

	1 Rep Max	Training Max
Bench Press	42.5	39
Deadlift	105.9	96
Overhead Press	34.8	32
Squat	74.1	67

	Movement	Week 1		Week 2		Week 3		Week 4 (de-load)	
		Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps
Monday	Squat	44 kg	5	47 kg	3	51 kg	5	27 kg	5
Gym	Squat	51 kg	5	54 kg	3	57 kg	3	34 kg	5
	Squat	57 kg	5 (+)	61 kg	3 (+)	64 kg	1 (+)	41 kg	5
	Deadlift	63 kg	5	68 kg	3	72 kg	5	39 kg	5
	Deadlift	72 kg	5	77 kg	3	82 kg	3	48 kg	5
	Deadlift	82 kg	5 (+)	87 kg	3 (+)	92 kg	1 (+)	58 kg	5
	Accessory Movements, every week								
	C Triceps Overhead Extension		3 sets						
	Assisted Pull-ups		3 sets						
	Leg Curl		3 sets						
	Reverse Sit-up		3 sets						
	Cardio, every week								
	5K, intervals								
Tuesday	Overhead Press	21 kg	5	23 kg	3	24 kg	5	13 kg	5
Home	Overhead Press	24 kg	5	26 kg	3	28 kg	3	16 kg	5
	Overhead Press	28 kg	5 (+)	29 kg	3 (+)	31 kg	1 (+)	20 kg	5
	Accessory Movements, every week								
	DB One-Arm Row		3 sets						
	DB Floor Press		3 sets						
	Two-Arm Biceps Curl		3 sets						
	DB Triceps Overhead Extension		3 sets						
Wednesday	Cardio, every week								
Home	5K, intervals								
Thursday	Bench Press	26 kg	5	28 kg	3	30 kg	5	16 kg	5
Gym	Bench Press	30 kg	5	32 kg	3	34 kg	3	20 kg	5
	Bench Press	34 kg	5 (+)	36 kg	3 (+)	38 kg	1 (+)	24 kg	5
	Squat	44 kg	5	47 kg	3	51 kg	5	27 kg	5
	Squat	51 kg	5	54 kg	3	57 kg	3	34 kg	5
	Squat	57 kg	5 (+)	61 kg	3 (+)	64 kg	1 (+)	41 kg	5
	Accessory Movements, every week								
	Pull-down		3 sets						
	C Reverse Fly		3 sets						
	C Lateral Raise		3 sets						
	C Triceps Push-down		3 sets						
Friday	Overhead Press	21 kg	5	23 kg	3	24 kg	5	13 kg	5
Home	Overhead Press	24 kg	5	26 kg	3	28 kg	3	16 kg	5
	Overhead Press	28 kg	5 (+)	29 kg	3 (+)	31 kg	1 (+)	20 kg	5
	Accessory Movements, every week								
	DB Reverse Fly		3 sets						
	Concentration Curl		3 sets						
	DB Lateral Raise		3 sets						
	Plank		3 sets						
	Russian Twist		3 sets						
Saturday	Deadlift	63 kg	5	68 kg	3	72 kg	5	39 kg	5
Gym	Deadlift	72 kg	5	77 kg	3	82 kg	3	48 kg	5
	Deadlift	82 kg	5 (+)	87 kg	3 (+)	92 kg	1 (+)	58 kg	5
	Bench Press	26 kg	5	28 kg	3	30 kg	5	16 kg	5
	Bench Press	30 kg	5	32 kg	3	34 kg	3	20 kg	5
	Bench Press	34 kg	5 (+)	36 kg	3 (+)	38 kg	1 (+)	24 kg	5
	Accessory Movements, every week								
	Assisted Pull-ups		3 sets						
	Pull-over		3 sets						
	C Lateral Raise		3 sets						
	C Triceps Push-down		3 sets						
	C Chest Press		3 sets						
	BB Biceps Curl		3 sets						
	Cardio, every week								
	5K, no intervals								
	Get bubble tea and a veggie sandwich!								
Sunday	Rest								