

MAXES	WR	TR	RC	DL	SS	BP	% Regulator
Current Max	30	100	30	70		50	
Training Max	28.5	95	28.5	68.5		47.5	95%



Kathrine

Info	Coach
	Bradley May
	S&C

PRO-PROGRAMS	PRO-PROGRAMS	PRO-PROGRAMS
No Warm Up Program	No Warm Up Program	No Warm Up Program

CORE LIFTS % Regulator:	DAY 1							
	WEEK 1	WEEK 2	WEEK 3	WEEK 4				
	80%	100%	100%	100%				
	GR	WT	GR	WT	GR	WT	GR	WT
Deadlifts	nc 20	x5 33	x5 50	nc 25	nc 20	x5 33	x5 50	nc 25
	nc 20	x5 33	x5 50	nc 25	nc 20	x5 33	x5 50	nc 25
	nc 20	x5 33	x5 50	nc 25	nc 20	x5 33	x5 50	nc 25
	nc 20	x5 33	x5 50	nc 25	nc 20	x5 33	x5 50	nc 25
	nc 20	x5 33	x5 50	nc 25	nc 20	x5 33	x5 50	nc 25
Deadlift	x20	x20	x20	x20	x20	x20	x20	x20

RDL	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	x10 15	x10 15	x10 15	x10 15
	x5 25	x5 25	x5 25	x5 25
	nc 20	x5 25	x5 25	nc 25
	nc 20	x5 25	x5 25	nc 25
	nc 20	x5 25	x5 25	nc 25
	nc 20	x5 25	x5 25	nc 25
	nc 20	x5 25	x5 25	nc 25
Floor To knee	x20	x20	x20	x20

	MAIN ACCESSORY LIFTS			
	GR	WT	GR	WT
Pull Ups	nc	nc	nc	nc
Lateral Row	x	5	5	5
	x	5	5	5
	x	5	5	5
One Arm DB Row	x40	5-10	5-10	5-10
	x40	5-10	5-10	5-10
	x40	5-10	5-10	5-10
Y-T-W	x40	5-10	5-10	5-10
	x40	5-10	5-10	5-10
	x40	5-10	5-10	5-10
Upright Row	10	10	10	10
Retention	x	5	5	5
	x	5	5	5

	Accessory			
	AN/A	AN/A	AN/A	AN/A
	AN/A	AN/A	AN/A	AN/A
	AN/A	AN/A	AN/A	AN/A
	AN/A	AN/A	AN/A	AN/A
	AN/A	AN/A	AN/A	AN/A
	AN/A	AN/A	AN/A	AN/A
	AN/A	AN/A	AN/A	AN/A
	AN/A	AN/A	AN/A	AN/A

PRO-PROGRAMS	PRO-PROGRAMS	PRO-PROGRAMS
No Warm Up Program	No Warm Up Program	No Warm Up Program

Lower Body

Roller

CORE LIFTS % Regulator:	DAY 2							
	WEEK 1	WEEK 2	WEEK 3	WEEK 4				
	80%	100%	100%	110%				
	GR	WT	GR	WT	GR	WT	GR	WT
Bench Press (BB)	nc 20	x5 40	x5 40	nc 25	nc 20	x5 40	x5 40	nc 25
	nc 20	x5 40	x5 40	nc 25	nc 20	x5 40	x5 40	nc 25
	nc 20	x5 40	x5 40	nc 25	nc 20	x5 40	x5 40	nc 25
	nc 20	x5 40	x5 40	nc 25	nc 20	x5 40	x5 40	nc 25
	nc 20	x5 40	x5 40	nc 25	nc 20	x5 40	x5 40	nc 25
Bench	AN/A	AN/A	AN/A	AN/A	AN/A	AN/A	AN/A	AN/A

Clean	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	x5 15	x5 20	x5 25	nc 25
	nc 20	x5 25	x5 25	nc 25
	nc 20	x5 25	x5 25	nc 25
	nc 20	x5 25	x5 25	nc 25
	nc 20	x5 25	x5 25	nc 25
	nc 20	x5 25	x5 25	nc 25
	nc 20	x5 25	x5 25	nc 25
Bench	AN/A	AN/A	AN/A	AN/A

