	2	315	
		Overhead tricep Ext	Cable or Band...I prefer a band hooked to the top of a rack.	4	25	light but get some good blood flow/pump	
		Face Pulls		4	8-12		
		DB Side laterals	keep elbows locked but rotate them up and thumbs down at the top. (use a KB in extended position if u have them)	4	8-12		
Week 8	Max Day	2 Board Press	Start with high reps with bar and 135 then add Boards at 315 and do sets of 3 every 30-50lbs. -minimal/no warmup all excercises after this.	1	3	505	
		5 board press	Rep these out and pick a weight you can increase by 20-30lbs every week for couple weeks.	2	5	545	
		DB Front Raises	I like to add a band from the floor to the DB to make it more exciting	4	8-12		
		Tricep Pressdowns	Add a band doubled over from top of pulley machine and down to bar if you can	3	8-12		
	Speed/ Rep Day	Speed/Rep Bench	6 sets 2 reps with 45 sec rest	6	2	275	
		Overhead tricep Ext	Cable or Band...I prefer a band hooked to the top of a rack.	4	25	light but get some good blood flow/pump	
		Face Pulls		4	8-12		
		DB Side laterals	keep elbows locked but rotate them up and thumbs down at the top. (use a KB in extended position if u have them)	4	8-12		
Week 9	Max Day	Speed/Rep Bench	3 sets to failure with 90 sec rest between sets. Done explosivly as possible	3		185 and mimic sets/reps done last week/225	
		DB Front Raises	I like to add a band from the floor to the DB to make it more exciting	4	8-12		
		Tricep Pressdowns	Add a band doubled over from top of pulley machine and down to bar if you can	3	8-12		
	Speed/ Rep Day	Speed/Rep Bench	6 sets 2 reps with 45 sec rest	6	2	225	
		Face Pulls		4	8-12		
Week 10	Max Day	MAX OUT	Go for max Bench!		1	1	500