

Week 1	Monday	1 Rep Max	Load (% 1 RM)	Load	Sets x Reps		Rest
	BB Squats		70%	0	3	12	60 sec
	BB deadlifts		70%	0	3	12	60 sec
	Lying Ham Curls		70%	0	3	12	60 sec
	Calf Raises		70%	0	3	12	60 sec
	Wednesday						
	Push Presses		70%	0	3	12	60 sec
	Front Pull downs		70%	0	3	12	60 sec
	BB Bench Press		70%	0	3	12	60 sec
	Weighted Crunches		5lb		3	12	60 sec
	Friday						
	BB Squats		70%	0	3	12	60 sec
	BB deadlifts		70%	0	3	12	60 sec
	Lying Ham Curls		70%	0	3	12	60 sec
	Calf Raises		70%	0	3	12	60 sec
Week 2	Monday	1 Rep Max	Load (% 1 RM)	Load	Sets x Reps		Rest
	Push Presses		75%	0	3	12	90 sec
	Front Pull downs		75%	0	3	12	90 sec
	BB Bench Press		75%	0	3	12	90 sec
	Weighted Crunches		7.5lb		3	12	90 sec
	Wednesday						
	BB Squats		75%	0	3	12	90 sec
	BB deadlifts		75%	0	3	12	90 sec
	Lying Ham Curls		75%	0	3	12	90 sec
	Calf Raises		75%		3	12	90 sec
	Friday						
	Push Presses		75%	0	3	12	90 sec
	Front Pull downs		75%	0	3	12	90 sec
	BB Bench Press		75%	0	3	12	90 sec
	Weighted Crunches		7.5lb		3	12	90 sec

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