

	Week 1 - 10-12 Reps - 120 Sec	Week 2 - 7-10 Reps - 120 Sec	Week 3 - 3-5 Reps - 120 Sec
<b>Day 1</b>			
Bench - 1x12-1x10-3xWR			
Dips - 3xWR			
Shoulder Press - 3xWR			
<b>Day 2</b>			
Squats - 1x12-1x12-3x-WR			
Deads - 3xWR			
<b>Day 3</b>			
Pull Downs - 1x15			
Pull Ups - 3xWR			
Bent Over Row - 3xWR			
<b>Day 4</b>			
DB Incline Press - 3xWR			
Dips - 2xWR			
DB Seated Shoulder - 2xWR			
<b>Day 5</b>			
DB SLDL - 3xWR			
Bar Front Squat - 2xWR			
Seated Row - 3xWR			

	Week 4 - 10-12 Reps - 90 Sec	Week 5 - 7-10 Reps - 90 Sec	Week 6 - 3-5 Reps - 90 Sec
<b>Day 1</b>			
Bench - 1x12-1x10-3xWR			
Dips - 3xWR			
Shoulder Press - 3xWR			
<b>Day 2</b>			
Squats - 1x12-1x12-3x-WR			
Deads - 3xWR			
<b>Day 3</b>			
Pull Downs - 1x15			
Pull Ups - 3xWR			
Bent Over Row - 3xWR			
<b>Day 4</b>			
DB Incline Press - 3xWR			
Dips - 2xWR			
DB Seated Shoulder - 2xWR			
<b>Day 5</b>			
DB SLDL - 3xWR			
Bar Front Squat - 2xWR			
Seated Row - 3xWR			

	Week 7 - 10-12 Reps - 60 Sec	Week 8 - 7-10 Reps - 60 Sec	Week 9 - 3-5 Reps - 60 Sec
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<b>Day 1</b>			
Bench - 1x12-1x10-3xWR			
Dips - 3xWR			
Shoulder Press - 3xWR			
<b>Day 2</b>			
Squats - 1x12-1x12-3x-WR			
Deads - 3xWR			
<b>Day 3</b>			
Pull Downs - 1x15			
Pull Ups - 3xWR			
Bent Over Row - 3xWR			
<b>Day 4</b>			
DB Incline Press - 3xWR			
Dips - 2xWR			
DB Seated Shoulder - 2xWR			
<b>Day 5</b>			
DB SLDL - 3xWR			
Bar Front Squat - 2xWR			
Seated Row - 3xWR			

	Week 10 - 10-12 Reps - 180 Sec	Week 11 - 7-10 Reps - 180 Sec	Week 12 - 3-5 Reps - 180 Sec
<b>Day 1</b>			

Bench - 1x12-1x10-3xWR			
Dips - 3xWR			
Shoulder Press - 3xWR			
<b>Day 2</b>			
Squats - 1x12-1x12-3x-WR			
Deads - 3xWR			
<b>Day 3</b>			
Pull Downs - 1x15			
Pull Ups - 3xWR			
Bent Over Row - 3xWR			
<b>Day 4</b>			
DB Incline Press - 3xWR			
Dips - 2xWR			
DB Seated Shoulder - 2xWR			
<b>Day 5</b>			
DB SLDL - 3xWR			
Bar Front Squat - 2xWR			
Seated Row - 3xWR			