

Advanced Training Cycle

NOTE: These workouts are to be used for Washington Township only. They are not to be copied or shared. These are copy written materials by Matt Wenning.

4x per week lifting

3x per week cardio

6 Weeks

Weights

MON, WED, FRI, SUN does not have to be directly on these days but upper body and lower body workouts must be separated between 72 hours.

Examples

Mon and Thurs (legs)

Tues and Sat (upper)

Cardio 3 bouts per week of 30min

Some days will not be near as long if we use the kettlebell or walk on the treadmill with it turned off, just depends on the intensity. But the cardio will change constantly to burn as many calories as possible. Your other sporting activities can count for this as well (running, basketball etc).

Adv training cycle

6 weeks

Week 1

Stability Emphasis

Monday (LOWER)

Warm-up tread sled (treadmill turned off) 3x1min
DB step ups 3x10 use as heavy of weight as possible 1.5 min rest
DB alternate toe touch 3x10 w 35-40lb Dumbbell 1.5 min rest
Standing cable crunch 3x20 (heavy as you can) 1min rest
Single leg squats w 20lb dumbbells 3x6 each leg 1.5 min rest
Stretch 10min

Tuesday (cardio)

30min fast pace walk 125bpm or other activity

Wednesday (UPPER)

DB bench press 2x2min with 25lb dumbbells (strict) 2min rest
DB bent over rows 3x10 with as much as possible 1min rest
Triceps pushdowns 3x failure with rope 1min rest
Rear delt rows standing 4x20 w 70lb wide bar (pull to chin)
External rotator work 2.5-5lb dumbbell 2x15 each arm

Thursday (OFF)

Stretching and light activity only

Friday (accessory/GPP)

Kettlebell swings 3x 1min with 35-45lb dumbbell 1min rest
Rear delt rows standing 3x20 w 60lb use rope pull to forehead
Hamstring curls 2x fail w 100lb (any)

Saturday (cardio)

30min pre core high resistance-or stair climber steady or other activity at higher intensity

Adv training cycle

6 weeks

Week 2

Strength Emphasis

Monday (LOWER)

Warm-up tread sled (treadmill turned off) 3x1min

Leg press 1 RM

Straight leg db deadlifts 3x10w 30-50lb dumbbells 2min rest

Standing cable crunch wide stance 3x20 (heavy as you can) 1min rest

Single leg squats w 20lb dumbbells 3x6 each leg 1.5 min rest

Stretch 10min

Tuesday (cardio)

Jump rope 3x 1min rest only as much as needed

Wednesday (UPPER)

100 rep bench with 45-80lb (strict) narrow grip

Cable Lat pulldowns wide grip 4x12 heavy as you can

Triceps pushdowns 3x failure with rope 1min rest

Rear delt rows standing 4x20 w 70lb wide bar (pull to chin)

External rotator work 2.5-5lb dumbbell 2x15 each arm

Thursday (OFF)

Stretching and light activity only

Friday (accessory/GPP)

Kettlebell swings 2x 1.5min with 35-45lb dumbbell 1min rest

Rear delt rows standing 3x20 w 60lb use rope pull to forehead

Hamstring curls 2x fail w 100lb (any)

Saturday (cardio)

30min pre core high resistance-or stair climber steady

Adv training cycle
6 weeks
Week 3
Conditioning Emphasis

Monday (LOWER)

Warm-up tread sled (treadmill turned off) 3x1.25min
100 box squats in a row with 20lb dumbbells
Standing cable crunch wide stance 3x20 (heavy as you can) 1min rest
Stretch 10min

Tuesday (cardio)

Stair walking with bottle 20min as many flights as you can do in that time
(steady pace)

Wednesday (UPPER)

Pushups 1 set as many as you can do
Cable Lat pulldowns narrow grip 4x12 heavy as you can
Triceps pushdowns behind the head 3x failure with rope 1min rest
Rear delt rows standing 4x20 w 70lb wide bar (pull to chin)
External rotator work 2.5-5lb dumbbell 2x15 each arm

Thursday (OFF)

Stretching and light activity only

Friday (accessory/GPP)

Kettlebell swings 3x 1min with 35-45lb dumbbell 1min rest
Rear delt rows standing 3x20 w 60lb use rope pull to forehead
Hamstring curls 2x fail w 100lb (any)

Saturday (cardio)

30min pre core high resistance-or stair climber steady

Sunday OFF

Adv training cycle

6 weeks

Week 4

Unload Emphasis

Monday (LOWER)

