

**Day 1: Monday (Hypertrophy)**

Exercise (12 RM Loads)	Set #1	Set #2	Set #3
<b>Squat (high bar, close stance)</b> 3 sets of 12 reps, 60 seconds rest			
<b>Bench Press</b> 3 sets of 12 reps, 60 seconds rest			
<b>Conventional Deadlifts</b> 3 sets of 12 reps, 60 seconds rest			
<b>Weighted Pull Ups/Dips (superset)</b> 3 sets of 12 reps, 60 seconds rest			
<b>Overhand Bent Over Row</b> 3 sets of 12 reps, 60 seconds rest			
<b>Dumbbell Shoulder Press</b> 3 sets of 12 reps, 60 seconds rest			
<b>Barbell Curls/Tricep Ext. (superset)</b> 3 sets of 12 reps, 60 seconds rest			

**Day 2: Wednesday (Power)**

Exercise (40% of 1RM)	Set #1	Set #2	Set #3	Set #4	Set #5
<b>Squat (high bar, close stance)</b> 5 sets of 5 reps, 3 minutes rest					
<b>Bench Press</b> 5 sets of 5 reps, 3 minutes rest					
<b>Conventional Deadlifts</b> 5 sets of 5 reps, 3 minutes rest					

**Day 3: Friday (Strength)**

Exercise (5 RM Loads)	Set #1	Set #2	Set #3	Set #4	Set #5
<b>Squat (high bar, close stance)</b> 5 sets of 5 reps, 3 minutes rest					
<b>Bench Press</b> 5 sets of 5 reps, 3 minutes rest					
<b>Conventional Deadlifts</b> 3 sets of 5 reps, 3 minutes rest					
<b>Weighted Pull Ups/Dips (superset)</b> 3 sets of 5 reps, 3 minutes rest					
<b>Overhand Bent Over Row</b> 3 sets of 5 reps, 3 minutes rest					
<b>Dumbbell Shoulder Press</b> 3 sets of 5 reps, 3 minutes rest					
<b>Barbell Curls/Tricep Ext. (superset)</b> 3 sets of 5 reps, 3 minutes rest					

**Day 1: Monday (Hypertrophy)**

Exercise (10 RM Loads)	Set #1	Set #2	Set #3
<b>Squat (high bar, close stance)</b> 3 sets of 10 reps, 60 seconds rest			
<b>Bench Press</b> 3 sets of 10 reps, 60 seconds rest			
<b>Conventional Deadlifts</b> 3 sets of 10 reps, 60 seconds rest			
<b>Weighted Pull Ups/Dips (superset)</b> 3 sets of 10 reps, 60 seconds rest			
<b>Overhand Bent Over Row</b> 3 sets of 10 reps, 60 seconds rest			
<b>Dumbbell Shoulder Press</b> 3 sets of 10 reps, 60 seconds rest			
<b>Barbell Curls/Tricep Ext. (superset)</b> 3 sets of 10 reps, 60 seconds rest			

**Day 2: Wednesday (Power)**

Exercise (50% of 1RM)	Set #1	Set #2	Set #3	Set #4	Set #5
<b>Squat (high bar, close stance)</b> 5 sets of 4 reps, 3 minutes rest					
<b>Bench Press</b> 5 sets of 4 reps, 3 minutes rest					
<b>Conventional Deadlifts</b> 5 sets of 4 reps, 3 minutes rest					

**Day 3: Friday (Strength)**

Exercise (4 RM Loads)	Set #1	Set #2	Set #3	Set #4	Set #5
<b>Squat (high bar, close stance)</b> 5 sets of 4 reps, 3 minutes rest					
<b>Bench Press</b> 5 sets of 4 reps, 3 minutes rest					
<b>Conventional Deadlifts</b> 3 sets of 4 reps, 3 minutes rest					
<b>Weighted Pull Ups/Dips (superset)</b> 3 sets of 4 reps, 3 minutes rest					
<b>Overhand Bent Over Row</b> 3 sets of 4 reps, 3 minutes rest					
<b>Dumbbell Shoulder Press</b> 3 sets of 4 reps, 3 minutes rest					
<b>Barbell Curls/Tricep Ext. (superset)</b> 3 sets of 4 reps, 3 minutes rest					

