

NAME

WEEK 1	SESSION A				Kg/lb.	NL	
	EXERCISE	REPS					
	SQUAT	a b c	a b c				H
	PRESS	x y z	x y z				L
	PULL	j k l	j k l				M

WEEK 2	SESSION A				Kg/lb.	NL	
	EXERCISE	REPS					
	SQUAT	a b c	a b c	a b			H
	PRESS	x y z	x y z	x y			L
	PULL	j k l	j k l	j k			M

WEEK 3	SESSION A				Kg/lb.	NL	
	EXERCISE	REPS					
	SQUAT	a b c	a b c	a b c			H
	PRESS	x y z	x y z	x y z			L
	PULL	j k l	j k l	j k l			M

WEEK 4	SESSION A				Kg/lb.	NL	
	EXERCISE	REPS					
	SQUAT	a b c	a b c	a b c a b			H
	PRESS	x y z	x y z	x y z x y			L
	PULL	j k l	j k l	j k l j k			M

WEEK 5	SESSION A				Kg/lb.	NL	
	EXERCISE	REPS					
	SQUAT	a b c	a b c	a b c a b c			H
	PRESS	x y z	x y z	x y z x y z			L
	PULL	j k l	j k l	j k l j k l			M

WEEK 6	SESSION A				Kg/lb.	NL	
	EXERCISE	REPS					
	SQUAT	a b c	a b c	a b c a b c a b			H
	PRESS	x y z	x y z	x y z x y z x y			L
	PULL	j k l	j k l	j k l j k l j k			M

WEEK 7	SESSION A				Kg/lb.	NL	
	EXERCISE	REPS					
	SQUAT	a b c	a b c	a b c			H
	PRESS	x y z	x y z	x y z			L
	PULL	j k l	j k l	j k l			M

WEEK 8	SESSION A				Kg/lb.	NL	
	EXERCISE	REPS					
	SQUAT	TEST!					
	PRESS	a' b' c'	a' b' c'				D
	PULL	j k l	j k l				-

NAME

SESSION B						
WEEK	EXERCISE	REPS			Kg/lb.	NL
WEEK 1	SQUAT	j k l	j k l			M
	PRESS	a b c	a b c			H
	PULL	x y z	x y z			L
SESSION B						
WEEK	EXERCISE	REPS			Kg/lb.	NL
WEEK 2	SQUAT	j k l	j k l	j k		M
	PRESS	a b c	a b c	a b		H
	PULL	x y z	x y z	x y		L
SESSION B						
WEEK	EXERCISE	REPS			Kg/lb.	NL
WEEK 3	SQUAT	j k l	j k l	j k l		M
	PRESS	a b c	a b c	a b c		H
	PULL	x y z	x y z	x y z		L
SESSION B						
WEEK	EXERCISE	REPS			Kg/lb.	NL
WEEK 4	SQUAT	j k l	j k l	j k l j k		M
	PRESS	a b c	a b c	a b c a b		H
	PULL	x y z	x y z	x y z x y		L
SESSION B						
WEEK	EXERCISE	REPS			Kg/lb.	NL
WEEK 5	SQUAT	j k l	j k l	j k l j k l		M
	PRESS	a b c	a b c	a b c a b c		H
	PULL	x y z	x y z	x y z x y z		L
SESSION B						
WEEK	EXERCISE	REPS			Kg/lb.	NL
WEEK 6	SQUAT	j k l	j k l	j k l j k l j k		M
	PRESS	a b c	a b c	a b c a b c a b		H
	PULL	x y z	x y z	x y z x y z x y		L
SESSION B						
WEEK	EXERCISE	REPS			Kg/lb.	NL
WEEK 7	SQUAT	j k l	j k l			M
	PRESS	a b c	a b c	a b c		H
	PULL	x y z	x y z	x y z		L
SESSION B						
WEEK	EXERCISE	REPS			Kg/lb.	NL
WEEK 8	SQUAT					
	PRESS	TEST!				
	PULL	a ¹ b ¹ c ¹	a ¹ b ¹ c ¹			D

NAME

WEEK 1	SESSION C					
	EXERCISE	REPS			Kg/lb.	NL
	SQUAT	x y z	x y z			L
	PRESS	j k l	j k l			M
PULL	a b c	a b c			H	