Warm-up tread sled (treadmill turned off) 3x1.25min

Max effort 4 pin deadlift

Standing cable crunch wide stance 3x15 (heavy as you can) 1min rest

Stretch 10min

Tuesday (cardio)

Stair walking 20min as many flights as you can do in that time

Wednesday (UPPER)

Cable Lat pulldowns narrow grip 3x12 heavy as you can

Triceps pushdowns behind the head 2x failure with rope 1min rest

Rear delt rows standing 4x20 w 70lb wide bar (pull to chin)

External rotator work 2.5-5lb dumbbell 2x15 each arm

Thursday (OFF)

Stretching and light activity only

Friday (accessory/GPP)

Crunches 100 reps any way you want

Rear delt rows standing 3x20 w 60lb use rope pull to forehead

Hamstring curls 2x fail w 100lb (any)

Saturday (cardio)

20min pre core high resistance-or stair climber steady or other high intensity activity

Adv training cycle

6 weeks

Week 5

Stability Emphasis

Monday (LOWER)

Warm-up tread sled (treadmill turned off) 3x1min
DB step ups 3x10 use as heavy of weight as possible 1.5 min rest
DB alternate toe touch 3x10 w 35-40lb Dumbbell 1.5 min rest
Standing cable crunch 3x20 (heavy as you can) 1min rest
Single leg squats w 20lb dumbbells 3x6 each leg 1.5 min rest
Stretch 10min

6hours post 30min cardio steady walk 110bpm (recovery)

Tuesday (cardio)

30min fast pace walk 125bpm

Wednesday (UPPER)

DB bench press 2x2min with 30lb dumbbells (strict) 2min rest
DB bent over rows 3x10 with as much as possible 1min rest
Triceps pushdowns 3x failure with rope 1min rest
Rear delt rows standing 4x25 w 70lb wide bar (pull to chin)
External rotator work 2.5-5lb dumbbell 2x15 each arm

Thursday (OFF)

Stretching and light activity only

Friday (accessory/GPP)

Kettlebell swings 3x 1min with 35-45lb dumbbell 45 sec rest
Rear delt rows standing 3x20 w 60lb use rope pull to forehead
Hamstring curls 2x fail w 100lb (any)

Saturday (cardio)

30min pre core high resistance-or stair climber steady

Adv training cycle

6 weeks

Week 6

Strength Emphasis

Monday (LOWER)

Warm-up tread sled (treadmill turned off) 3x1.5min

DB step ups 3x6 with as heavy as possible progressive

Deadlifts 3x6 progressive

Standing cable crunch wide stance 3x20 (heavy as you can) 1min rest

Single leg squats w 20lb dumbbells 3x6 each leg 1.5 min rest

Stretch 10min

6hours post 30min cardio steady walk 110bpm (recovery)

Tuesday (cardio)

Jump rope 3x 1.5min rest only as much as needed

Wednesday (UPPER)

Max effort bench with narrow grip work up to 1rm with perfect form

Cable Lat pulldowns wide grip 4x12 heavy as you can

Triceps pushdowns 3x failure with rope 1min rest

Rear delt rows standing 4x20 w 70lb wide bar (pull to chin)

External rotator work 2.5-5lb dumbbell 2x15 each arm

Thursday (OFF)

Stretching and light activity only

Friday (accessory/GPP)

Kettlebell swings 2x 1.5min with 35-45lb dumbbell 1min rest

Rear delt rows standing 3x20 w 60lb use rope pull to forehead

Hamstring curls 2x fail w 100lb (any)

Saturday speed upper

Speed bench 8x3 with light weights (35% of 1-RM)

Machine lat rows 3x10 heavy as possible

Lateral delt raises 2x15 w 15-25lb\

Rear delt rows w rope 4x20 w 60-80lb

6 hours pre or post

30min pre core high resistance-or stair climber steady

Adv training cycle
Week 7
Stability Emphasis

Monday (LOWER)

Warm-up tread sled (treadmill turned off) 3x1min
DB step ups off a higher box (2 more in than last week) 3x12 lighter weights
DB alternate toe touch 3x10 w 35-40lb Dumbbell 1.5 min rest
Standing cable crunch 3x20 (heavy as you can) 1min rest
Single leg squats w 20lb dumbbells 3x6 each leg 1.5 min rest
Stretch 10min

Tuesday (cardio)

30min fast pace walk 125bpm or other activity

Wednesday (UPPER)

