

Pair	Sets -- Reps	Exercise	2--15					2--10					2--5					Negs						
			Inc	1	2	3	4	5	6	Inc	1	2	3	4	5	6	Inc		1	2	3	4	5	6
A		Squats	20	125	145	165	185	205	225	20	165	175	195	215	235	255	20	195	195	215	235	255	275	2
B		Stiff Leg Deadlift	10	50	60	70	80	90	100	10	70	80	90	100	110	120	10	110	110	115	125	135	145	2
A		close grip bench (false grip should wide)	10	105	115	125	135	145	155	10	125	135	145	155	165	175	10	160	160	170	180	190	200	2
B		V-grip pull-up (palms facing inward)	2.5	5	5	7.5	7.5	10	12.5	2.5	10	10	12.5	15	17.5	20	2.5	15	17.5	22.5	25	27.5	30	2
A		Incline bench	10	95	105	115	125	135	145	10	130	130	140	150	160	170	10	150	160	160	170	180	190	2
B		Underhand bent rows (45 waist angle)	10	95	105	115	125	135	145	10	135	145	155	165	175	185	10	165	165	175	185	195	205	2
A		tricep rope extensions	5	20	20	25	30	35	40	5	30	35	40	45	50	50	5	45	45	50	55	60	65	2
B		barbell curl	5	45	50	55	60	65	70	5	55	60	65	70	75	80	5	70	70	75	80	85	90	2
A		shoulder press (even w/ eyes)	10	55	65	75	85	95	105	10	80	80	90	100	110	120	10	95	95	105	115	125	135	2
B		shrugs	10	135	145	155	165	175	185	20	175	185	185	195	215	235	20	195	195	215	235	255	275	2
A		Standing calf raises	10	150	160	170	180	190	200	10	175	185	195	205	215	225	10	200	210	220	230	240	250	2*5's
B		abs -- cable crunches	10	25	35	45	55	65	75	10	45	45	50	60	70	80	10	50	50	60	70	80	90	2
A		lateral raises	2.5	7.5	10	12.5	12.5	15	15	2.5	12.5	12.5	15	15	17.5	20	2.5	15	17.5	20	20	22.5	25	2*5's
A		Incline rear lateral raises (45 degree)	2.5	7.5	10	12.5	12.5	15	15	2.5	12.5	12.5	15	15	17.5	20	2.5	15	17.5	20	20	22.5	25	2*5's

Warm-up = 5 - 8 min light cardio +
 15s don't really require warm-ups.
 10s - 1 set 5 reps @ 70% of working wt
 5s - 1 set 5 reps @ 50% of working wt

Rest btn sets if not Supersetting Pair
 15's (90sec) * 10's (2 min) * 5's (2-5 min)

If weight to heavy on Rep Max weight
 10's -- 3 sets -- 10, 5, 5 = 20 Reps
 5's -- 4 -6 sets 5, 5, 4, 3, 2, 1 = 20 Reps

Calves everyday during 15's

Standard Schedule						
M	T	W	TH	F	S	Sun
All	off	All	off	All	off	Off

Antagonizing Movements						
M	T	W	TH	F	S	Sun
A	B	A	B	A	B	Off

Cardio Training
 20 min twice a day on off day
 or 15 min moderate post w/o if 6 days a week
 or fasted AM - 10g BCAA 15 min prior - 30 min 65% Max HR

Everyday Body Split						
M	T	W	TH	F	S	Sun
Upp	Low	Upp	Low	Upp	Low	off

10 AM/ 6:30 PM Body Split						
M	T	W	TH	F	S	Sun
Upp	off	Upp	off	Upp	off	off
Low		Low		Low		

Upper	Lower
Close Grip Bench	Squat
Pull-up	Leg Curl
Incline Bench	Calf
Bent Row	Ab
Tri Ext	
Barbell Curl	
Should Pres	
Shrugs	
Lat Raise	
Incline Rear Lat Raise	

Schedule Protocol	
weeks 1-8	Antagonizing Schedule
weeks 9-10	SD
weeks 11-18	Everyday Body Split
weeks 19-20	SD
weeks 21-28	Standard