## Day 1: Monday (Hypertrophy)

Exercise (10 RM Loads)	Set #1	Set #2	Set #3
<b>Squat (high bar, close stance)</b> 3 sets of 10 reps, 90 seconds rest			
<b>Bench Press</b> 3 sets of 10 reps, 90 seconds rest			
<b>Conventional Deadlifts</b> 3 sets of 10 reps, 90 seconds rest			
<b>Weighted Pull Ups/Dips (superset)</b> 3 sets of 10 reps, 90 seconds rest			
<b>Overhand Bent Over Row</b> 3 sets of 10 reps, 90 seconds rest			
<b>Dumbbell Shoulder Press</b> 3 sets of 10 reps, 90 seconds rest			
<b>Barbell Curls/Tricep Ext. (superset)</b> 3 sets of 10 reps, 90 seconds rest			

## Day 2: Wednesday (Power)

Exercise (55% of 1RM)	Set #1	Set #2	Set #3	Set #4	Set #5
<b>Squat (high bar, close stance)</b> 5 sets of 4 reps, 3 minutes rest					
<b>Bench Press</b> 5 sets of 4 reps, 3 minutes rest					
<b>Conventional Deadlifts</b> 5 sets of 4 reps, 3 minutes rest					

## Day 3: Friday (Strength)

Exercise (3 RM Loads)	Set #1	Set #2	Set #3	Set #4	Set #5
<b>Squat (high bar, close stance)</b> 5 sets of 3 reps, 3 minutes rest					
<b>Bench Press</b> 5 sets of 3 reps, 3 minutes rest					
<b>Conventional Deadlifts</b> 3 sets of 3 reps, 3 minutes rest					
<b>Weighted Pull Ups/Dips (superset)</b> 3 sets of 3 reps, 3 minutes rest					
<b>Overhand Bent Over Row</b> 3 sets of 3 reps, 3 minutes rest					
<b>Dumbbell Shoulder Press</b> 3 sets of 3 reps, 3 minutes rest					
<b>Barbell Curls/Tricep Ext. (superset)</b> 3 sets of 3 reps, 3 minutes rest					

**Day 1: Monday (Hypertrophy)**

Exercise (8 RM Loads)	Set #1	Set #2	Set #3
<b>Squat (high bar, close stance)</b> 3 sets of 8 reps, 120 seconds rest			
<b>Bench Press</b> 3 sets of 8 reps, 120 seconds rest			
<b>Conventional Deadlifts</b> 3 sets of 8 reps, 120 seconds rest			
<b>Weighted Pull Ups/Dips (superset)</b> 3 sets of 8 reps, 120 seconds rest			
<b>Overhand Bent Over Row</b> 3 sets of 8 reps, 120 seconds rest			
<b>Dumbbell Shoulder Press</b> 3 sets of 8 reps, 120 seconds rest			
<b>Barbell Curls/Tricep Ext. (superset)</b> 3 sets of 8 reps, 120 seconds rest			

**Day 2: Wednesday (Power)**

Exercise (60% 1 RM)	Set #1	Set #2	Set #3	Set #4	Set #5
<b>Squat (high bar, close stance)</b> 5 sets of 3 reps, 3 minutes rest					
<b>Bench Press</b> 5 sets of 3 reps, 3 minutes rest					
<b>Conventional Deadlifts</b> 5 sets of 3 reps, 3 minutes rest					

**Day 3: Friday (Strength - Simulated Powerlifting Competition)**

Exercise (1 RM Testing)	Set #1	Set #2	Set #3
<b>Squat (high bar, close stance)</b> 3 sets of 1 rep, 5 minutes rest			
<b>Bench Press</b> 3 sets of 1 rep, 5 minutes rest			
<b>Conventional Deadlifts</b> 3 sets of 1 rep, 5 minutes rest			

