	Day 1			Day 2			
WEEK	1	2	3	WEEK	1	2	3
Exercise				Exercise			
Warm-up	4 sets of abs and low back			Warm-up	4 sets of abs and low back		
Box Jumps	10	8	8	Weighted Jump	6	5	4
Jump up onto a	10	8	8	Squats (do not	6	5	4
box and then	10	8	8	Go over 30% of	6	5	4
step down	10	8	8	1RM)	6	5	4
Back Squat	10	12	10	Dead lift	10	12	10
30secs	10	12	10	30secs	10	12	10
between sets	10	12	10	between sets	10	12	10
	10	12	10	Maintain	10	12	10
	10	12	10	perfect back	10	12	10
	10	12	10	posture	10	12	10
	10	12	10		10	12	10
	10	12	10		10	12	10
	10	12	10		10	12	10
	10	12	10		10	12	10
Flat Bench	10	8	10	DB incline	10	8	10
Press	10	8	10	30secs	10	8	10
30secs	10	8	10	between sets	10	8	10
between sets	10	8	10		10	8	10
	10	8	10		10	8	10
	10	8	10		10	8	10
	10	8	10		10	8	10
	10	8	10		10	8	10
	10	8	10		10	8	10
	10	8	10		10	8	10
Lat pull	12	15	15	Barbell	12	15	15
down	12	15	15	Bent-over row	12	15	15
	12	15	15		12	15	15
	12	15	15		12	15	15
	12	15	15		12	15	15
	12	15	15		12	15	15
	12	15	15		12	15	15
	12	15	15		12	15	15
	12	15	15		12	15	15