

								
Week one day one	Exercise	Reps	Sets	Week one day 2	Exercise	Reps	Sets	
Hypertrophia upperbody	Benchpress	7:10	4	Hypertrophia lowerbody	Squat	7:10	4	
	Latpulldown	10:12	4		Romanian Deadlift	7:10	3	
	Militarypress	7:10	3		Legpress	8:10	3	
	Bulbally	10:12	3		Legcut	10:12	3	
	Rows	7:10	3		Calverpress	10:12	6	
	Lateral Raises	12:15	4					
	Facepulls	10:12	3					
Frontsquat	8:10	4						
Curls	8:10	4						
Strength upperbody	Benchpress	4:6	5	Strength lowerbody	Romanian Deadlift	4:6	4	
	Latpulldown	8:10	4		Legpress	6:8	3	
	Militarypress	10:12	4		Legcut	10:12	3	
	Bulbally	10:12	3		Calverpress	10:12	6	
	Rows	4:6	4					
	Lateral Raises	12:15	4					
	Facepulls	10:12	3					
Curls	8:8	4						
Week two day 1 endurance upperbody	Benchpress	10:12	4	Week two day 2 endurance lowerbody	Romanian Deadlift	10:12	3	
	Latpulldown	12:15	4		Lunge	7:10	3	
	Militarypress	10:12	3		Legcut	12:15	3	
	Bulbally	12:15	3		Calverpress	10:20	6	
	Rows	10:12	3					
	Lateral Raises	12:15	4					
	Facepulls	12:15	4					
Curls	12:15	4						
Week 2 day 3 Hypertrophia upperbody	Benchpress	7:10	4	Week 2 day 4 Hypertrophia lowerbody	Squat	7:10	4	
	Latpulldown	10:12	4		Romanian Deadlift	7:10	3	
	Militarypress	7:10	3		Legpress	8:10	3	
	Bulbally	10:12	3		Legcut	10:12	3	
	Rows	7:10	3		Calverpress	10:12	6	
	Lateral Raises	12:15	4					
	Facepulls	10:12	3					
Tricepushdown	10	4						
Curls	8:10	4						
Week 3 day 1 Strength upperbody	Benchpress	4:6	5	Week 3 day 2 Strength lowerbody	Squat	4:6	4	
	Latpulldown	8:10	4		Romanian Deadlift	4:6	4	
	Militarypress	4:6	4		Legpress	6:8	4	
	Bulbally	10:12	3		Legcut	10:12	3	
	Rows	4:6	4		Calverpress	10:12	6	
	Lateral Raises	12:15	4					
	Facepulls	10:12	3					
Tricepushdown	10	4						
Curls	8:8	4						
Week 3 day 3 endurance upperbody	Benchpress	10:12	4	Week 3 day 4 endurance lowerbody	Squat	10:12	4	
	Latpulldown	12:15	4		Romanian Deadlift	10:12	3	
	Militarypress	10:12	4		Lunge	7:10	3	
	Bulbally	12:15	3		Legcut	12:15	3	
	Rows	10:12	3		Legpress	10:12	3	
	Dips	Failure	3		Calverpress	10:20	6	
	Lateral Raises	12:15	4					
Facepulls	12:15	3						
Frontsquat	12:15	4						
Curls	12:15	4						
Week 4 day 1 Hypertrophia upperbody	Benchpress	7:10	4	Week 4 day 2 Hypertrophia lowerbody	Squat	7:10	4	
	Latpulldown	10:12	4		Romanian Deadlift	7:10	3	
	Militarypress	7:10	4		Legpress	8:10	4	
	Bulbally	10:12	4		Legcut	10:12	3	
	Rows	7:10	3		Legpress	10:12	3	
	Lunge press	10:12	3		Calverpress	10:12	7	
	Lateral Raises	12:15	5					
Facepulls	10:12	3						
Tricepushdown	10	6						
Curls	8:10	6						
Week 4 day 3 Strength upperbody	Benchpress	4:6	5	Week 4 day 4 Strength lowerbody	Squat	4:6	5	
	Latpulldown	8:10	4		Romanian Deadlift	4:6	4	
	Militarypress	4:6	4		Legpress	6:8	4	
	Bulbally	10:12	3		Legcut	10:12	3	
	Rows	4:6	4		Legpress	10:12	3	
	Lateral Raises	12:15	5		Calverpress	10:12	6	
	Facepulls	10:12	3					
Tricepushdown	10	4						
Curls	8:8	4						
Week 5 load 25% less weight and sets								