Progression Style

|  |  |  |  |
| --- | --- | --- | --- |
|  | Progression | Generic Example 5X3 | Weeks Goal |
| W1 | Ramp | 100X3 105X3 110X3 115X2 115X2 | Find Upper limit of strength at rep range or **(Rep Maximum)explain** |
| W2 | Static | 105X3X3X3X3X3X3X3 | Build (**Cumulative Volume)** through tonnage and additional set |
| W3 | Ramp | 105X3110X3115X3 | Establish new**( Personal Best)** during deload dropping 1-3 sets (60-70%) |
| W4 | Static | 110X3X3X3X3X3X3 | **(Personal Best Cumulative Volume)** through total tonnage |

**WU:** warmup

**(TW): Technical Weight** means light weight focus on form and range of motion active rest between sets stay true to tempo on technical

**(TEMPO)** You don’t have to follow tempo but anything in bold I would suggest you do.   
51X2

5 is the eccentric or negative

1 is the pause in least advantageous position

X is the concentric or positive meaning as fast as you can @ form

2 is the pause in the most advantageous position

**Order**

A1, A2 means a super set example A1 you do a set then A2 you do a set then you go back to the lift for A1 and repeat rotation until all sets are complete. **Sets** Sets are in order of weeks 4,5,3,5 means week (1) has 4 sets, week (2) has 5 sets and so on.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Week | Mon | Tue | Wed | Thur | Fri | Sat | Sun |
| 1 | St1 | Met1 | St2 | Met2 | St3 | Stretch | Stretch |
| 2 | Met1 | Lift2 | Met2 | Lift | Met3 | Lift |  |
| 3 | Met1 | Met2 | Stretch | Met 3 | Met 1 | Stretch |  |
| 4 | St 1 | Met 1 | St2 | Met 1 | St 3 | Stretch |  |
| 5 | Met3 | Met 2 | Stretch | Met 3 | Met 1 | Stretch |  |

St1

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Lift | Sets | Reps |  |  | Rest Interval | Tempo |
| A1 | Split Squat | 4 | 6-8 |  |  | 30s | 3110 |
| B1 | Podium Deadlift | 4 | 10-12 |  |  | 90s |  |
| C1 | Leg Curl | 4 | 8-10 |  |  | 90s |  |
| D1 | Inc Curl | 3 | 10-12 |  |  | 60s |  |
| D2 | OH Tri Extension | 3 | 10-12 |  |  |  |  |
| D3 | Leg Raises | 3 | 10-12 |  |  |  |  |

Met 1

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Lift | Sets | Reps |  |  | Rest Interval | Tempo |
| A1 | Split Squat | 4 | 6-8 | 32 |  | 30s | 3110 |
| A2 | Deadlift | 4 | 12-15 | 60 |  | 90s |  |
| A3 | Jerk | 4 | 8-10 | 40 |  | 90s |  |
| A4 | Squat Jump/Squat | 4 | 8/10 | 72 |  | 60s |  |
| A5 | Pulldown | 4 | 10-12 | 40 |  |  |  |
| B1 | Ab Wheel | 4 | 8-10 | 40 |  |  |  |
| B2 | Push up | 4 | 8-10 | 40 |  |  |  |
| B3 | Cossack Squats | 4 | 8-10 | 40 |  |  |  |

HE DB heal elevated DB Front squat elbow stay parallel to the ground

St2

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Lift | Sets | Reps | Weight |  | Rest Interval | Tempo |
| A1 | Leg Curl Single leg | 4 | 10-12 |  |  | 90s |  |
| A2 | Front Squat/Cyclist Squat | 4 | 6/10 |  |  | 90s |  |
| B1 | CG Bench Press | 4 | 10-12 | BW |  | 90s |  |
| B2 | Chin | 4 | 10-12 | 25+ |  | 90s |  |
| C1 | Roman Chair Straight leg | 3 | 10-12 | BW |  | 60s |  |
| C2 | Standing DB Jerk | 3 | 10-12 |  |  |  |  |
| C3 | Preacher Curl | 3 | 10-12 |  |  |  |  |

Met 2

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Lift | Sets | Reps | Weight |  | Rest Interval | Tempo |
| A1 | Leg Curl | 4 | 10-12 |  |  | 30s |  |
| A2 | Leg Press | 4 | 18-20 |  |  | 30s |  |
| A3 | California Press | 4 | 10-12 | BW |  | 30s |  |
| A4 | NG Chin down | 4 | 10-12 | 25+ |  | 3m |  |
| C1 | Roman Chair Straight leg | 4 | 10-12 | BW |  | 30s |  |
| C2 | Standing DB Jerk | 4 | 10-12 |  |  | 30s |  |
| C3 | Preacher Curl | 4 | 10-12 |  |  | 30s |  |

Met3

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Lift | Sets | Reps |  |  | Rest Interval | Tempo |
| A1 | Step up | 4 | 18-20 |  |  | 30s |  |
| A2 | Inc DB Press | 4 | 10-12 |  |  | 30s | 31X0 |
| A3 | Prison Goblet Squat | 4 | 10-12 |  |  | 30s |  |
| A4 | Cable Row | 4 | 12-15 |  |  | 3m |  |
| D1 | 1 arm row | 4 | 10-12 |  |  | 30 |  |
| D2 | 1 arm OH press Standing | 4 | 10-12 |  |  | 30s |  |
| D3 | Lateral Raise | 4 | 10-12 |  |  | 30s |  |
| D4 | Cycling leg raise | 4 | 10-12 |  |  | 3m |  |

\*maintain cervical spine and limit lumbar curvature by engaging abs during the negative

St 3

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Lift | Sets | Reps |  |  | Rest Interval | Tempo |
| A1 | Jerk Controlled ECC | 4 | 10-12 |  |  | 30s | 3110 |
| A2 | Pull down | 4 | 10-12 |  |  | 30s |  |
| B1 | Preacher Curl | 4 | 10-12 |  |  | 30s |  |
| B2 | Pin Press | 4 | 10-12 |  |  | 60s |  |
| C1 | Rev Preacher | 3 | 10-12 |  |  |  |  |
| C2 | Flat DB Press | 3 | 10-12 |  |  |  |  |

HE DB heal elevated DB Front squat elbow stay parallel to the ground