

11 Weeks				10 Weeks				9 Weeks				8 Weeks						
17-Aug-23	Day #1			24-Aug-23	Day #1	Weight	Sets	Reps	31-Aug-23	Day #1	Weight	Sets	Reps	07-Sep-23	Day #1	Weight	Sets	Reps
	Fullround				Squat	100	4	8		Squat	100	4	8		Squat	100	4	8
	Deload				WB Bench	80	5	10+		WB Bench	87.5	5	10+		WB Bench	100	1	AMRAP
	Week				Deadlift	120	5	5		Deadlift	117.5	5	4		Deadlift	117.5	5	5
					Back Extension					Back Extension					Back Extension			
					Ab					Ab					Ab			
18-Aug-23	Day #2			25-Aug-23	Day #2	Weight	Sets	Reps	01-Sep-23	Day #2	Weight	Sets	Reps	08-Sep-23	Day #2	Weight	Sets	Reps
	Fullround				Bench	110	2	10		Bench	117.5	2	8		Bench	122.5	2	8
	Deload				OB Bench	97.5	2	10		OB Bench	102.5	2	8		OB Bench	107.5	2	8
	Week				Row	80	3	8		Row	80	3	8		Row	100	3	5
					Plaque					Plaque					Plaque			
					Dip					Dip					Dip			
19-Aug-23	Day #3			26-Aug-23	Day #3	Weight	Sets	Reps	02-Sep-23	Day #3	Weight	Sets	Reps	09-Sep-23	Day #3	Weight	Sets	Reps
	Fullround				Squat	162.5	5	7		Squat	172.5	5	7		Squat	177.5	5	7
	Deload				OB Bench	115	2	10		OB Bench	122.5	2	8		OB Bench	127.5	2	8
	Week				Deadlift	100	1	20		Block Dead	165	3	3		Speed Dead	142.5	10	1
					On					Block Dead	182.5	1	3		Speed Dead	180	1	1
					Ab Wheel					Ab Wheel					Dip			
20-Aug-23	Day #4			27-Aug-23	Day #4	Weight	Sets	Reps	03-Sep-23	Day #4	Weight	Sets	Reps	10-Sep-23	Day #4	Weight	Sets	Reps
	Fullround				Trig Bench	107.5	5	8+		Trig Bench	120	3	8+		Trig Bench	132.5	1	AMRAP
	Deload				On	80	3	8		On	85	3	8		On	112.5	2	8
	Week				Row	80	3	8		Row	90	3	8		Row	100	3	5
					Full Up					Full Up					Full Up			
					Dip					Dip					Dip			
21-Aug-23	Day #5			28-Aug-23	Day #5	Weight	Sets	Reps	04-Sep-23	Day #5	Weight	Sets	Reps	11-Sep-23	Day #5	Weight	Sets	Reps
	Fullround				Squat	172.5	7	5		Squat	182.5	7	5		Squat	187.5	7	5
	Deload				Deadlift	127.5	5	8+		Deadlift	142.5	3	8+		Ab Wheel	-	-	-
	Week				-	-	-	-		-	-	-	-	-	-	-	-	-
					On					On					On			
					Ab Wheel					Ab Wheel					Ab Wheel			
22-Aug-23	Day #6			29-Aug-23	Day #6	Weight	Sets	Reps	05-Sep-23	Day #6	Weight	Sets	Reps	12-Sep-23	Day #6	Weight	Sets	Reps
	Fullround				Squat	182.5	10	3		Squat	192.5	10	3		Squat	197.5	10	3
	Deload				Bench	122.5	5	2		Bench	140	3	1		Bench	145	2	1
	Week				Dip					Dip				Deadlift	120	5	5	
					Arms					Arms				Arms				
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Terry C. Jones



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the full story of river phoenix s death and his tragic final - Aug 12 2022

may 7 2023 scala productions sluizer films river phoenix in his last film dark blood which was released nearly 20 years after his death on the night of october 30 1993 phoenix and his girlfriend samantha mathis arrived at the viper room two of phoenix s siblings joaquin and rain were also in attendance

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last night at the viper room grantland - Jul 11 2022

ver a thousand miles on a motorcycle just before christmas 1989 that was how keanu reeves went to see his friend river phoenix riding his motorcycle from canada all the way down the eastern united states until he reached gainesville florida his cargo the treatment for a movie called my own private idaho by director gus van sant

that night at the viper room vanity fair - Apr 20 2023

oct 17 2013 that night at the viper room it s been 20 years since river phoenix died on october 31 1993 at the viper room where the 23 year old oscar nominee drank a speedball of heroin and

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the untold story of lost star river phoenix the guardian - Dec 16 2022

oct 25 2018 on the night of 30 october 1993 river phoenix his girlfriend the actor samantha mathis and his siblings leaf now known as joaquin and rain walked into the viper room the la club

leonardo dicaprio saw river phoenix on the night he died people - Feb 06 2022

may 22 2019 leonardo dicaprio saw river phoenix on the night he died he disappeared in front of my very eyes the stand by me actor died at 23 years old in 1993 outside the viper room

last night at the viper room apple books - Nov 15 2022

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oct 21 2014 in last night at the viper room acclaimed author and journalist gavin edwards vividly recounts the life and tragic death of acclaimed actor river phoenix a teen idol on the fast track to hollywood royalty who died of a drug overdose in front of west hollywood s storied club the viper room at the age of 23 last night at the viper room explores the young star s

last night at the viper room kirkus reviews - Mar 19 2023

oct 22 2013 last night at the viper room river phoenix and the hollywood he left behind by gavin edwards release date oct 22 2013

the final night of river phoenix at the viper room in hollywood - May 09 2022

mar 25 2021 the death of river phoenix happened here at the viper room in los angeles shortly before river phoenix passed away he was watching johnny depp perform wit

last night at the viper room river phoenix and the hollywood - Jan 17 2023

oct 21 2014 in last night at the viper room acclaimed author and journalist gavin edwards vividly recounts the life and tragic death of acclaimed actor river phoenix a teen idol on the fast track to hollywood royalty who died of a drug overdose in front of west hollywood s storied club the viper room at the age of 23

last night at the viper room quotes by gavin edwards goodreads - Sep 13 2022

last night at the viper room river phoenix and the hollywood he left behind by gavin edwards 4 053 ratings 3 80 average rating 464 reviews open preview last night at the viper room quotes showing 1 30 of 43 river smiled sweetly at his tormentors and told them if you want to kick my ass go ahead

river phoenix death samantha mathis viper room refinery29 - Mar 07 2022

oct 31 2013 in the viper room on the night of october 30 1993 and the early morning of the next day people in attendance included river his girlfriend samantha mathis his sister rain his brother

last night at the viper room river phoenix and the hollywood - Jul 23 2023

oct 22 2013 in last night at the viper room acclaimed author and journalist gavin edwards vividly recounts the life and tragic death of acclaimed actor river phoenix a teen idol on the fast track to hollywood royalty who died of a drug overdose in front of west hollywood s storied club the viper room at the age of 23