Week 1 6/4			**Week 2 6/11**			**Week 3 6/18**			**Week 4 6/25**		
3 Way Shoulder			**3 Way Shoulder**			**3 Way Shoulder**			**3 Way Shoulder**		
Bench	10	60%	**Bench**	10	60%	**Bench**	10	60%	**Bench**	10	60%
	8	70%		8	72%		8	75%		8	77%
	8	70%		8	72%		8	75%		8	77%
	8	70%		8	72%		8	75%		8	77%
	8	70%		8	72%		8	75%		8	77%
Incl Bench	10		**Incl Bench**	8		**Incl Bench**	8		**Incl Bench**	8	
	8			8			8			8	
	8			8			8			6	
Clean High Pulls-5x5			**Clean High Pulls-**5x5			**Clean High Pulls-**4x6			**Clean High Pulls-**4x6		
Front Squat	5	60%	**Front Squat**	5	62%	**Front Squat**	5	67%	**Front Squat**	5	67%
	5	65%		5	67%		5	72%		5	72%
	5	70%		5	72%		5	77%		5	77%
	5	75%		5	77%		4	80%		4	80%
	5	77%		4	80%					3	82%
Lat Pulls/Incl DB Flies 3x10/3x10			**Lat Pulls/Incl DB Flies** 3x12/3x10			**Lat Pulls/Incl DB Flies** 3x12/3x10			**Lat Pulls/Incl DB Flies** 3x12/3x10		
DB Tricep Ext./Bar Curls 3x8/3x8			**DB Tricep Ext./Bar Curls** 3x8/3x8			**DB Tricep Ext./Bar Curls** 3x8/3x8			**DB Tricep Ext./Bar Curls** 3x10/3x10		

Week 5 7/9			**Week 6 7/16**			**Week 7 7/23**			**Week 8 7/30**		
3 Way Shoulder			**3 Way Shoulder**			**3 Way Shoulder**			**3 Way Shoulder**		
Bench	8	77%	**Bench**	8	77%	**Bench**	8	77%	**Bench**	8	77%
	6	80%		6	82%		5	85%		5	85%
	6	80%		6	82%		5	85%		5	85%
	6	80%		6	82%		5	85%		5	85%
	6	80%		6	82%		5	85%		5	85%
Incl Bench	8		**Incl Bench**	8		**Incl Bench**	8		**Incl Bench**	8	
	8			6			6			6	
	6			6			6			6	
Clean High Pulls-4x6			**Clean High Pulls**-4x6			**Clean High Pulls**-4x6			**Clean High Pulls**-4x6		
Front Squat	5	67%	**Front Squat**	5	67%	**Front Squat**	5	72%	**Front Squat**	5	77%
	5	72%		5	72%		5	77%		4	80%
	5	77%		5	77%		4	80%		3	85%
	4	80%		4	80%		3	85%		3	87%
	3	82%		3	85%		3	87%		2	90%
Lat Pulls(Pull-ups)/Incl DB Flies 4x12/4x10			**Lat Pulls(Pull-ups)/Incl DB Flies** 4x12/4x10			**Lat Pulls(Pull-ups)/Incl DB Flies** 4x12/4x10			**Lat Pulls(Pull-ups)/Incl DB Flies** 4x12/4x10		
DB Tricep Ext./Bar Curls 3x8/3x8			**DB Tricep Ext./Bar Curls** 4x8/4x8			**DB Tricep Ext./Bar Curls** 4x8/4x8			**DB Tricep Ext./Bar Curls** 4x10/4x10		