**Day 1: Monday (Hypertrophy)**

Exercise (12 RM Loads)	Set #1	Set #2	Set #3
<b>Squat (low bar, wide stance)</b> 3 sets of 12 reps, 60 seconds rest			
<b>Bench Press</b> 3 sets of 12 reps, 60 seconds rest			
<b>Sumo/Conventional Deadlifts</b> 2 sets of 12 reps sumo, 1 set of 12 reps conventional, 60 seconds rest			
<b>Weighted Pull Ups/Dips (superset)</b> 3 sets of 12 reps, 60 seconds rest			
<b>Underhand Bent Over Row</b> 3 sets of 12 reps, 60 seconds rest			
<b>Barbell Shoulder Press</b> 3 sets of 12 reps, 60 seconds rest			
<b>DB Curls/Skull Crushers (superset)</b> 3 sets of 12 reps, 60 seconds rest			

**Day 2: Wednesday (Power/Accommodating Resistance)**

Exercise (40% 1 RM Plus Bands)	Set #1	Set #2	Set #3	Set #4	Set #5
<b>Squat (low bar, wide stance)</b> 5 sets of 5 reps, 3 minutes rest					
<b>Bench Press</b> 5 sets of 5 reps, 3 minutes rest					
<b>Sumo/Conventional Deadlifts</b> 3 sets of 5 reps sumo, 2 sets of 5 reps conventional, 3 minutes rest					

**Day 3: Friday (Strength)**

Exercise (5 RM Loads)	Set #1	Set #2	Set #3	Set #4	Set #5
<b>Squat (low bar, wide stance)</b> 5 sets of 5 reps, 3 minutes rest					
<b>Bench Press</b> 5 sets of 5 reps, 3 minutes rest					
<b>Sumo/Conventional Deadlifts</b> 2 sets of 5 reps sumo, 1 set conv, 3 min rest					
<b>Weighted Pull Ups/Dips (superset)</b> 3 sets of 5 reps, 3 minutes rest					
<b>Underhand Bent Over Row</b> 3 sets of 5 reps, 3 minutes rest					
<b>Barbell Shoulder Press</b> 3 sets of 5 reps, 3 minutes rest					
<b>DB Curls/Skull Crushers (superset)</b> 3 sets of 5 reps, 3 minutes rest					

**Day 1: Monday (Hypertrophy)**

Exercise (10 RM Loads)	Set #1	Set #2	Set #3
<b>Squat (low bar, wide stance)</b> 3 sets of 10 reps, 60 seconds rest			
<b>Bench Press</b> 3 sets of 10 reps, 60 seconds rest			
<b>Sumo/Conventional Deadlifts</b> 2 sets of 10 reps sumo, 1 set of 10 reps conventional, 60 seconds rest			
<b>Weighted Pull Ups/Dips (superset)</b> 3 sets of 10 reps, 60 seconds rest			
<b>Underhand Bent Over Row</b> 3 sets of 10 reps, 60 seconds rest			
<b>Barbell Shoulder Press</b> 3 sets of 10 reps, 60 seconds rest			
<b>DB Curls/Skull Crushers (superset)</b> 3 sets of 10 reps, 60 seconds rest			

**Day 2: Wednesday (Power/Accommodating Resistance)**

Exercise (50% 1 RM Plus Chains)	Set #1	Set #2	Set #3	Set #4	Set #5
<b>Squat (low bar, wide stance)</b> 5 sets of 4 reps, 3 minutes rest					
<b>Bench Press</b> 5 sets of 4 reps, 3 minutes rest					
<b>Sumo/Conventional Deadlifts</b> 3 sets of 4 reps sumo, 2 sets of 4 reps conventional, 3 minutes rest					

**Day 3: Friday (Strength)**

Exercise (4 RM Loads)	Set #1	Set #2	Set #3	Set #4	Set #5
<b>Squat (low bar, wide stance)</b> 5 sets of 4 reps, 3 minutes rest					
<b>Bench Press</b> 5 sets of 4 reps, 3 minutes rest					
<b>Sumo/Conventional Deadlifts</b> 2 sets of 4 reps sumo, 1 set conv, 3 min rest					
<b>Weighted Pull Ups/Dips (superset)</b> 3 sets of 4 reps, 3 minutes rest					
<b>Underhand Bent Over Row</b> 3 sets of 4 reps, 3 minutes rest					
<b>Barbell Shoulder Press</b> 3 sets of 4 reps, 3 minutes rest					
<b>DB Curls/Skull Crushers (superset)</b> 3 sets of 4 reps, 3 minutes rest					