DB bench press 2x2min with 25lb dumbbells (strict) 2min rest
DB bent over rows 3x10 with as much as possible 1min rest
Triceps pushdowns 3x failure with rope 1min rest
Rear delt rows standing 4x20 w 70lb wide bar (pull to chin)
External rotator work 2.5-5lb dumbbell 2x15 each arm

Thursday (OFF)

Stretching and light activity only

Friday (accessory/GPP)

Kettlebell swings 3x 1min with 35-45lb dumbbell 1min rest
Rear delt rows standing 3x20 w 60lb use rope pull to forehead
Hamstring curls 2x fail w 100lb (any)

Saturday speed upper

Speed bench 8x3 with 35% of 1-RM
DB bent over rows 3x8
Rear delt rows 4x20 w 60-80lb
Light incline flys 3x15 w 15-20lb dumbbells (tendon conditioning)

30min pre core high resistance-or stair climber steady or other activity at higher intensity

Adv training cycle
Week 8
Strength Emphasis

Monday (LOWER)

Warm-up tread sled (treadmill turned off) 3x1min
Leg press 1 RM
Straight leg db deadlifts 3x10w 30-50lb dumbbells 2min rest
Standing cable crunch wide stance 3x20 (heavy as you can) 1min rest
Single leg squats w 20lb dumbbells 3x6 each leg 1.5 min rest
Stretch 10min

Tuesday (cardio)

Jump rope 3x 1min rest only as much as needed

Wednesday (UPPER)

100 rep bench with 45-80lb (strict) narrow grip
Cable Lat pulldowns wide grip 4x12 heavy as you can
Triceps pushdowns 3x failure with rope 1min rest
Rear delt rows standing 4x20 w 70lb wide bar (pull to chin)
External rotator work 2.5-5lb dumbbell 2x15 each arm

Thursday (OFF)

Stretching and light activity only

Friday (accessory/GPP)

Kettlebell swings 2x 1.5min with 35-45lb dumbbell 1min rest
Rear delt rows standing 3x20 w 60lb use rope pull to forehead
Hamstring curls 2x fail w 100lb (any)

Saturday speed upper

speed bench 12x3 progress 5lb every 3 sets
incline reverse flys 3x12-15 w 15-20lb dumbbells
tricep pushdowns with wide bar 2x failure

6 hours pre or post

30min pre core high resistance-or stair climber steady

Adv training cycle
Week 9
Conditioning Emphasis

Monday (LOWER)

Warm-up tread sled (treadmill turned off) 3x1.25min
100 box squats in a row with 20lb dumbbells
Standing cable crunch wide stance 3x20 (heavy as you can) 1min rest
Stretch 10min

Tuesday (cardio)

Stair walking with bottle 20min as many flights as you can do in that time
(steady pace)

Wednesday (UPPER)

Pushups 3 sets as many as you can do
Cable Lat pulldowns narrow grip 4x12 heavy as you can
Triceps pushdowns behind the head 3x failure with rope 1min rest
Rear delt rows standing 4x20 w 70lb wide bar (pull to chin)
External rotator work 2.5-5lb dumbbell 2x15 each arm

Thursday (OFF)

Stretching and light activity only

Friday (accessory/GPP)

Kettlebell swings 3x 1.25 min with 35-45lb dumbbell 1min rest
Rear delt rows standing 3x20 w 60lb use rope pull to forehead
Hamstring curls 2x fail w 100lb (any)

Saturday speed upper

speed bench 12x3 progress 5lb every 3 sets
incline reverse flys 3x12-15 w 15-20lb dumbbells
tricep pushdowns with wide bar 2x failure

6 hours pre or post

30min pre core high resistance-or stair climber steady

Adv training cycle
Week 10
Unload Emphasis

Monday (LOWER)

Warm-up tread sled (treadmill turned off) 3x1.25min
Practice barbell squats with just the bar 3 sets
Standing cable crunch wide stance 3x15 (heavy as you can) 1min rest
Stretch 10min

Tuesday (cardio)

Stair walking 20min as many flights as you can do in that time

Wednesday (UPPER)

Cable Lat pulldowns narrow grip 3x12 heavy as you can
Triceps pushdowns behind the head 2x failure with rope 1min rest
Rear delt rows standing 4x20 w 70lb wide bar (pull to chin)
External rotator work 2.5-5lb dumbbell 2x15 each arm

Thursday (OFF)

Stretching and light activity only

Friday (accessory/GPP)

