

	Monday 825	Tuesday
	Bench Press	Hanging Wipers / Side raise
Week 1	27 30 32.5 32.5 12 5 5 3 2	6 10 10 10 10 vip 2 4 4 4
Week 2	27 32 32 32 32 12 6 6 4 3	snr 10 10 10 10 wip 6 6 8 1
Week 3	27 32 32 32 32 12 8 7 5 4	PLs 10 10 10 1 w 10 10 6 1
Week 4	27 32 32 32 32 12 8 7 6 5	191 10 10 10 1 wip 10 10 6 1

Wednesday	Thursday
Pull up	Dips Weighted - (Do on Friday)
10 10 9 8 6	20 20 25 25 30 20 16 12 10 5
10 10 7 7 7	20 25 25 30 30 20 12 10 6 5
10 10 7 7 7	20 25 25 30 30 20 12 10 7 7
10 10 8 8 8	20 25 25 30 30 20 17 12 10 10

	Bentover Row	Goblet Squat
Week 1	20 25 25 30 35 15 12 10 10 10	30 32 32 35 37.5 12 10 10 10 7
Week 2	25 30 35 40 45 15 12 10 10 9	32 35 35 40 40 10 10 10 6 4
Week 3	30 35 40 45 50 15 12 10 10 7	32 35 35 40 40 10 10 10 5 5
Week 4	30 35 40 45 50 15 12 10 10 8	32 35 35 40 40 10 10 10 6 6

Handstand Press Shoulder	Hanging Pike
10 10 10 9 8	12 12 10 10 8
10 10 10 9 8	12 12 10 10 9
10 10 10 10 10	12 12 10 10 10
10 10 10 12 12	12 12 12 10 11

	Friday
	Dips Static Calves
Week 1	80 80 60 80 160 secs 10 6 20 20 16 2/11 - 66.4 9/11 - 66.3
Week 2	80 120 160 160 160 secs 10 10 10 10 10 16/11 - 67.5 30/11 - 66.6
Week 3	160 160 160 160 160 10 20 20 20 20
Week 4	160 160 160 160 160 15 25 30 30 30

	Close Grip Pulldown
Week 1	45 50 50 54 54 15 12 10 8 9
Week 2	50 50 54 54 59 15 12 8 8 6
Week 3	50 50 54 54 59 15 12 8 8 7
Week 4	50 54 54 59 59 15 10 10 8 7

Do

on Do Thursday