

# DAY 1

## Safety Bar Squat

- 1 x 12 at 7 RPE
- 1 x 12 at 8 RPE
- 1 x 12 at 9 RPE
  - 1 Load Drop Set

## Neutral Grip Bench Press

- 1 x 10 at 7 RPE
- 1 x 10 at 8 RPE
- 1 x 10 at 9 RPE
  - 2 Load Drop Sets

## Dumbbell Decline Bench

- 1 x 12 at 7 RPE
- 1 x 12 at 8 RPE
- 1 x 12 at 9 RPE

## Bulgarian Split Squat

- 1 x 90 sec
- 1 x 90 sec



## Warm up Movements

Leg Extension  
Incline Dumbbell Fly

## Ab Movements

Leg Extension  
Incline Dumbbell Fly

## Alternate Movements

High Bar Squat  
Tempo Squat  
Decline Bench Press  
Bench w/ Slingshot

# Movement 1

## Safety Bar Squat

Warm Up 1	8	260
Warm Up 2	5	290
Set 1	12	315
Set 2	12	370
Set 3	12	410
Set 4	AMRAP	410
Enter 1RM	705	

### EXECUTION CUES

I want you to focus on the QUADS here -- not the usual powerlifting style of balancing the load across the muscle groups. Use a slow descent, go as deep as you can, and don't pause in the hole -- explode back up. Really squeeze the quads at the top of the movement.

## Movement 2

### Neutral Grip Bench Press

Warm Up 1	5	160
Warm Up 2	3	170
Set 1	10	200
Set 2	10	230
Set 3	10	250
Set 4	10	250
Set 5	10	250
Enter 1RM	405	

#### EXECUTION CUES

On this, we're focusing on the pecs, and trying as much as possible to minimize the front delt and tricep work (which will still be substantial). Think about squeezing your pecs together at the top of the movement.

Read more [here!](#)

## Movement 3

### Dumbbell Decline Bench

Warm Up 1	-	-
Warm Up 2	-	-
Set 1	12	7 RPE
Set 2	12	8 RPE
Set 3	12	9 RPE

#### EXECUTION CUES

Deep, deep stretch on these. You can put a rolled-up towel between your shoulder blades to allow you to get more of a stretch at the bottom and support your back. Don't lock out at the top.

## Movement 4

### Bulgarian Split Squat

Warm Up 1	-	-
Warm Up 2	-	-
Set 1	90 sec	N/A
Set 2	90 sec	N/A

#### EXECUTION CUES

Focus on the deep stretch of the back leg and contracting hard through the glute and quads of the forward leg