Crunches 100 reps any way you want
Rear delt rows standing 3x20 w 60lb use rope pull to forehead
Hamstring curls 2x fail w 100lb (any)

Saturday speed upper

speed bench 12x3 progress 5lb every 3 sets
incline reverse flys 3x12-15 w 15-20lb dumbbells
tricep pushdowns with wide bar 2x failure

6 hours pre or post

30min pre core high resistance-or stair climber steady

Adv training cycle

6 weeks

Week 11

Stability Emphasis

Monday (LOWER)

Warm-up tread sled (treadmill turned off) 3x1min
Overhead dumbbell step ups 3x6 each leg w 10-20lb dumbbells
DB alternate toe touch 3x10 w 35-40lb Dumbbell 1.5 min rest
Standing cable crunch 3x20 (heavy as you can) 1min rest
Single leg squats w 20lb dumbbells 3x6 each leg 1.5 min rest
Stretch 10min

6hours post 30min cardio steady walk 110bpm (recovery)

Tuesday (cardio)

30min fast pace walk 125bpm

Wednesday (UPPER)

DB bench press 2x2min with 30lb dumbbells (strict) 2min rest
DB bent over rows 3x10 with as much as possible 1min rest
Triceps pushdowns 3x failure with rope 1min rest
Rear delt rows standing 4x25 w 70lb wide bar (pull to chin)
External rotator work 2.5-5lb dumbbell 2x15 each arm

Thursday (OFF)

Stretching and light activity only

Friday (accessory/GPP)

Kettlebell swings 3x 1.5min with 35-45lb dumbbell 45 sec rest
Rear delt rows standing 3x20 w 60lb use rope pull to forehead
Hamstring curls 2x fail w 100lb (any)

Saturday speed upper

speed bench 6x3 w 35% of 1-RM
incline reverse flys 3x12-15 w 15-20lb dumbbells
tricep pushdowns with wide bar 2x failure

6 hours pre or post

30min pre core high resistance-or stair climber steady

Adv training cycle
Week 12
Strength Emphasis

Monday (LOWER)

Warm-up tread sled (treadmill turned off) 3x1min
Leg press (single leg) 3x10 each leg progressive 2.5 min rest
Straight leg db deadlifts 3x10w 30-50lb dumbbells 2min rest
Standing cable crunch wide stance 3x20 (heavy as you can) 1min rest
Single leg squats w 20lb dumbbells 3x6 each leg 1.5 min rest
Stretch 10min

6hours post 30min cardio steady walk 110bpm (recovery)

Tuesday (cardio)

Jump rope 3x 1min rest only as much as needed

Wednesday (UPPER)

100 rep bench with 65-100 lb (strict) narrow grip
Cable Lat pulldowns wide grip 4x12 heavy as you can
Triceps pushdowns 3x failure with rope 1min rest
Rear delt rows standing 4x20 w 70lb wide bar (pull to chin)
External rotator work 2.5-5lb dumbbell 2x15 each arm

Thursday (OFF)

Stretching and light activity only

Friday (accessory/GPP)

Kettlebell swings 2x 2min with 35-45lb dumbbell 1min rest
Rear delt rows standing 3x20 w 60lb use rope pull to forehead
Hamstring curls 2x fail w 100lb (any)

Saturday speed upper

speed bench 12x3 progress 5lb every 3 sets
incline reverse flys 3x12-15 w 15-20lb dumbbells
tricep pushdowns with wide bar 2x failure

6 hours pre or post

30min pre core high resistance-or stair climber steady

Adv training cycle
Week 13
Strength Emphasis

Monday (LOWER)

Warm-up tread sled (treadmill turned off) 3x1.5min
Zercher squats work up to 1-RM
Deadlifts 3x6 progressive
Standing cable crunch wide stance 3x20 (heavy as you can) 1min rest
Single leg squats w 20lb dumbbells 3x6 each leg 1.5 min rest
Stretch 10min

6hours post 30min cardio steady walk 110bpm (recovery)

Tuesday (cardio)

Jump rope 3x 1.5min rest only as much as needed

Wednesday (UPPER)

Max effort bench with wide grip work up to 1rm with perfect form
Cable Lat pulldowns wide grip 4x12 heavy as you can
Triceps pushdowns 3x failure with rope 1min rest
Rear delt rows standing 4x20 w 70lb wide bar (pull to chin)
External rotator work 2.5-5lb dumbbell 2x15 each arm

Thursday (OFF)