**Day 1: Monday (Hypertrophy)**

Exercise (10 RM Loads)	Set #1	Set #2	Set #3
<b>Squat (low bar, wide stance)</b> 3 sets of 10 reps, 90 seconds rest			
<b>Bench Press</b> 3 sets of 10 reps, 90 seconds rest			
<b>Sumo/Conventional Deadlifts</b> 2 sets of 10 reps sumo, 1 set of 10 reps conventional, 90 seconds rest			
<b>Weighted Pull Ups/Dips (superset)</b> 3 sets of 10 reps, 90 seconds rest			
<b>Underhand Bent Over Row</b> 3 sets of 10 reps, 90 seconds rest			
<b>Barbell Shoulder Press</b> 3 sets of 10 reps, 90 seconds rest			
<b>DB Curls/Skull Crushers (superset)</b> 3 sets of 10 reps, 90 seconds rest			

**Day 2: Wednesday (Power/Accommodating Resistance)**

Exercise (55% 1 RM Plus Bands)	Set #1	Set #2	Set #3	Set #4	Set #5
<b>Squat (low bar, wide stance)</b> 5 sets of 4 reps, 3 minutes rest					
<b>Bench Press</b> 5 sets of 4 reps, 3 minutes rest					
<b>Sumo/Conventional Deadlifts</b> 3 sets of 4 reps sumo, 2 sets of 5 reps conventional, 3 minutes rest					

**Day 3: Friday (Strength)**

Exercise (3 RM Loads)	Set #1	Set #2	Set #3	Set #4	Set #5
<b>Squat (low bar, wide stance)</b> 5 sets of 3 reps, 3 minutes rest					
<b>Bench Press</b> 5 sets of 3 reps, 3 minutes rest					
<b>Sumo/Conventional Deadlifts</b> 2 sets of 3 reps sumo, 1 set conv, 3 min rest					
<b>Weighted Pull Ups/Dips (superset)</b> 3 sets of 3 reps, 3 minutes rest					
<b>Underhand Bent Over Row</b> 3 sets of 3 reps, 3 minutes rest					
<b>Barbell Shoulder Press</b> 3 sets of 3 reps, 3 minutes rest					
<b>DB Curls/Skull Crushers (superset)</b> 3 sets of 3 reps, 3 minutes rest					

## Day 1: Monday (Hypertrophy)

Exercise (8 RM Loads)	Set #1	Set #2	Set #3
<b>Squat (low bar, wide stance)</b> 3 sets of 8 reps, 120 seconds rest			
<b>Bench Press</b> 3 sets of 8 reps, 120 seconds rest			
<b>Sumo/Conventional Deadlifts</b> 2 sets of 8 reps sumo, 1 set of 8 reps conventional, 120 seconds rest			
<b>Weighted Pull Ups/Dips (superset)</b> 3 sets of 8 reps, 120 seconds rest			
<b>Underhand Bent Over Row</b> 3 sets of 8 reps, 120 seconds rest			
<b>Barbell Shoulder Press</b> 3 sets of 8 reps, 120 seconds rest			
<b>DB Curls/Skull Crushers (superset)</b> 3 sets of 8 reps, 120 seconds rest			

## Day 2: Wednesday (Power/Accommodating Resistance)

Exercise (60% 1 RM Plus Chains)	Set #1	Set #2	Set #3	Set #4	Set #5
<b>Squat (low bar, wide stance)</b> 5 sets of 3 reps, 3 minutes rest					
<b>Bench Press</b> 5 sets of 3 reps, 3 minutes rest					
<b>Sumo/Conventional Deadlifts</b> 3 sets of 3 reps sumo, 2 sets of 3 reps conventional, 3 minutes rest					

## Day 3: Friday (Strength - Simulated Powerlifting Competition)

Exercise (1 RM Testing)	Set #1	Set #2	Set #3
<b>Squat (low bar, wide stance)</b> 3 sets of 1 rep, 5 minutes rest			
<b>Bench Press</b> 3 sets of 1 rep, 5 minutes rest			
<b>Conventional Deadlifts</b> 3 sets of 1 rep, 5 minutes rest			



