

8 – Week Training Period

		Intensity	Sets	Reps	Rest
Week	1	70%	4	10 - 12	1 - 3min
	- 2	72%	4	10 - 12	1 - 3min
	- 3	65%	5	10 - 12	1.5min
	- 4	78%	3	6 - 8	3min
Week	5	70%	4	10 – 12	1 - 3min
	- 6	80%	3	4 – 6	3min
	- 7	75%	5	8 -10	1 – 3min
	- 8	85%	3	4 – 6	3min

Core and Supplement Exercises

	Core	Supplemental
Weeks 1 – 4		
Day 1	Bench Press Squat DB Shoulder Press Dead Bug	Parallel Bar Dip 45 degree Leg Press DB Lateral Raise Switches
Day 2	Chin – Up Hang Clean One Arm DB Row Double Crunch	Zotterman Curl Up Right Row Tricep Pushdown Pointers
Weeks 5 – 8		
Day 1	Incline Dumbbell Press 45 degree Leg Press Hang Clean Dead Bug Bridges	Triceps Press Lunge Step Up Bench Bounds Switches Bridge Transfers
Day 2	Bench Press Chin - Up Squat One Arm Row	Lateral Raise Zotterman Curl Power Lunge Pointers