Stretching and light activity only

Friday (accessory/GPP)

Kettlebell swings 2x 1.5min with 35-45lb dumbbell 1min rest
Rear delt rows standing 3x20 w 60lb use rope pull to forehead
Hamstring curls 2x fail w 100lb (any)

Saturday speed upper

Speed bench 8x3 with light weights (35% of 1-RM)
Machine lat rows 3x10 heavy as possible
Lateral delt raises 2x15 w 15-25lb\
Rear delt rows w rope 4x20 w 60-80lb

6 hours pre or post

30min pre core high resistance-or stair climber steady

Adv training cycle
Week 14
Stability Emphasis

Monday (LOWER)

Warm-up tread sled (treadmill turned off) 3x1min
DB step ups off a higher box (2 more in than last week) 3x12 lighter weights
DB alternate toe touch 3x10 w 35-40lb Dumbbell 1.5 min rest
Standing cable crunch 3x20 (heavy as you can) 1min rest
Single leg squats w 20lb dumbbells 3x6 each leg 1.5 min rest
Stretch 10min

Tuesday (cardio)

30min fast pace walk 125bpm or other activity

Wednesday (UPPER)

Bench press holding bands with weights suspended use 25lb plates 2x2min
DB bent over rows 3x10 with as much as possible 1min rest
Triceps pushdowns 3x failure with rope 1min rest
Rear delt rows standing 4x20 w 70lb wide bar (pull to chin)
External rotator work 2.5-5lb dumbbell 2x15 each arm

Thursday (OFF)

Stretching and light activity only

Friday (accessory/GPP)

Kettlebell swings 3x 1min with 35-45lb dumbbell 1min rest
Rear delt rows standing 3x20 w 60lb use rope pull to forehead
Hamstring curls 2x fail w 100lb (any)

Saturday speed upper

Speed bench 8x3 with 40% of 1-RM
DB bent over rows 3x8
Rear delt rows 4x20 w 60-80lb
Light incline flys 3x15 w 15-20lb dumbbells (tendon conditioning)

30min pre core high resistance-or stair climber steady or other activity at higher intensity

Adv training cycle
Week 15
Strength Emphasis

Monday (LOWER)

Warm-up tread sled (treadmill turned off) 3x1min
Leg press 1 RM (or make it to the gym for squatting)
Straight leg db deadlifts 3x10w 30-50lb dumbbells 2min rest
Standing cable crunch wide stance 3x20 (heavy as you can) 1min rest
Rev hypers 3x10 slow and controlled
Stretch 10min

Tuesday (cardio)

Jump rope 3x 1min rest only as much as needed

Wednesday (UPPER)

Bench press off the floor 3RM
Cable Lat pulldowns wide grip 4x12 heavy as you can
Triceps pushdowns 3x failure with rope 1min rest
Rear delt rows standing 4x20 w 70lb wide bar (pull to chin)
External rotator work 2.5-5lb dumbbell 2x15 each arm

Thursday (OFF)

Stretching and light activity only

Friday (accessory/GPP)

Kettlebell swings 2x 1.5min with 35-45lb dumbbell 1min rest
Rear delt rows standing 3x20 w 60lb use rope pull to forehead
Hamstring curls 2x fail w 100lb (any)

Saturday speed upper

speed bench 12x3 progress 5lb every 3 sets
incline reverse flys 3x12-15 w 15-20lb dumbbells
tricep pushdowns with wide bar 2x failure

6 hours pre or post

30min pre core high resistance-or stair climber steady

Adv training cycle
Week 16
Conditioning Emphasis

Monday (LOWER)

Warm-up tread sled (treadmill turned off) 3x1.25min
DB step ups 2x2min with 20lb dumbbells
Standing cable crunch wide stance 3x20 (heavy as you can) 1min rest
Glute ham raises 2xfailure
Rev hypers 3x10
Stretch 10min

Tuesday (cardio)

Stair walking with bottle 20min as many flights as you can do in that time
(steady pace)

Wednesday (UPPER)

Pushups 3 sets as many as you can do
Cable Lat pulldowns narrow grip 4x12 heavy as you can
Triceps pushdowns behind the head 3x failure with rope 1min rest
Rear delt rows standing 4x20 w 70lb wide bar (pull to chin)
External rotator work 2.5-5lb dumbbell 2x15 each arm

Thursday (OFF)

Stretching and light activity only

Friday (accessory/GPP)

