

Monday - High Reps - Periodization 1 - Mass - (4-5) Weeks						
Exercise		Groups		Set/Rep		Time
Squat		A1		4 x 8-10 @ 75-80%		12 min
ABS (Variety)		All		4 x 30 sec.		2 min
Bench		A2		4 x 8-10 @ 75-80%		10 min
Curls / Tricep / Rest		All		2 x 30 sec. (3 rot)		3 min
Dead / Clean		B1		4 x 8-10 @ 75-80%		10 min
Push up / Deltoids / Rest		All		2 x 30 sec. (3 rot)		3 min
Incline		B2		4 x 8-10 @ 75-80%		10 min
Burnout: Core strengthening exercises		All		2 x 1 min (2 diff.)		2 min
Thursday - High Reps - Periodization 1 - Mass - (4-5) Weeks						
Exercise		Groups		Set/Rep		Time
Squat		B2		4 x 8-10 @ 75-80%		12 min
ABS (Variety)		All		4 x 30 sec.		2 min
Bench		B1		4 x 8-10 @ 75-80%		10 min
Curls / Tricep / Rest		All		2 x 30 sec. (3 rot)		3 min
Dead / Clean		A2		4 x 8-10 @ 75-80%		10 min
Push up / Deltoids / Rest		All		2 x 30 sec. (3 rot)		3 min
Incline		A1		4 x 8-10 @ 75-80%		10 min
Burnout: Core Strengthening exercises		All		2 x 1 min (2 diff.)		2 min