

Week 1 (Athletic Bulk)

<p><u>Day One:</u> (Time Under Tension - Lower Body)</p> <p>Workout: (3sec down, 1sec pause, 1sec up)</p> <ul style="list-style-type: none"> <input type="checkbox"/> 4x10-12 tempo back squat <input type="checkbox"/> 4x10-12 barbell reverse lunges <input type="checkbox"/> 4x10-12 RDL's <input type="checkbox"/> 50 total reps leg extensions <input type="checkbox"/> 50 total reps leg curls <p>Mental Barrier Breakers:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 2x1min barbell back squat AMRAP (as many reps as possible) <input type="checkbox"/> 1xfailure weighted wall sits <input type="checkbox"/> 5min stairmaster <p>Core:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 50 total weighted russian twists <input type="checkbox"/> 50 reverse crunches <input type="checkbox"/> 25 leg lifts 	<p><u>Day Two:</u> (Time Under Tension - Upper Body)</p> <p>Workout:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 4x10-12 Barbell Bench Press (3sec down, 1sec pause, 1sec up) <input type="checkbox"/> 4x10-12 Incline Cable Flies (1sec up, 3sec pause, 1sec down) <input type="checkbox"/> 15-20 <u>WEIGHTED</u> push ups <u>AS SLOW AS POSSIBLE</u> <input type="checkbox"/> 3x20yds weighted rope sled Rows (Row Motion, slow with focus on squeezing scaps) ***if no sled is available, do heavy single arm dumbbell rows 3x20*** <input type="checkbox"/> 3x5-10 SLOW pull ups (2-3sec up, 2sec pause) <p>Mental Barrier Breakers:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1xfailure battle ropes (MAX EFFORT) <input type="checkbox"/> 1xfailure weighted push ups <p>Core:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1min straight arm plank <input type="checkbox"/> 1min straight arm side plank (each side) 	<p><u>Day Three:</u> (Heavy Legs)</p> <p>Workout:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 4x4-5 conventional deadlifts <input type="checkbox"/> 4x4-5 power cleans <input type="checkbox"/> 4x4-5 barbell hip thrusts <input type="checkbox"/> 4x4-5 single leg dumbbell squats (on a bench) <input type="checkbox"/> 4x4-5 single leg dumbbell RDL's <p>Mental Barrier Breakers:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 2x1min AMRAP medicine ball slams <p>Core:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 30 hanging knees to chest <input type="checkbox"/> 30 weighted crunches <input type="checkbox"/> 1min weighted plank 	<p><u>Day Four:</u> (Heavy Upper Body)</p> <p>Workout:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 4x4-5 resistance band close grip barbell bench <input type="checkbox"/> 50 total weighted push ups <input type="checkbox"/> 4x4-5 explosive single arm barbell shoulder press (landmine press) <input type="checkbox"/> 4x4-5 lat pull downs <input type="checkbox"/> 4x5-10 chin ups <p>Mental Barrier Breakers:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 2x1min Weighted Burpees <p>Core:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 50 total weighted russian twists <input type="checkbox"/> 3x6-8 barbell roll outs <input type="checkbox"/> 25 v-ups
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