

# KIZEN 16 WEEK - STRENGTH & AESTHETICS

## WEEK 1: FOUNDATION

DAY 1	Movement	Sets	Reps	%1RM	RPE	Journal			
	<b>Superset x2</b>	-	-	-	-				
	DB Shoulder Press	2	12	-	8				
	Wide Grip Pulldown	2	12	-	8				
	<b>Superset x2</b>	-	-	-	-				
	Cable Row	2	12	-	8				
	Cable Tricep Pushdown	2	12	-	8				
	DB Lateral Raise	2	12	-	8				
	<b>Superset x2</b>	-	-	-	-				
	DB French Press	2	12	-	8				
Hammer Curl	2	12	-	8					

DAY 2	Movement	Sets	Reps	%1RM	RPE	Journal			
	Deficit Deadlift	3	10	55%	-				
	Squat	3	10	60%	-				
	Bench	3	10	60%	-				
	Stiff Leg Deadlift	3	10	40%	-				

DAY 3	Movement	Sets	Reps	%1RM	RPE	Journal			
	<b>Superset x2</b>	-	-	-	-				
	Close Grip Pulldown	2	8	-	8				
	Skull Crusher	2	8	-	8				
	<b>Superset x2</b>	-	-	-	-				
	Chest Supported Row	2	8	-	8				
	One Arm Cable Tricep Pushdown	2	8	-	8				
Barbell Curl	2	8	-	8					

DAY 4	Movement	Sets	Reps	%1RM	RPE	Journal			
	Squat	3	5	70%	-				
	Close Grip Bench	3	5	70%	-				
	Incline Bench	3	5	-	8				
	Overhead Press	3	5	70%	-				

DAY 5	Movement	Sets	Reps	%1RM	RPE	Journal			
	<b>Superset x2</b>	-	-	-	-				
	Barbell Rows	2	15	-	8				
	Rope Tricep Pushdown	2	15	-	8				
	<b>Superset x2</b>	-	-	-	-				
	Chin Up (Use assistance if needed)	2	15	-	8				
	Decline Tricep Extension	2	15	-	8				
Cable Curl	2	15	-	8					

DAY 6	Movement	Sets	Reps	%1RM	RPE	Journal			
	Squat	3	7	55%	-				
	Pause Squat	3	7	50%	-				
	Bench	3	7	55%	-				
	Deadlifts	5	3	65%	-				
	Hamstring Curl / Glute Ham Raise	3	7	-	10				
	Planks	3	45 sec	-	-				

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## WEEK 2

DAY 1	Movement	Sets	Reps	%1RM	RPE	Journal			
	<b>Superset x2</b>	-	-	-	-				
	DB Shoulder Press	2	12	-	8				
	Wide Grip Pulldown	2	12	-	8				
	<b>Superset x2</b>	-	-	-	-				
	Cable Row	2	12	-	8				
	Cable Tricep Pushdown	2	12	-	8				
	DB Lateral Raise	2	12	-	8				
	<b>Superset x2</b>	-	-	-	-				
	DB French Press	2	12	-	8				
Hammer Curl	2	12	-	8					

DAY 2	Movement	Sets	Reps	%1RM	RPE	Journal			
	Deficit Deadlift	3	10	57.5%	-				
	Squat	3	10	62.5%	-				
	Bench	3	10	62.5%	-				
	Stiff Leg Deadlift	3	10	42.5%	-				

DAY 3	Movement	Sets	Reps	%1RM	RPE	Journal			
	<b>Superset x2</b>	-	-	-	-				
	Close Grip Pulldown	2	8	-	8				
	Skull Crusher	2	8	-	8				
	<b>Superset x2</b>	-	-	-	-				
	Chest Supported Row	2	8	-	8				
	One Arm Cable Tricep Pushdown	2	8	-	8				
Barbell Curl	2	8	-	8					

DAY 4	Movement	Sets	Reps	%1RM	RPE	Journal			
	Squat	3	5	72.5%	-				
	Close Grip Bench	3	5	72.5%	-				
	Incline Bench	3	5	-	8				
	Overhead Press	3	5	72.5%	-				

DAY 5	Movement	Sets	Reps	%1RM	RPE	Journal			
	<b>Superset x2</b>	-	-	-	-				
	Barbell Rows	2	15	-	8				
	Rope Tricep Pushdown	2	15	-	8				
	<b>Superset x2</b>	-	-	-	-				
	Chin Up (Use assistance if needed)	2	15	-	8				
	Decline Tricep Extension	2	15	-	8				
Cable Curl	2	15	-	8					

DAY 6	Movement	Sets	Reps	%1RM	RPE	Journal			
	Squat	3	7	57.5%	-				
	Pause Squat	3	7	52.5%	-				
	Bench	3	7	52.5%	-				
	Deadlifts	5	3	67.5%	-				
	Hamstring Curl / Glute Ham Raise	3	7	-	10				
	Planks	3	45 sec	-	-				

