

Name	WF	TH	SA	DA	4 Regular
CURRENT MAX	100	100	100	100	95%
TRAINING MAX	100	100	100	100	

Larry

Strength prep	Week 1	Week 2	Week 3	Week 4
Dynamic Warm				

Strength prep	Week 1	Week 2	Week 3	Week 4
Dynamic Warm				

Strength prep	Week 1	Week 2	Week 3	Week 4
Dynamic Warm				

Core Lift	Week 1	Week 2	Week 3	Week 4
Core Lift	100	100	100	100
Bench Press	100	100	100	100
	100	100	100	100
	100	100	100	100

Core Lift	Week 1	Week 2	Week 3	Week 4
Core Lift	100	100	100	100
1 Arm Cable Press	100	100	100	100
	100	100	100	100
	100	100	100	100

Core Lift	Week 1	Week 2	Week 3	Week 4
Core Lift	100	100	100	100
1 Arm Cable Press	100	100	100	100
	100	100	100	100
	100	100	100	100

Deadlifts	Week 1	Week 2	Week 3	Week 4
Deadlifts	100	100	100	100
	100	100	100	100
	100	100	100	100
	100	100	100	100

1 Arm Cable Press	Week 1	Week 2	Week 3	Week 4
1 Arm Cable Press	100	100	100	100
	100	100	100	100
	100	100	100	100
	100	100	100	100

1 Arm Cable Press	Week 1	Week 2	Week 3	Week 4
1 Arm Cable Press	100	100	100	100
	100	100	100	100
	100	100	100	100
	100	100	100	100

Main Accessory Lifts	Week 1	Week 2	Week 3	Week 4
Side DB Rows	100	100	100	100
	100	100	100	100
Step Up	100	100	100	100
	100	100	100	100

Main Accessory Lifts	Week 1	Week 2	Week 3	Week 4
Step Up	100	100	100	100
	100	100	100	100
Step Up	100	100	100	100
	100	100	100	100

Main Accessory Lifts	Week 1	Week 2	Week 3	Week 4
Step Up	100	100	100	100
	100	100	100	100
Step Up	100	100	100	100
	100	100	100	100

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SB Merriam



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