Kettlebell swings 3x 1.25 min with 35-45lb dumbbell 1min rest
Rear delt rows standing 3x20 w 60lb use rope pull to forehead
Hamstring curls 2x fail w 100lb (any)

Saturday speed upper

speed bench 12x3 progress 5lb every 3 sets
incline reverse flys 3x12-15 w 15-20lb dumbbells
tricep pushdowns with wide bar 2x failure

6 hours pre or post

30min pre core high resistance-or stair climber steady

Adv training cycle
Week 17
Unload Emphasis

Monday (LOWER)

Warm-up tread sled (treadmill turned off) 3x1.25min
Stretch 10min

Tuesday (cardio)

Stair walking 20min as many flights as you can do in that time

Wednesday (UPPER)

Cable Lat pulldowns narrow grip 3x12 heavy as you can
Triceps pushdowns behind the head 2x failure with rope 1min rest
Rear delt rows standing 4x20 w 70lb wide bar (pull to chin)
External rotator work 2.5-5lb dumbbell 2x15 each arm

Thursday (OFF)

Stretching and light activity only

Friday (accessory/GPP)

Crunches 100 reps any way you want
Rear delt rows standing 3x20 w 60lb use rope pull to forehead
Hamstring curls 2x fail w 100lb (any)

Saturday speed upper

incline reverse flys 3x12-15 w 15-20lb dumbbells
tricep pushdowns with wide bar 2x failure

6 hours pre or post

30min pre core high resistance-or stair climber steady

Adv training cycle
Week 18
Stability Emphasis

Monday (LOWER)

Warm-up tread sled (treadmill turned off) 3x1min
Overhead dumbbell step ups 3x6 each leg w 10-20lb dumbbells
DB alternate toe touch 3x10 w 35-40lb Dumbbell 1.5 min rest
Standing cable crunch 3x20 (heavy as you can) 1min rest
Single leg squats w 20lb dumbbells 3x6 each leg 1.5 min rest
Stretch 10min

6hours post 30min cardio steady walk 110bpm (recovery)

Tuesday (cardio)

30min fast pace walk 125bpm

Wednesday (UPPER)

DB bench press 2x2min with 30lb dumbbells (strict) 2min rest
DB bent over rows 3x10 with as much as possible 1min rest
Triceps pushdowns 3x failure with rope 1min rest
Rear delt rows standing 4x25 w 70lb wide bar (pull to chin)
External rotator work 2.5-5lb dumbbell 2x15 each arm

Thursday (OFF)

Stretching and light activity only

Friday (accessory/GPP)

Kettlebell swings 3x 1.5min with 35-45lb dumbbell 45 sec rest
Rear delt rows standing 3x20 w 60lb use rope pull to forehead
Hamstring curls 2x fail w 100lb (any)

Saturday speed upper

speed bench 6x3 w 35% of 1-RM
incline reverse flys 3x12-15 w 15-20lb dumbbells
tricep pushdowns with wide bar 2x failure

6 hours pre or post

30min pre core high resistance-or stair climber steady

Adv training cycle
Week 18
Strength Emphasis

Monday (LOWER)

Warm-up tread sled (treadmill turned off) 3x1min
Zercher squats work up to 1RM
Straight leg db deadlifts 3x10w 30-50lb dumbbells 2min rest
Standing cable crunch wide stance 3x20 (heavy as you can) 1min rest
Rev hypers 3x10 with as much weight as safely possible
Stretch 10min

6hours post 30min cardio steady walk 110bpm (recovery)

Tuesday (cardio)

Jump rope 3x 1min rest only as much as needed

Wednesday (UPPER)

100 rep bench with 65-100 lb (strict) narrow grip
Cable Lat pulldowns wide grip 4x12 heavy as you can
Triceps pushdowns 3x failure with rope 1min rest
Rear delt rows standing 4x20 w 70lb wide bar (pull to chin)
External rotator work 2.5-5lb dumbbell 2x15 each arm

Thursday (OFF)

Stretching and light activity only

Friday (accessory/GPP)

Kettlebell swings 2x 2min with 35-45lb dumbbell 1min rest
Rear delt rows standing 3x20 w 60lb use rope pull to forehead
Hamstring curls 2x fail w 100lb (any)

Saturday speed upper

speed bench 12x3 progress 5lb every 3 sets
incline reverse flys 3x12-15 w 15-20lb dumbbells
tricep pushdowns with wide bar 2x failure

6 hours pre or post

30min pre core high resistance-or stair climber steady

