

11 Weeks				10 Weeks				9 Weeks				8 Weeks			
17-Aug-23	Day #1 Fullround Deload Week	24-Aug-23	Day #1 Squat 100 4 8 WB Bench 80 5 10+ Deadlift 120 5 8 Back Extension Abs	31-Aug-23	Day #1 Squat 100 4 8 WB Bench 87.5 5 10+ Deadlift 127.5 5 8 Back Extension Abs	07-Sep-23	Day #1 Squat 100 4 8 WB Bench 100 5 10+ Deadlift 137.5 5 8 Back Extension Abs								
18-Aug-23	Day #2 Fullround Deload Week	25-Aug-23	Day #2 Bench 110 2 10 OB Bench 97.5 2 10 Rows 80 3 8 P Squat Dips	01-Sep-23	Day #2 Bench 117.5 2 8 OB Bench 102.5 2 8 Rows 90 3 8 P Squat Dips	08-Sep-23	Day #2 Bench 122.5 2 8 OB Bench 107.5 2 8 Rows 100 3 5 P Squat Dips								
19-Aug-23	Day #3 Fullround Deload Week	26-Aug-23	Day #3 Squat 162.5 5 7 OB Bench 115 2 10 Deadlift 160 1 20 OHP Ab Wheel	02-Sep-23	Day #3 Squat 172.5 5 7 OB Bench 122.5 2 8 Speed Dead 165 3 3 Speed Dead 182.5 1 3 Ab Wheel	09-Sep-23	Day #3 Squat 177.5 5 7 OB Bench 127.5 2 8 Speed Dead 162.5 30 1 Speed Dead 188 1 1 Dips								
20-Aug-23	Day #4 Fullround Deload Week	27-Aug-23	Day #4 Tig Bench 107.5 5 8+ OHP 60 3 8 Rows 80 3 8 Pull Ups Dips	03-Sep-23	Day #4 Tig Bench 120 3 8+ OHP 65 3 8 Rows 90 3 8 Pull ups Dips	10-Sep-23	Day #4 Tig Bench 132.5 3 8+ OHP 71.5 3 8 Rows 100 3 5 Pull Ups Dips								
21-Aug-23	Day #5 Fullround Deload Week	28-Aug-23	Day #5 Squat 172.5 7 5 Deadlift 187.5 5 8+ - OHP Ab Wheel	04-Sep-23	Day #5 Squat 182.5 7 5 Deadlift 192.5 3 8+ - OHP Ab Wheel	11-Sep-23	Day #5 Squat 187.5 7 5 Ab Wheel - - - OHP - - -								
22-Aug-23	Day #6 Fullround Deload Week	29-Aug-23	Day #6 Squat 182.5 10 3 Bench 122.5 5 2 Dips Arms Calves	05-Sep-23	Day #6 Squat 192.5 10 3 Bench 140 3 1 Dips Arms Calves	12-Sep-23	Day #6 Squat 187.5 10 3 Bench 145 2 1 Deadlift 120 5 5 Arms Calves								

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