

Sheet1

Program 1A	Day 1	Weight	Reps	Day 2	Weight	Reps	Day 3	Weight	Reps
Week 1	Squat	75	5x3	Squat	85	5x3	Squat	95	5x3
	Bench	90	5x3	Seated DB Press	55	5x3	Bench	95	5x3
	Deadlift	95	x5	Deadlift	115	x5	Deadlift	135	x5
Week 2	Squat	105	5x3	Squat	115	5x3	Squat	125	5x3
	Seated DB Press	60	5x3	Bench	100	5x3	Seated DB Press	65	5x3
	Deadlift	155	x5	Deadlift	175	x5	Deadlift	190	x5
Program 1B									
Week 3	Squat	135	5x3	Squat	145	5x3	Squat	155	5x3
	Bench	105	5x3	Seated DB Press	70	5x3	Bench	110	5x3
	Deadlift	205	x5	Power Clean	95	3x5	Deadlift	215	x5
Week 4	Squat	160	5x3	Squat	165	5x3	Squat	170	5x3
	Seated DB Press	75	5x3	Bench	115	5x3	Seated DB Press	80	5x3
	Power Clean	100	3x5	Deadlift	225	x5	Power Clean	105	3x5
Week 5	Squat	175	5x3	Squat	180	5x3	Squat	185	5x3
	Bench	120	5x3	Seated DB Press	82.5	5x3	Bench	122.5	5x3
	Deadlift	235	x5	Power Clean	110	3x5	Deadlift	245	x5
Week 6	Squat	190	5x3	Squat	195	5x3	Squat	200	5x3
	Seated DB Press	85	5x3	Bench	125	5x3	Seated DB Press	87.5	5x3
	Power Clean	115	3x5	Deadlift	255	x5	Power Clean	120	3x5
Program 1C									
Week 7	Squat	205	5x3	Squat	210	5x3	Squat	215	5x3
	Bench	127.5	5x3	Seated DB Press	90	5x3	Bench	130	5x3
	Deadlift	265	x5	Lat Pull-Down	150	5x3	Power Clean	125	3x5
Week 8	Squat	220	5x3	Squat	225	5x3	Squat	230	5x3
	Seated DB Press	92.5	5x3	Bench	132.5	5x3	Seated DB Press	95	5x3
	Lat Pull-Down	155	5x3	Deadlift	270	x5	Lat Pull-Down	160	5x3
Week 9	Squat	235	5x3	Squat	240	5x3	Squat	245	5x3
	Bench	135	5x3	Seated DB Press	97.5	5x3	Bench	137.5	5x3
	Power Clean	127.5	x5	Lat Pull-Down	165	5x3	Deadlift	275	3x5
Week 10	Squat	250	5x3	Squat	255	5x3	Squat	260	5x3
	Seated DB Press	100	5x3	Bench	140	5x3	Seated DB Press	102.5	5x3
	Lat Pull-Down	165	170	Power Clean	130	3x5	Lat Pull-Down	170	5x3