	MAIN ACCESSORY LIFTS			
	GR	WT	GR	WT
Incline bench	x40	5-10	5-10	5-10
	x40	5-10	5-10	5-10
	x40	5-10	5-10	5-10
Split Jerk	10	10	10	10
	x	5	5	5
	x	5	5	5
High Pulls	x	5	5	5
	x	5	5	5
	x	5	5	5
Military Press	x	5	5	5
	x	5	5	5
	x	5	5	5
Cable curls	x	5	5	5
	x	5	5	5
	x	5	5	5

	Accessory			
	AN/A	AN/A	AN/A	AN/A
	AN/A	AN/A	AN/A	AN/A
	AN/A	AN/A	AN/A	AN/A
	AN/A	AN/A	AN/A	AN/A
	AN/A	AN/A	AN/A	AN/A
	AN/A	AN/A	AN/A	AN/A
	AN/A	AN/A	AN/A	AN/A
	AN/A	AN/A	AN/A	AN/A

PRO-PROGRAMS	PRO-PROGRAMS	PRO-PROGRAMS
No Warm Up Program	No Warm Up Program	No Warm Up Program

Program

CORE LIFTS % Regulator:	DAY 3							
	WEEK 1	WEEK 2	WEEK 3	WEEK 4				
	100%	100%	100%	100%				
	GR	WT	GR	WT	GR	WT	GR	WT
Front Squat	nc 20	x5 40	x5 40	nc 25	nc 20	x5 40	x5 40	nc 25
	nc 20	x5 40	x5 40	nc 25	nc 20	x5 40	x5 40	nc 25
	nc 20	x5 40	x5 40	nc 25	nc 20	x5 40	x5 40	nc 25
	nc 20	x5 40	x5 40	nc 25	nc 20	x5 40	x5 40	nc 25
	nc 20	x5 40	x5 40	nc 25	nc 20	x5 40	x5 40	nc 25
Jump Squat	x20	x20	x20	x20	x20	x20	x20	x20

Snatch	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	nc 20	x5 20	x5 20	nc 25
	nc 20	x5 20	x5 20	nc 25
	nc 20	x5 20	x5 20	nc 25
	nc 20	x5 20	x5 20	nc 25
	nc 20	x5 20	x5 20	nc 25
	nc 20	x5 20	x5 20	nc 25
	nc 20	x5 20	x5 20	nc 25
Bench	AN/A	AN/A	AN/A	AN/A

	MAIN ACCESSORY LIFTS			
	GR	WT	GR	WT
Split Squats	x40	5-10	5-10	5-10
	x40	5-10	5-10	5-10
	x40	5-10	5-10	5-10
1 Leg Leg Press	x40	5-10	5-10	5-10
	x40	5-10	5-10	5-10
	x40	5-10	5-10	5-10
Sumo Squats	x	5	5	5
	x	5	5	5
	x	5	5	5
Hamstring Curls	12-2	12-3	12-3	12-3
	12-2	12-3	12-3	12-3
	12-2	12-3	12-3	12-3
Leg Extensions	12-2	12-3	12-3	12-3
	12-2	12-3	12-3	12-3
	12-2	12-3	12-3	12-3

	Accessory			
	FL	FL	FL	FL
	AN/A	AN/A	AN/A	AN/A
	AN/A	AN/A	AN/A	AN/A
	AN/A	AN/A	AN/A	AN/A
	AN/A	AN/A	AN/A	AN/A
	AN/A	AN/A	AN/A	AN/A
	AN/A	AN/A	AN/A	AN/A
	AN/A	AN/A	AN/A	AN/A
	AN/A	AN/A	AN/A	AN/A

PRO-PROGRAMS	PRO-PROGRAMS	PRO-PROGRAMS
No Warm Up Program	No Warm Up Program	No Warm Up Program

Lower Body

Roller