**Day 1: Monday (Hypertrophy)**

Exercise (75% 1 RM)	Set #1	Set #2	Set #3
<b>Squat (high bar, close stance)</b> 3 sets of 8 reps, 60 seconds rest			
<b>Bench Press</b> 3 sets of 8 reps, 60 seconds rest			
<b>Conventional Deadlifts</b> 3 sets of 8 reps, 60 seconds rest			
<b>Weighted Pull Ups/Dips (superset)</b> 3 sets of 8 reps, 60 seconds rest			
<b>Overhand Bent Over Row</b> 3 sets of 8 reps, 60 seconds rest			
<b>Dumbbell Shoulder Press</b> 3 sets of 8 reps, 60 seconds rest			
<b>Standing Barbell Curls/Tricep Extensions (superset)</b> 3 sets of 8 reps, 60 seconds rest			

**Day 2: Tuesday (Hypertrophy)**

Exercise (75% 1 RM)	Set #1	Set #2	Set #3
<b>Leg Press (close foot placement)</b> 3 sets of 8 reps, 60 seconds rest			
<b>Incline Bench Press</b> 3 sets of 8 reps, 60 seconds rest			
<b>Military Press</b> 3 sets of 8 reps, 60 seconds rest			
<b>Supinated Pull Ups/Dips (superset)</b> 3 sets of 8 reps, 60 seconds rest			
<b>Bent Over Row</b> 3 sets of 8 reps, 60 seconds rest			
<b>Hammer Curls/Close Grip Bench (Superset)</b> 3 sets of 8 reps, 60 seconds rest			

## Day 3: Wednesday (Hypertrophy)

Exercise (65% 1 RM)	Set #1	Set #2	Set #3
<b>Squat (low bar, wide stance)</b> 3 sets of 12 reps, 60 seconds rest			
<b>Bench Press</b> 3 sets of 12 reps, 60 seconds rest			
<b>Sumo/Conventional Deadlifts</b> 2 sets of 12 reps sumo, 1 set of 12 reps conventional, 60 seconds rest			
<b>Weighted Pull Ups/Dips (superset)</b> 3 sets of 12 reps, 60 seconds rest			
<b>Underhand Bent Over Row</b> 3 sets of 12 reps, 60 seconds rest			
<b>Barbell Shoulder Press</b> 3 sets of 12 reps, 60 seconds rest			
<b>Seated Dumbbell Curls/Skull Crushers (superset)</b> 3 sets of 12 reps, 60 seconds rest			

## Day 4: Thursday (Hypertrophy)

Exercise (65% 1 RM)	Set #1	Set #2	Set #3
<b>Leg Press (wide foot placement)</b> 3 sets of 12 reps, 60 seconds rest			
<b>Incline Bench Press</b> 3 sets of 12 reps, 60 seconds rest			
<b>Military Press</b> 3 sets of 12 reps, 60 seconds rest			
<b>Supinated Pull Ups/Dips (superset)</b> 3 sets of 12 reps, 60 seconds rest			
<b>Bent Over Row</b> 3 sets of 12 reps, 60 seconds rest			
<b>Hammer Curls/Close Grip Bench (Superset)</b> 3 sets of 12 reps, 60 seconds rest			

## Day 5: Friday (Strength - Simulated Powerlifting Competition)

Exercise (1 RM Testing)	Set #1	Set #2	Set #3
<b>Squat</b> 3 sets of 1 rep, 5 minutes rest			
<b>Bench Press</b> 3 sets of 1 rep, 5 minutes rest			
<b>Conventional Deadlifts</b> 3 sets of 1 rep, 5 minutes rest			

