

3 Week Strength Program



Name: _____
 Date: _____
 Training Phase: _____

Day 1 Squat

Order	Category	Exercise	WEEK 1				WEEK 2				WEEK 3			
			Sets	Reps	%max	Weight	Sets	Reps	%max	Weight	Sets	Reps	%max	Weight
A	Main Lift	Back Squat	5	4	80		5	5	80		5	6	80	
B1	Main Accessory	Pause Squat	3	5	60		3	4	65		3	3	70	
B2	2nd Accessory	Bulgarian Split Squat	4	6			4	6			4	6		
C1	Auxiliary	Leg Press	3	15			3	15			3	15		
C2	Auxiliary	DB RDL	3	15			3	15			3	15		
D	Recovery Aux	Glute Ham Raise	2	20			2	20			2	20		

Day 2 Bench Press

Order	Category	Exercise	WEEK 1				WEEK 2				WEEK 3			
			Sets	Reps	%max	Weight	Sets	Reps	%max	Weight	Sets	Reps	%max	Weight
A	Main Lift	Bench Press	5	4	80		5	5	80		5	6	80	
B1	Main Accessory	Dead Pin Press	3	5	70		3	4	75		3	3	80	
B2	2nd Accessory	DB Chest Press	4	8			4	8			4	8		
C1	Auxiliary	DB Tricep Hammers	3	15			3	15			3	15		
C2	Auxiliary	DB Rear Delt Fly	3	15			3	15			3	15		
D	Recovery Aux	Band Tricep Ext	2	20			2	20			2	20		

Day 3 Deadlift

Order	Category	Exercise	WEEK 1				WEEK 2				WEEK 3			
			Sets	Reps	%max	Weight	Sets	Reps	%max	Weight	Sets	Reps	%max	Weight
A	Main Lift	Deadlift	5	4	80		5	5	80		5	6	80	
B1	Main Accessory	Deficit Deadlift	3	5	60		3	4	65		3	3	70	
B2	2nd Accessory	RDL	4	8			4	8			4	8		
C1	Auxiliary	Single Arm DB Row	3	15			3	15			3	15		
C2	Auxiliary	Hamstring Curl	3	15			3	15			3	15		
D	Recovery Aux	Wide Walking Lunge	2	20			2	20			2	20		

Day 4 Upper Accessory

Order	Category	Exercise	WEEK 1				WEEK 2				WEEK 3			
			Sets	Reps	%max	Weight	Sets	Reps	%max	Weight	Sets	Reps	%max	Weight
A	Main Lift	Pullup (Weighted)	4	8			4	5			5	5		
B1	Main Accessory	Wide Grip Seated Row	4	10			4	10			4	10		
B2	2nd Accessory	KB Overhead Press	4	8			4	8			4	8		
C1	Auxiliary	DB Hammer Curl	3	15			3	15			3	15		
C2	Auxiliary	DB Lateral Raise	3	15			3	15			3	15		
D	Recovery Aux	Pushup	2	20			2	20			2	20		