

	Week 1					Week 2					Week 3					Week 4					Week 5: Deload		
	Sets	Weight	Rep Goal	Rep Results	*Rating	Sets	Weight	Rep Goal	Rep Results	*Rating	Sets	Weight	Rep Goal	Rep Results	*Rating	Sets	Weight	Rep Goal	Rep Results	*Rating	Sets	Weight	Rep Goal
Monday																							
High Bar Squat	3	310	2/fail			3	325	2/fail			3	332.5	2/fail		3	340	1/fail			2	215	2/3 reps of Week 1	
Pause Squat	2	242.5	2/fail			2	255	2/fail			2	260	2/fail		2	267.5	1/fail			2	170	2/3 reps of Week 1	
Competition Deadlift	2	245	Triples			2	257.5	Triples			2	262.5	Triples		2	270	Triples			2	170	Same reps as Week 1	
Abs of choice (optional)	2		2/fail			2		2/fail			3		2/fail		3		1/fail			2		2/3 reps of Week 1	
	Sets	Weight	Rep Goal	Rep Results	*Rating	Sets	Weight	Rep Goal	Rep Results	*Rating	Sets	Weight	Rep Goal	Rep Results	*Rating	Sets	Weight	Reps	Rep Results	*Rating	Sets	Weight	Rep Goal
Wednesday																							
Standing Barbell Overhead Press	3	127.5	2/fail			3	135	2/fail			3	137.5	2/fail		3	140	1/fail			2	90	2/3 reps of Week 1	
Barbell Bent Rows	2	0	2/fail			2	0	2/fail			2	0	2/fail		2	0	1/fail			2	0	2/3 reps of Week 1	
Dumbbell Upright Row	2	175	2/fail			2	185	2/fail			3	187.5	2/fail		3	192.5	1/fail			2	125	2/3 reps of Week 1	
Abs of choice (optional)	2	67.5	2/fail			2	70	2/fail			3	72.5	2/fail		3	75	1/fail			2	45	2/3 reps of Week 1	
	2		2/fail			2		2/fail			3		2/fail		3		1/fail			2		2/3 reps of Week 1	
	Sets	Weight	Rep Goal	Rep Results	*Rating	Sets	Weight	Rep Goal	Rep Results	*Rating	Sets	Weight	Rep Goal	Rep Results	*Rating	Sets	Weight	Reps	Rep Results	*Rating	Sets	Weight	Rep Goal
Friday																							
Competition Deadlift	2	332.5	2/fail			2	350	2/fail			2	232.5	Triples		2	365	1/fail			2	165	1/2 reps of Week 1	
High Bar Good-Morning	2	175	2/fail			2	185	2/fail			2	122.5	Triples		2	192.5	1/fail			2	90	1/2 reps of Week 1	
Front Squat	2	262.5	2/fail			2	275	2/fail			2	185	Triples		2	290	1/fail			2	130	1/2 reps of Week 1	
Abs of choice (optional)	2		2/fail			2		2/fail			3		2/fail		3		1/fail			2		1/2 reps of Week 1	
	Sets	Weight	Rep Goal	Rep Results	*Rating	Sets	Weight	Rep Goal	Rep Results	*Rating	Sets	Weight	Rep Goal	Rep Results	*Rating	Sets	Weight	Reps	Rep Results	*Rating	Sets	Weight	Rep Goal
N/A																							
	0	2	0	2/fail		2	0	2/fail			2	0	Triples		2	0	1/fail			2	0	1/2 reps of Week 1	
	0	2	0	2/fail		2	0	2/fail			2	0	Triples		2	0	1/fail			2	0	1/2 reps of Week 1	
	0	2	0	2/fail		2	0	2/fail			1	0	2/fail		3	0	1/fail			2	0	1/2 reps of Week 1	
	0	2	0	2/fail		2	0	2/fail			1	0	2/fail		3	0	1/fail			2	0	1/2 reps of Week 1	
Abs of choice (optional)	2		2/fail			2		2/fail			3		2/fail		3		1/fail			2		1/2 reps of Week 1	

3.) *Rating Guide:
 (1: The reps moved pretty fast FOR THAT WEIGHT, and felt pretty light FOR THAT WEIGHT.)
 (0: The reps moved ok FOR THAT WEIGHT, and felt decent FOR THAT WEIGHT.)
 (-1 The reps moved pretty slowly FOR THAT WEIGHT, and felt pretty heavy FOR THAT WEIGHT.)

* "5's" means to just do sets of 5 for that weight on that day