

8 Week Lifting Program

(Only work sets in table)

Phase 1:Strength Endurance

Deload

Phase 2:Developmental Strength

Deload

Day 1	Week 1	Week 2	Week 3	Week 4	Day 1	Week 5	Week 6	Week 7	Week 8
Notes:Main lifts-3 warmup sets working to goal RPE by 1st work set									
Accesories- workup to RPE by final set									
Warmup Activation:									
Tempo Front Squat	3x10@8	3x12@8	3x15@8	3x10@6	Front Squat	3x5@8.5	3x3@ 9	3x1 @9.5	3x5@ 7.5
Core Engaged Dead bug	3x10	3x10	3x10	3x10	Dead bug(Feet 90)	3x10	3x10	3x10	3x10
DB Tempo Split Squat	3x10@8	3x12@8	3x15@8	3x10@6	DB Split Squat	3x5@8.5	3x3@ 9	3x1 @9.5	3x5@ 7.5
N-Grip s/a DB Press	3x10@8	3x12@8	3x15@8	3x10@6	N-Grip S/A DB Press	3x5@8.5	3x3@ 9	3x1 @9.5	3x5@ 7.5
Ecc Pushup/Iso Hold	3x6	3x8	3x10	3x3	Eccentric Pushup- Pushup	3x10	3x8	3x6	3x3
Ecc Sorinex Hamstring Curl	3x5	3x6	3x8	3x6	Sorinex Hamstring Curls	3x8	3x6	3x5	3x3
Supinated Lat Pull down	3x10 @7	3x12 @7	3x15@7	3x10 @7	Supinated Lat Pulldown	3x5@7	3x6 @7	3x8 @7	3x3@7
1/2 Kneeling Pallof Press	3x10	3x12	3x15	3x10	Tall Kneeling Pallof Press	3x10	3x8	3x6	3x10
Day 2					Day 2				
Warmup Activation:									
Bench - Tempo	3x10@8	3x12@8	3x15@8	3x10@6	Bench Press	3x5@8.5	3x3@ 9	3x1 @9.5	3x5@ 7.5
TRX Eccentric Rows	3x10	3x10	3x10	3x10	TRX Row	3x10	3x10	3x10	3x10
Muscle Cleans	3x10@8	3x12@8	3x15@8	3x10@6	Barbell RDL	3x5@8.5	3x3@ 9	3x1 @9.5	3x5@ 7.5
Pogo Jumps	3x20 sec	3x30 sec	3x40 sec	3x 20 sec	SL Pogo Jumps	5x10 sec	4x10 sec	3x 10 sec	3x20 sec
Band Supported Leg Lower	3x10	3x10	3x10	3x10	Core Engaged Leg Lowering	3x10	3x10	3x10	3x10
Peterson Step Downs	3x5	3x6	3x8	3x6	Ecc Speed Skater Squat	5x3	4x3	3x3	3x3
Adductor Hip Lift	3x5	3x6	3x8	3x6	Seated ISO Groin Squeeze	10 sec	15 sec	20 sec	10 sec
Tall Kneeling Cable Chops	3x5	3x6	3x8	3x6	1/2 Kneeling Cable Chop	3x10@8	3x8@8	3x6@8	3x10@6
Day 3					Day 3				
Warmup Activation:									
Trap Bar Deadlift	3x10@8	3x12@8	3x15@8	3x10@6	Trap Bar Deadlift	3x5@8.5	3x3@ 9	3x1 @9.5	3x5@ 7.5
Bear Hold	3 breaths	5 breaths	8 breaths	8 breaths	Bear Hold	3 breaths	5 breaths	8 breaths	8 breaths
Lateral Squat	3x10@8	3x12@8	3x15@8	3x10@6	Lateral Lunge	3x5@8	3x3@ 8.5	3x1 @9	3x5@ 7.5
Tempo DB Bench	3x10@8	3x12@8	3x15@8	3x10@6	DB Bench Press	3x5@8.5	3x3@ 9	3x1 @9.5	3x5@ 7.5
Side Plank	3x10	3x15	3x20	3x20	Bird Dog	3x20	3x20	3x20	3x20
Shoulders Elevated SL HT	3x8	3x10	3x12	3x8	Straight Leg Hip Lift	3x10@8	3x8@8	3x6@8	3x10@6
Walking Lunges	3x8	3x10	3x12	3x8	Walking Lunges	3x10@8	3x8@8	3x6@8	3x10@6
Eccentric Chin ups	3x3	3x4	3x5	3x3	Chin ups (Assisted if needed)	3x8@8	3x8@8	3x8@8	3x5@ 7.5