



WORKOUT 2/Date: ___ ___ ___
Level Intermediate
Total Reps 40
Rest 45 seconds
Load Medium (8-9 RM)
Phase 1/Program

A	Reverse Lunge or Step-Up										Weight	
Sets	1	2	3	4	5	6	7	8	9	10	11	12
Reps												
Total												

B	Bent-Over Row – barbell or dumbbells										Weight	
Sets	1	2	3	4	5	6	7	8	9	10	11	12
Reps												
Total												

C	Push Press – barbell or dumbbells										Weight	
Sets	1	2	3	4	5	6	7	8	9	10	11	12
Reps												
Total												

D	Barbell Curl										Weight	
Sets	1	2	3	4	5	6	7	8	9	10	11	12
Reps												
Total												

E	Reverse Crunch – on floor or slant board											
Sets	1	2	3	4	5	6	7	8	9	10	11	12
Reps												
Total												

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WORKOUT 6/Date: ___ ___ ___
Level Intermediate
Total Reps 40
Rest 40 seconds
Load Medium (8-9 RM)
Phase 1/Program

A	Reverse Lunge or Step-Up										Weight	
Sets	1	2	3	4	5	6	7	8	9	10	11	12
Reps												
Total												

B	Bent-Over Row – barbell or dumbbells										Weight	
Sets	1	2	3	4	5	6	7	8	9	10	11	12
Reps												
Total												

C	Push Press – barbell or dumbbells										Weight	
Sets	1	2	3	4	5	6	7	8	9	10	11	12
Reps												
Total												

D	Barbell Curl										Weight	
Sets	1	2	3	4	5	6	7	8	9	10	11	12
Reps												
Total												

E	Reverse Crunch – on floor or slant board											
Sets	1	2	3	4	5	6	7	8	9	10	11	12
Reps												
Total												

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WORKOUT 10/Date: ____ ____ ____
Level Intermediate
Total Reps 40
Rest 35 seconds
Load Medium (8-9 RM)
Phase 1/Program

A	Reverse Lunge or Step-Up										Weight	
Sets	1	2	3	4	5	6	7	8	9	10	11	12
Reps												
Total												

B	Bent-Over Row – barbell or dumbbells										Weight	
Sets	1	2	3	4	5	6	7	8	9	10	11	12
Reps												
Total												

C	Push Press – barbell or dumbbells										Weight	
Sets	1	2	3	4	5	6	7	8	9	10	11	12
Reps												
Total												

D	Barbell Curl										Weight	
Sets	1	2	3	4	5	6	7	8	9	10	11	12
Reps												
Total												

E	Reverse Crunch – on floor or slant board											
Sets	1	2	3	4	5	6	7	8	9	10	11	12
Reps												
Total												

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WORKOUT 14/Date: ___ ___ ___
Level Intermediate
Total Reps 40
Rest 30 seconds
Load Medium (8-9 RM)
Phase 1/Program

A	Reverse Lunge or Step-Up										Weight	
Sets	1	2	3	4	5	6	7	8	9	10	11	12
Reps												
Total												

B	Bent-Over Row – barbell or dumbbells										Weight	
Sets	1	2	3	4	5	6	7	8	9	10	11	12
Reps												
Total												

C	Push Press – barbell or dumbbells										Weight	
Sets	1	2	3	4	5	6	7	8	9	10	11	12
Reps												
Total												

D	Barbell Curl										Weight	
Sets	1	2	3	4	5	6	7	8	9	10	11	12
Reps												
Total												

E	Reverse Crunch – on floor or slant board											
Sets	1	2	3	4	5	6	7	8	9	10	11	12
Reps												
Total												

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WORKOUT 15/Date: ___ ___ ___
Level Intermediate
Total Reps 40
Rest 30 seconds
Load Medium (8-9 RM)
Phase 1/Program

A	Deadlift										Weight	
Sets	1	2	3	4	5	6	7	8	9	10	11	12
Reps												
Total												

B	Decline Dumbbell Bench Press – neutral grip										Weight	
Sets	1	2	3	4	5	6	7	8	9	10	11	12
Reps												
Total												

C	Pull-Up or Lat Pulldown – neutral grip										Weight	
Sets	1	2	3	4	5	6	7	8	9	10	11	12
Reps												
Total												

D	Hand Walkout – from knees or toes											
Sets	1	2	3	4	5	6	7	8	9	10	11	12
Reps												
Total												

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WORKOUT 22/Date: ___ ___ ___
Level Intermediate
Total Reps 55
Rest 45 seconds
Load Light (14-16 RM)
Phase 2/Transition

A	Dumbbell Upright Row – external rotation										Weight	
Sets	1	2	3	4	5	6	7	8	9	10	11	12
Reps												
Total												

B	Push-Up										Weight	
Sets	1	2	3	4	5	6	7	8	9	10	11	12
Reps												
Total												

C	Reverse Lunge										Weight	
Sets	1	2	3	4	5	6	7	8	9	10	11	12
Reps												
Total												

D	Wood Chop										Weight	
Sets	1	2	3	4	5	6	7	8	9	10	11	12
Reps												
Total												

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