# KIZEN 16 WEEK - STRENGTH & AESTHETICS

## WEEK 3

DAY 1	Movement	Sets	Reps	%1RM	RPE	Journal			
	<b>Superset x2</b>	-	-	-	-				
	DB Shoulder Press	2	12	-	8				
	Wide Grip Pulldown	2	12	-	8				
	<b>Superset x2</b>	-	-	-	-				
	Cable Row	2	12	-	8				
	Cable Tricep Pushdown	2	12	-	8				
	DB Lateral Raise	2	12	-	8				
	<b>Superset x2</b>	-	-	-	-				
	DB French Press	2	12	-	8				
Hammer Curl	2	12	-	8					

DAY 2	Movement	Sets	Reps	%1RM	RPE	Journal			
	Deficit Deadlift	3	10	60%	-				
	Squat	3	10	65%	-				
	Bench	3	10	65%	-				
	Stiff Leg Deadlift	3	10	45%	-				

DAY 3	Movement	Sets	Reps	%1RM	RPE	Journal			
	<b>Superset x2</b>	-	-	-	-				
	Close Grip Pulldown	2	8	-	8				
	Skull Crusher	2	8	-	8				
	<b>Superset x2</b>	-	-	-	-				
	Chest Supported Row	2	8	-	8				
	One Arm Cable Tricep Pushdown	2	8	-	8				
Barbell Curl	2	8	-	8					

DAY 4	Movement	Sets	Reps	%1RM	RPE	Journal			
	Squat	3	5	75%	-				
	Close Grip Bench	3	5	75%	-				
	Incline Bench	3	5	-	8				
	Overhead Press	3	5	75%	-				

DAY 5	Movement	Sets	Reps	%1RM	RPE	Journal			
	<b>Superset x2</b>	-	-	-	-				
	Barbell Rows	2	15	-	8				
	Rope Tricep Pushdown	2	15	-	8				
	<b>Superset x2</b>	-	-	-	-				
	Chin Up (Use assistance if needed)	2	15	-	8				
	Decline Tricep Extension	2	15	-	8				
Cable Curl	2	15	-	8					

DAY 6	Movement	Sets	Reps	%1RM	RPE	Journal			
	Squat	3	7	60%	-				
	Pause Squat	3	7	55%	-				
	Bench	3	7	55%	-				
	Deadlifts	5	3	70%	-				
	Hamstring Curl / Glute Ham Raise	3	7	-	10				
	Planks	3	45 sec	-	-				

# KIZEN 16 WEEK - STRENGTH & AESTHETICS

## WEEK 4

DAY 1	Movement	Sets	Reps	%1RM	RPE	Journal			
	<b>Superset x2</b>	-	-	-	-				
	DB Shoulder Press	2	12	-	8				
	Wide Grip Pulldown	2	12	-	8				
	<b>Superset x2</b>	-	-	-	-				
	Cable Row	2	12	-	8				
	Cable Tricep Pushdown	2	12	-	8				
	DB Lateral Raise	2	12	-	8				
	<b>Superset x2</b>	-	-	-	-				
DB French Press	2	12	-	8					
Hammer Curl	2	12	-	8					

DAY 2	Movement	Sets	Reps	%1RM	RPE	Journal			
	Deficit Deadlift	3	10	62.5%	-				
	Squat	3	10	67.5%	-				
	Bench	3	10	67.5%	-				
Stiff Leg Deadlift	3	10	47.5%	-					

DAY 3	Movement	Sets	Reps	%1RM	RPE	Journal			
	<b>Superset x2</b>	-	-	-	-				
	Close Grip Pulldown	2	8	-	8				
	Skull Crusher	2	8	-	8				
	<b>Superset x2</b>	-	-	-	-				
	Chest Supported Row	2	8	-	8				
One Arm Cable Tricep Pushdown	2	8	-	8					
Barbell Curl	2	8	-	8					

DAY 4	Movement	Sets	Reps	%1RM	RPE	Journal			
	Squat	3	5	77.5%	-				
	Close Grip Bench	3	5	77.5%	-				
	Incline Bench	3	5	-	8				
Overhead Press	3	5	77.5%	-					

DAY 5	Movement	Sets	Reps	%1RM	RPE	Journal			
	<b>Superset x2</b>	-	-	-	-				
	Barbell Rows	2	15	-	8				
	Rope Tricep Pushdown	2	15	-	8				
	<b>Superset x2</b>	-	-	-	-				
	Chin Up (Use assistance if needed)	2	15	-	8				
Decline Tricep Extension	2	15	-	8					
Cable Curl	2	15	-	8					

DAY 6	Movement	Sets	Reps	%1RM	RPE	Journal			
	Squat	3	7	62.5%	-				
	Pause Squat	3	7	57.5%	-				
	Bench	3	7	57.5%	-				
	Deadlifts	5	3	72.5%	-				
	Hamstring Curl / Glute Ham Raise	3	7-10	-	8				
Planks	3	45 sec	-	-					