

5.3.1 Strength Phase

Work Out 1	Week 1	Week 2	Week 3	Week 4	Week 5
Body Weight 1					
Jump Rope/Ground MP					
Flat Bench	5	5	5	5	5
	5	5	5	5	5
	3	3	3	5	3
	5	3	5	15	5
	5	3	3		3
	5	3	1		1
	5	3	1		1
	15	15	3		3
			5+		5+
Incline DB	10	10	10	10	10
	8	8	8	8	8
	6	6	6	6	6
	10	10	10	10	10
	15	15	15	15	15
Flys Champagnes Plate Press Wide Dips	5x10				
Press	5	5	5	5	5
	5	5	5	5	5
	3	3	3	5	3
	5	3	5	15	5
	5	3	3		3
	5	3	1		1
	5	3	1		1
	15	15	3		3
			5+		5+
NG Press	10	10	10	10	10
	8	8	8	8	8
	6	6	6	6	6
	10	10	10	10	10
	15	15	15	15	15
Rear Row Lat Raises Rear Fly Face Pulls Shrugs	5x10				
Core:	3x10				
Work Out 2					
Body Weight 2					
Jump Rope/Ground MP					
Deads	5	5	5	5	5
	5	5	5	5	5
	3	3	3	5	3
	5	3	5	15	5
	5	3	3		3
	5	3	1		1
	5	3	1		1
	15	15	3		3
			5+		5+
RDL's	10	10	10	10	10
	8	8	8	8	8
	6	6	6	6	6
	10	10	10	10	10
	15	15	15	15	15
Good Mornings Glute Ham Ham Curls Hip Thrust	5x10				
Core:	3x10				
Work Out 3					
Body Weight 3					
Jump Rope/Ground MP	10	10	10	10	10
Wt'd Pullups	5	5	5	5	5
	5	5	5	5	5
	3	3	3	5	3
	5	3	5	15	5
	5	3	3		3
	5	3	1		1
	5	3	1		1
	15	15	3		3
			5+		5+
Seated Row	10	10	10	10	10
	8	8	8	8	8
	6	6	6	6	6
	10	10	10	10	10
	15	15	15	15	15
Batwings Facepulls Chest Supported Row R. Grip Bentrow	5x10				
Core:	3x10				
Work Out 4					
Body Weight 4					
Jump Rope/Ground MP	10	10	10	10	10
Back Squat	5	5	5	5	5
	5	5	5	5	5
	3	3	3	5	3
	5	3	5	15	5
	5	3	3		3
	5	3	1		1
	5	3	1		1
	15	15	3		3
			5+		5+
Leg Press	10	10	10	10	10
	8	8	8	8	8
	6	6	6	6	6
	10	10	10	10	10
	15	15	15	15	15
Lunges Leg Ext. SI Squats Calf Raises	5x10				
Core:	3x10				