**Day 1: Monday (Hypertrophy)**

Exercise (75% 1 RM)	Set #1	Set #2	Set #3
<b>Squat (high bar, close stance)</b> 3 sets of 8 reps, 60 seconds rest			
<b>Bench Press</b> 3 sets of 8 reps, 60 seconds rest			
<b>Conventional Deadlifts</b> 3 sets of 8 reps, 60 seconds rest			
<b>Weighted Pull Ups/Dips (superset)</b> 3 sets of 8 reps, 60 seconds rest			
<b>Overhand Bent Over Row</b> 3 sets of 8 reps, 60 seconds rest			
<b>Dumbbell Shoulder Press</b> 3 sets of 8 reps, 60 seconds rest			
<b>Standing Barbell Curls/Tricep Extensions (superset)</b> 3 sets of 8 reps, 60 seconds rest			

**Day 2: Tuesday (Hypertrophy)**

Exercise (75% 1 RM)	Set #1	Set #2	Set #3
<b>Leg Press (close foot placement)</b> 3 sets of 8 reps, 60 seconds rest			
<b>Incline Bench Press</b> 3 sets of 8 reps, 60 seconds rest			
<b>Military Press</b> 3 sets of 8 reps, 60 seconds rest			
<b>Supinated Pull Ups/Dips (superset)</b> 3 sets of 8 reps, 60 seconds rest			
<b>Bent Over Row</b> 3 sets of 8 reps, 60 seconds rest			
<b>Hammer Curls/Close Grip Bench (Superset)</b> 3 sets of 8 reps, 60 seconds rest			

**Day 3: Wednesday (Hypertrophy)**

Exercise (65% 1 RM)	Set #1	Set #2	Set #3
<b>Squat (low bar, wide stance)</b> 3 sets of 12 reps, 60 seconds rest			
<b>Bench Press</b> 3 sets of 12 reps, 60 seconds rest			
<b>Sumo/Conventional Deadlifts</b> 2 sets of 12 reps sumo, 1 set of 12 reps conventional, 60 seconds rest			
<b>Weighted Pull Ups/Dips (superset)</b> 3 sets of 12 reps, 60 seconds rest			
<b>Underhand Bent Over Row</b> 3 sets of 12 reps, 60 seconds rest			
<b>Barbell Shoulder Press</b> 3 sets of 12 reps, 60 seconds rest			
<b>Seated Dumbbell Curls/Skull Crushers (superset)</b> 3 sets of 12 reps, 60 seconds rest			

**Day 4: Thursday (Hypertrophy)**

Exercise (65% 1 RM)	Set #1	Set #2	Set #3
<b>Leg Press (wide foot placement)</b> 3 sets of 12 reps, 60 seconds rest			
<b>Incline Bench Press</b> 3 sets of 12 reps, 60 seconds rest			
<b>Military Press</b> 3 sets of 12 reps, 60 seconds rest			
<b>Supinated Pull Ups/Dips (superset)</b> 3 sets of 12 reps, 60 seconds rest			
<b>Bent Over Row</b> 3 sets of 12 reps, 60 seconds rest			
<b>Hammer Curls/Close Grip Bench (Superset)</b> 3 sets of 12 reps, 60 seconds rest			

**Day 5: Friday (Strength - Simulated Powerlifting Competition)**

Exercise (1 RM Testing)	Set #1	Set #2	Set #3
<b>Squat</b> 3 sets of 1 rep, 5 minutes rest			
<b>Bench Press</b> 3 sets of 1 rep, 5 minutes rest			
<b>Conventional Deadlifts</b> 3 sets of 1 rep, 5 minutes rest			

## Day 1: Monday (Tapering)

Exercise (40-60% 1 RM)	Set #1	Set #2	Set #3	Set #4	Set #5
<b>Squat</b> 5 sets of 5 reps, 180 seconds rest					
<b>Bench Press</b> 5 sets of 5 reps, 180 seconds rest					
<b>Deadlifts</b> 5 sets of 5 reps, 180 seconds rest					

## Day 2: Wednesday (Tapering)

Exercise (>90% 1 RM)	Set #1	Set #2	Set #3
<b>Squat</b> 3 sets of 3-5 reps, 240 seconds rest			
<b>Bench Press</b> 3 sets of 3-5 reps, 240 seconds rest			
<b>Conventional Deadlifts</b> 1 sets of 3-5 reps, 240 seconds rest			
<b>Pull Ups</b> 1 sets of 3-5 reps, 240 seconds rest			
<b>Bent Over Row</b> 1 sets of 3-5 reps, 240 seconds rest			
<b>Dumbbell Shoulder Press</b> 1 sets of 3-5 reps, 240 seconds rest			
<b>Barbell Curls/Tricep Extensions (superset)</b> 1 sets of 3-5 reps, 240 seconds rest			

