

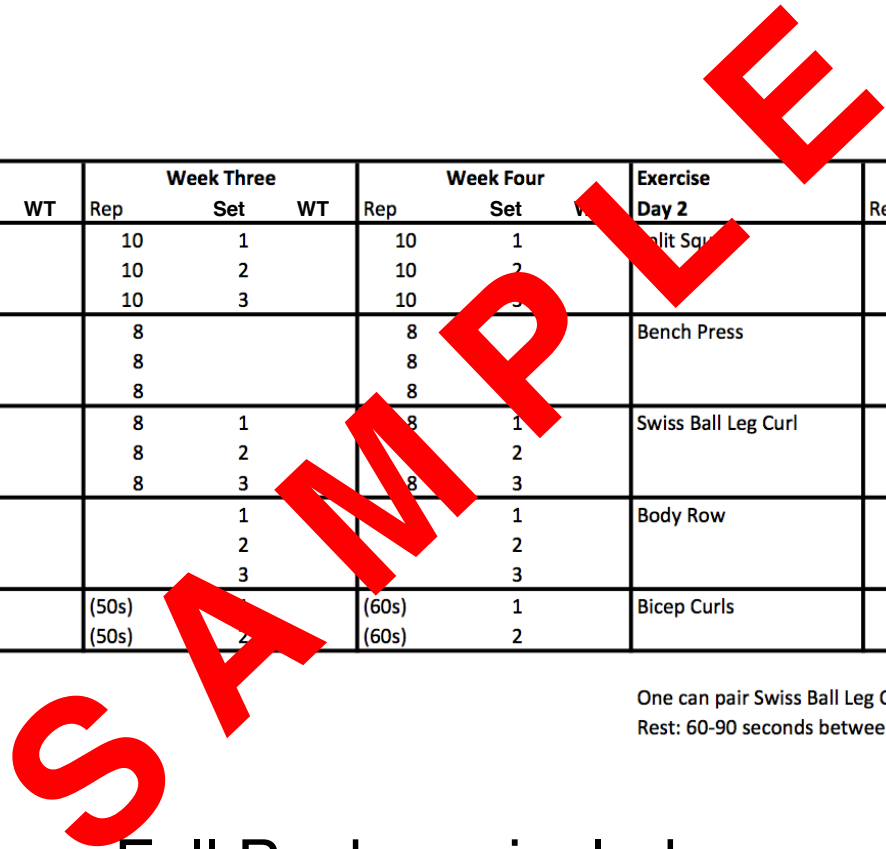


Dowel Warm Up: <https://youtu.be/ciq-FHwnlYw>

Exercise Day 1	Week One			Week Two			Week Three			Week Four			Exercise Day 2	Week One			Week Two			Week Three			Week Four				
	Rep	Set	WT	Rep	Set	WT	Rep	Set	WT	Rep	Set	WT		Rep	Set	WT	Rep	Set	WT	Rep	Set	WT	Rep	Set	WT		
Back Squat	12	1		10	1		10	1		10	1		10	1		10	1		8	1		8	1		6	1	
	12	2		10	2		10	2		10	2		10	2		10	2		8	2		8	2		6	2	
	12	3		10	3		10	3		10	3		10	3		10	3		8	3		8	3		6	3	
Military Press	12	1		10	1		8			8			8			12	1		10	1		8	1		8	1	
	12	2		10	2		8			8			8			12	2		10	2		8	2		8	2	
	12	3		10	3		8			8			8			12	3		10	3		8	3		8	3	
Lateral Lunge	10	1		10	1		8	1		8	1		8	1		6	1		7	1		8	1		9	1	
	10	2		10	2		8	2		8	2		8	2		6	2		7	2		8	2		9	2	
	10	3		10	3		8	3		8	3		8	3		6	3		7	3		8	3		9	3	
Pull-Up Complete AMAP in 3 sets		1			1			1			1			1		8	1		10	1		10	1		12	1	
		2			2			2			2			2		8	2		10	2		10	2		12	2	
		3			3			3			3			3		8	3		10	3		10	3		12	3	
Plank	(30s)	1		(40s)	1		(50s)			(60s)	1		(60s)	1		12	1		10	1		8	1		8	1	
	(30s)	2		(40s)	2		(50s)			(60s)	2		(60s)	2		12	2		10	2		8	2		8	2	

One can pair Lateral Lunge and Pull-Up
Rest: 60-90 seconds between sets
AMAP = As much as possible

One can pair Swiss Ball Leg Curl and Body Row
Rest: 60-90 seconds between sets



Full Package includes:
Hypertrophy Day 3
Strength Day 1+2+3
Power Day 1+2+3
Maintenance

Hypertrophy

Bent Over Row: <https://youtu.be/92EicETh23w>

Good Morning: <https://youtu.be/k36qWQYPZYo>

Pull Ups: <https://youtu.be/eDVxSQzHsiU>

Bench Press: <https://youtu.be/pUqdKj7o1TY>

DB Row: <https://youtu.be/P3mGB9tT0cQ>

Swiss Ball Glute Bridge:

Inverted Row:

DeadBug: <https://youtu.be/wpbsInIt6l4>

Plank: <https://youtu.be/wpbsInIt6l4>

Back Squat: <https://youtu.be/87tJNxXrWyQ>

Military Press: <https://youtu.be/spogKZUD4pU>

DB Lateral Split Squat: <https://youtu.be/2w5FgGuGTdk>

Bicep Curl: https://youtu.be/QEW_04tVz2s

Power New Exercises Introduced

Push Jerk: <https://youtu.be/spogKZUD4pU>

Speed Skater: <https://youtu.be/j1ztUttRie8>

Split Squat Jump: <https://youtu.be/7NYI8ytz6DE>

Landmine Push Press: https://youtu.be/eUVJX9Jr-_k

V Ups: <https://youtu.be/wpbsInIt6l4>

Strength New Exercises Introduced

Push Press: <https://youtu.be/spogKZUD4pU>

V-Ups: <https://youtu.be/wpbsInIt6l4>

Nordic Curl: <https://youtu.be/xlreb2Hxzb0>

Landmine Rotations: <https://youtu.be/wpbsInIt6l4>

One Arm Cable: https://youtu.be/vtlctA_bFd0

Bulgarian Split Squat: https://youtu.be/v_dUSuFnuKM

Power New Exercises Introduced

Push Jerk: <https://youtu.be/spogKZUD4pU>

Speed Skater: <https://youtu.be/j1ztUttRie8>

Landmine Rotations: <https://youtu.be/wpbsInIt6l4>

Clap or Band Push Up: <https://youtu.be/bxmicXzhWuM>

Split Squat Jump: <https://youtu.be/7NYI8ytz6DE>

Landmine Push Press: https://youtu.be/eUVJX9Jr-_k

Hanging Leg Raises: <https://youtu.be/wpbsInIt6l4>