### THURSDAY

<table>
<thead>
<tr>
<th></th>
<th>1RM/BASE</th>
<th>Set #1</th>
<th>Set #2</th>
<th>Set #3</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BENCH PRESS</strong></td>
<td></td>
<td>5 x 75%</td>
<td>5 x 80%</td>
<td>5 x 85%</td>
</tr>
<tr>
<td><strong>FRONT SQUAT</strong></td>
<td></td>
<td>5 x 75%</td>
<td>5 x 80%</td>
<td>5 x 85%</td>
</tr>
<tr>
<td><strong>DEAD LIFT</strong></td>
<td></td>
<td>5 x 75%</td>
<td>5 x 80%</td>
<td>5 x 85%</td>
</tr>
<tr>
<td><strong>DB INCLINE BENCH</strong></td>
<td></td>
<td>5 x 75%</td>
<td>5 x 80%</td>
<td>5 x 85%</td>
</tr>
<tr>
<td><strong>STRAIGHT LEG DEAD LIFT</strong></td>
<td></td>
<td>10 x 70%</td>
<td>10 x 70%</td>
<td>10 x 75%</td>
</tr>
<tr>
<td><strong>STRAIGHT BAR CURL</strong></td>
<td></td>
<td>10 x 70%</td>
<td>10 x 70%</td>
<td>10 x 75%</td>
</tr>
<tr>
<td><strong>DB HAMMER CURL</strong></td>
<td></td>
<td>10 x 70%</td>
<td>10 x 70%</td>
<td>10 x 75%</td>
</tr>
<tr>
<td><strong>WRIST/REVERSE CURL</strong></td>
<td></td>
<td>10 x 70%</td>
<td>10 x 70%</td>
<td>10 x 75%</td>
</tr>
<tr>
<td><strong>CALF RAISES/DORSI FLEX</strong></td>
<td></td>
<td>10 x 70%</td>
<td>10 x 70%</td>
<td>10 x 75%</td>
</tr>
</tbody>
</table>

### FRIDAY

<table>
<thead>
<tr>
<th></th>
<th>1RM/BASE</th>
<th>Set #1</th>
<th>Set #2</th>
<th>Set #3</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>POWER CLEAN</strong></td>
<td></td>
<td>5 x 75%</td>
<td>5 x 80%</td>
<td>5 x 85%</td>
</tr>
<tr>
<td><strong>PUSH PRESS</strong></td>
<td></td>
<td>5 x 75%</td>
<td>5 x 80%</td>
<td>5 x 85%</td>
</tr>
<tr>
<td><strong>STANDING DB MILITARY</strong></td>
<td></td>
<td>5 x 75%</td>
<td>5 x 80%</td>
<td>5 x 85%</td>
</tr>
<tr>
<td><strong>BENT OVER ROW</strong></td>
<td></td>
<td>5 x 75%</td>
<td>5 x 80%</td>
<td>5 x 85%</td>
</tr>
<tr>
<td><strong>UP RIGHT ROW</strong></td>
<td></td>
<td>10 x 70%</td>
<td>10 x 70%</td>
<td>10 x 75%</td>
</tr>
<tr>
<td><strong>LATERAL DB RAISES</strong></td>
<td></td>
<td>10 x 70%</td>
<td>10 x 70%</td>
<td>10 x 75%</td>
</tr>
<tr>
<td><strong>FRONT DB RAISES</strong></td>
<td></td>
<td>10 x 70%</td>
<td>10 x 70%</td>
<td>10 x 75%</td>
</tr>
<tr>
<td><strong>TRICEP PUSHDOWN</strong></td>
<td></td>
<td>10 x 70%</td>
<td>10 x 70%</td>
<td>10 x 75%</td>
</tr>
<tr>
<td><strong>DB OVERHEAD TRICEP</strong></td>
<td></td>
<td>10 x 70%</td>
<td>10 x 70%</td>
<td>10 x 75%</td>
</tr>
<tr>
<td><strong>LAT PULL DOWN (FRONT)</strong></td>
<td></td>
<td>10 x 70%</td>
<td>10 x 70%</td>
<td>10 x 75%</td>
</tr>
</tbody>
</table>