## Day 3: Friday (Tapering)

Exercise (40-60% 1 RM)	Set #1	Set #2	Set #3	Set #4	Set #5
<b>Squat</b> 5 sets of 5 reps, 180 seconds rest					
<b>Bench Press</b> 5 sets of 5 reps, 180 seconds rest					
<b>Deadlifts</b> 5 sets of 5 reps, 180 seconds rest					

## Day 1: Monday (Tapering)

Exercise (>90% 1 RM)	Set #1	Set #2	Set #3
<b>Squat</b> 3 sets of 3-5 reps, 240 seconds rest			
<b>Bench Press</b> 3 sets of 3-5 reps, 240 seconds rest			
<b>Conventional Deadlifts</b> 1 sets of 3-5 reps, 240 seconds rest			
<b>Pull Ups</b> 1 sets of 3-5 reps, 240 seconds rest			
<b>Bent Over Row</b> 1 sets of 3-5 reps, 240 seconds rest			
<b>Dumbbell Shoulder Press</b> 1 sets of 3-5 reps, 240 seconds rest			
<b>Barbell Curls/Tricep Extensions (superset)</b> 1 sets of 3-5 reps, 240 seconds rest			

## Day 2: Wednesday (Tapering)

Exercise (40-60% 1 RM)	Set #1	Set #2	Set #3	Set #4	Set #5
<b>Squat</b> 5 sets of 5 reps, 180 seconds rest					
<b>Bench Press</b> 5 sets of 5 reps, 180 seconds rest					
<b>Deadlifts</b> 5 sets of 5 reps, 180 seconds rest					

## Day 5: Friday (Strength - Simulated Powerlifting Competition)

Exercise (1 RM Testing)	Set #1	Set #2	Set #3
<b>Squat</b> 3 sets of 1 rep, 5 minutes rest			
<b>Bench Press</b> 3 sets of 1 rep, 5 minutes rest			
<b>Conventional Deadlifts</b> 3 sets of 1 rep, 5 minutes rest			

## Additional Notes Before Starting

- **Hypertrophy Days:** These days consist of higher repetitions and short rest periods. It is important that you reach failure by at least your last set.
- **Power Days:** These days should be explosive. The key focus is on accelerating through the movement.
- **Strength Days:** The point of these days are to test your strength. You need to challenge yourself and lift your maximum potential on your movements.
- **RM:** RM is an abbreviation for repetition maximum. This means you should be performing the heaviest weight possible for those set of reps. It is important that you should be reaching failure at minimum by your last set.
- **1 RM Testing:** These should be treated similar to a powerlifting competition. You should start with a heavy weight and increase each set, hopefully setting a new personal record. Note: be sure to properly warm up before ever hitting heavy sets!
- **Superset:** This is when you perform two exercises in a row without any rest. Example: Pull ups/ Dips superset means you will perform your pull ups first then when finished immediately move on to the dips. Then do the appropriate rest amount listed after performing both exercises.
- **Supinated Pull Ups:** Supinated refers to your grip. When you are on the pull up bar your palms should be facing you. These are often referred to as chin-ups.
- **DB:** DB is an abbreviation for dumbbell.
- **Ext.:** Ext. is an abbreviation for extensions.
- **Barbell Curls:** All barbell curls performed in this training cycle were done standing up.
- **Dumbbell Curls:** All dumbbell curls performed in this training cycle were done seated.
- **Rest Periods:** Make sure after every performed set you are taking the appropriate rest time that is indicated. You should only be performing sets back to back if it says superset.

\*Before starting any supplementation or training program you should consult with your physician to assure you are in good health for the type of program you intend to train with. This is particularly important if you intend to follow the program outlined here, as this program is designed to have you achieve your maximum intensity during multiple workout sessions.