

Strength-Size - Program 1 - Weeks 1-4



Client Goal:

Workout A

Order	Exercise	Week 1	Week 2	Week 3	Week 4	Rest	Notes
1a)	DB Split Squats	2x12	3x12	3x10-12	3x10	60 - 90s.	
1b)	Lat Pulldowns	2x12	3x12	3x10-12	3x10	60 - 90s.	
2a)	RDL's	2x12	3x12	3x10-12	3x10	60 - 90s.	
2b)	Single-Arm OH Press (Neutral Grip)	2x12	3x12	3x10-12	3x10	60 - 90s.	
3a)	Rusin Tri-Set	3x10-12	3x10-12	3x10-12	3x10-12	30 s.	Pull Aparts Shouder Dislocates Face Pulls
3b)	90/90's	3x5	3x5	3x5	3x5	30 s.	
3c)	Ball Rollout	3x6-8	3x8	3x8-10	3x10-12	60 s.	

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Client Goal:

Workout B

Order	Exercise	Week 1	Week 2	Week 3	Week 4	Rest	Notes
1a)	Cossack Squat	2x12	3x12	3x10-12	3x10	60 - 90s.	
1b)	Supported DB Rows	2x12	3x12	3x10-12	3x10	60 - 90s.	
2a)	Goblet Squat	2x12	3x12	3x10-12	3x10	60 - 90s.	
2b)	Flat DB Bench or Push-ups	2x12	3x12	3x10-12	3x10	60 - 90s.	
3a)	Rusin Tri-Set	3x10-12	3x10-12	3x10-12	3x10-12	30 s.	Pull Aparts Shoulder Dislocates Face Pulls
3b)	Pallof Press	3x6/side	3x7/side	3x8/side	3x8-10/side	60 s.	