WEEK 2	SESSION C					
	EXERCISE	REPS			Kg/lb.	NL
	SQUAT	x y z	x y z	x y		L
	PRESS	j k l	j k l	j k		M
PULL	a b c	a b c	a b		H	

WEEK 3	SESSION C					
	EXERCISE	REPS			Kg/lb.	NL
	SQUAT	x y z	x y z	x y z		L
	PRESS	j k l	j k l	j k l		M
PULL	a b c	a b c	a b c		H	

WEEK 4	SESSION C					
	EXERCISE	REPS			Kg/lb.	NL
	SQUAT	x y z	x y z	x y z	x y	L
	PRESS	j k l	j k l	j k l	j k	M
PULL	a b c	a b c	a b c	a b	H	

WEEK 5	SESSION C					
	EXERCISE	REPS			Kg/lb.	NL
	SQUAT	x y z	x y z	x y z	x y z	L
	PRESS	j k l	j k l	j k l	j k l	M
PULL	a b c	a b c	a b c	a b c	H	

WEEK 6	SESSION C						
	EXERCISE	REPS			Kg/lb.	NL	
	SQUAT	x y z	x y z	x y z	x y z	x y	L
	PRESS	j k l	j k l	j k l	j k l	j k	M
PULL	a b c	a b c	a b c	a b c	a b	H	

WEEK 7	SESSION C					
	EXERCISE	REPS			Kg/lb.	NL
	SQUAT	a ¹ b ¹ c ¹	a ¹ b ¹ c ¹			D
	PRESS	j k l	j k l			M
PULL	a b c	a b c	a b c		H	

WEEK 8	SESSION C					
	EXERCISE	REPS			Kg/lb.	NL
	SQUAT					
	PRESS					
PULL	TEST!					



WEEK 1	SESSION A				
	EXERCISE	REPS		Kg/lb.	NL
					H
					L
					M

WEEK 2	SESSION A				
	EXERCISE	REPS		Kg/lb.	NL
					H
					L
					M

WEEK 3	SESSION A				
	EXERCISE	REPS		Kg/lb.	NL
					H
					L
					M

WEEK 4	SESSION A				
	EXERCISE	REPS		Kg/lb.	NL
					H
					L
					M

WEEK 5	SESSION A				
	EXERCISE	REPS		Kg/lb.	NL
					H
					L
					M

WEEK 6	SESSION A				
	EXERCISE	REPS		Kg/lb.	NL
					H
					L
					M

WEEK 7	SESSION A				
	EXERCISE	REPS		Kg/lb.	NL
					H
					L
					M

WEEK 8	SESSION A				
	EXERCISE	REPS		Kg/lb.	NL
		TEST!			D
					-



WEEK 1	SESSION B				
	EXERCISE	REPS		Kg/lb.	NL
					M
					H
					L

WEEK 2	SESSION B				
	EXERCISE	REPS		Kg/lb.	NL
					M
					H
					L

WEEK 3	SESSION B				
	EXERCISE	REPS		Kg/lb.	NL
					M
					H
					L

WEEK 4	SESSION B				
	EXERCISE	REPS		Kg/lb.	NL
					M
					H
					L

WEEK 5	SESSION B				
	EXERCISE	REPS		Kg/lb.	NL
					M
					H
					L

WEEK 6	SESSION B				
	EXERCISE	REPS		Kg/lb.	NL
					M
					H
					L

WEEK 7	SESSION B				
	EXERCISE	REPS		Kg/lb.	NL
					M
					H
					L

WEEK 8	SESSION B				
	EXERCISE	REPS		Kg/lb.	NL
		TEST!			D

SESSION C

WEEK 1	EXERCISE	REPS				Kg/lb.	NL
							L
							M
							H

WEEK 2	EXERCISE	REPS				Kg/lb.	NL
							L
							M
							H

WEEK 3	EXERCISE	REPS				Kg/lb.	NL
							L
							M
							H

WEEK 4	EXERCISE	REPS					Kg/lb.	NL
								L
								M
								H

WEEK 5	EXERCISE	REPS					Kg/lb.	NL
								L
								M
								H

WEEK 6	EXERCISE	REPS						Kg/lb.	NL
									L
									M
									H

WEEK 7	EXERCISE	REPS					Kg/lb.	NL
								D
								M
								H

WEEK 8	EXERCISE	REPS				Kg/lb.	NL

TEST!