

Phase 2 - Basic Strength

Heavy = Phase 1 Final Number + 4%

5-7 Reps

Light = 85% of above

Day 1: Chest (Heavy), Back (Light), Shoulders (Heavy)	Warm-up Sets				Working Sets						Drop Set	
	SET 1 (60%)		SET 2 (85%)		SET 3		SET 4		SET 5		SET 6 (70%)	
	WT	REPS	WT	REPS	WT	REPS	WT	REPS	WT	REPS	WT	REPS
Flat Bench Press		10		5								10
Incline Bench Press		10		5								10
Bent Over Barbell Row		10		5								10
Pulldowns or Chins		10		5								10
One Arm Row		10		5								10
Shoulder Press (Choice)		10		5								10
Lateral or Front Raises		10		5								10

Day 2: Legs (Heavy), Arms (Light)	Warm-up Sets				Working Sets						Drop Set	
	SET 1 (60%)		SET 2 (85%)		SET 3		SET 4		SET 5		SET 6 (70%)	
	WT	REPS	WT	REPS	WT	REPS	WT	REPS	WT	REPS	WT	REPS
Barbell Squat		10		5								10
Goblet/Sumo Squat		10		5								10
Stiff Leg Dead Lift		10		5								10
Biceps (Choice)		10		5								10
Triceps (Choice)		10		5								10

Day 3: Abs

Phase 2 - Basic Strength

Heavy = Phase 1 Final Number + 4%

5-7 Reps

Light = 85% of above

Day 4: Chest (Heavy), Back (Light), Shoulders (Heavy)	Warm-up Sets				Working Sets						Drop Set	
	SET 1 (60%)		SET 2 (85%)		SET 3		SET 4		SET 5		SET 6 (70%)	
	WT	REPS	WT	REPS	WT	REPS	WT	REPS	WT	REPS	WT	REPS
Flat Bench Press		10		5								10
Incline Bench Press		10		5								10
Bent Over Barbell Row		10		5								10
Pullups		10		5								10
One Arm Row		10		5								10
Shoulder Press (Choice)		10		5								10
Lateral or Front Raises		10		5								10

Day 5: Legs (Light), Arms (Heavy)	Warm-up Sets				Working Sets						Drop Set	
	SET 1 (60%)		SET 2 (85%)		SET 3		SET 4		SET 5		SET 6 (70%)	
	WT	REPS	WT	REPS	WT	REPS	WT	REPS	WT	REPS	WT	REPS
Barbell Squat		10		5								10
Goblet/Sumo Squat		10		5								10
Stiff Leg Dead Lift		10		5								10
Biceps (Choice)		10		5								10
Triceps (Choice)		10		5								10

Day 6: Cardio/Abs

Day 7: Rest