

Day 1	Week 1 (Deload)				Week 2				Week 3				Week 4			
Exercise	Sets	Reps	Load	RIR	Sets	Reps	Load	RIR	Sets	Reps	Load	RIR	Sets	Reps	Load	RIR
Bench Press	3		80%	1-2	3		82.5%	1-2	3		85%	1-2	3		87.5%	1-2
LAT PULldOWN	3		30KG	1-2	4		30KG	1-2	4		30KG	1-2	4		30KG	1-2
CABLE FLYS	3		30KG	0-1	4		30KG	0-1	4		30KG	0-1	4		30KG	0-1
SEATED ROW	3		30KG	1-2	4		30KG	1-2	4		30KG	1-2	4		30KG	1-2
TRICEPS PUSHDOWN	3		35KG	0-1	3		35KG	0-1	3		35KG	0-1	3		35KG	0-1
DB CURL	3		12.5KG	0-1	3		12.5KG	0-1	3		12.5KG	0-1	3		12.5KG	0-1

Day 2	Week 1 (Deload)				Week 2				Week 3				Week 4			
Exercise	Sets	Reps	Load	RIR	Sets	Reps	Load	RIR	Sets	Reps	Load	RIR	Sets	Reps	Load	RIR
BACK SQUAT	3		80%	1-2	3		82.5%	1-2	3		85%	1-2	3		87.5%	1-2
BACK EXTENSION	3		25KG	1-2	4		25KG	1-2	4		25KG	1-2	4		25KG	1-2
BELL SQUAT	3		75KG	1-2	4		75KG	1-2	4		75KG	1-2	4		75KG	1-2
CABLE FLYS	3		25KG	0-1	4		25KG	0-1	4		25KG	0-1	4		25KG	0-1
SEATED ROW	3		45KG	1-2	4		45KG	1-2	4		45KG	1-2	4		45KG	1-2
TRICEPS PUSHDOWN	3		30KG	0-1	3		30KG	0-1	3		30KG	0-1	3		30KG	0-1
DB CURL	3		10KG	0-1	3		10KG	0-1	3		10KG	0-1	3		10KG	0-1

Day 4	Week 1 (Deload)				Week 2				Week 3				Week 4			
Exercise	Sets	Reps	Load	RIR	Sets	Reps	Load	RIR	Sets	Reps	Load	RIR	Sets	Reps	Load	RIR
BACK SQUAT	3		80%	1-2	3		82.5%	1-2	3		85%	1-2	3		87.5%	1-2
BACK EXTENSION	3		25KG	1-2	4		25KG	1-2	4		25KG	1-2	4		25KG	1-2
BELL SQUAT	3		75KG	1-2	4		75KG	1-2	4		75KG	1-2	4		75KG	1-2
CALF RAISE	3		12.5KG	0-1	3		12.5KG	0-1	3		12.5KG	0-1	3		12.5KG	0-1

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William J. Kraemer, Steven J. Fleck

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