

PHASE 2.2

Week 10

WEDNESDAY	Sets	Reps	Rest
Squats	3	12	60 Sec.
Bench press	3	12	60 Sec.
Deadlifts	3	12	60 Sec.
Superset 1			60 Sec.
- Pull ups	3	12	
- Dips	3	12	
Bent over row (underhand)	3	12	60 Sec.
Barbell Shoulder press	3	12	60 Sec.
Superset 2			60 Sec.
- Dumbbell Biceps curls	3	12	
- Skull crushers	3	12	
THURSDAY	Sets	Reps	Rest
Leg press	3	12	60 Sec.
Incline bench press	3	12	60 Sec.
Military press	3	12	60 Sec.
Superset 1			60 Sec.
- Pull ups	3	12	
- Dips	3	12	
Bent over row (overhand)	3	12	60 Sec.
Superset 2			60 Sec.
- Hammer curls	3	12	
- Close grip bench press	3	12	
FRIDAY	Sets	Reps	Rest
Squats	3	1	300 Sec.
Bench press	3	1	300 Sec.
Deadlifts	3	1	300 Sec.

PHASE 3.1**Week 11**

MONDAY	Sets	Reps	Rest
Squats	5	5	180 Sec.
Bench press	5	5	180 Sec.
Deadlifts	5	5	180 Sec.

WEDNESDAY	Sets	Reps	Rest
Squats	3	3-5	240 Sec.
Bench press	3	3-5	240 Sec.
Deadlifts	1	3-5	240 Sec.
Pull ups	1	3-5	240 Sec.
Bent over row (overhand)	1	3-5	240 Sec.
Dumbbell Shoulder press	1	3-5	240 Sec.
Superset 1			240 Sec.
- Barbell Biceps curls	1	3-5	
- Cable Triceps extensions	1	3-5	

FRIDAY	Sets	Reps	Rest
Squats	5	5	300 Sec.
Bench press	5	5	300 Sec.
Deadlifts	3	5	300 Sec.

PHASE 3.2**Week 12**

MONDAY	Sets	Reps	Rest
Squats	3	3-5	240 Sec.
Bench press	3	3-5	240 Sec.
Deadlifts	1	3-5	240 Sec.
Pull ups	1	3-5	240 Sec.
Bent over row (overhand)	1	3-5	240 Sec.
Dumbbell Shoulder press	1	3-5	240 Sec.
Superset 1			240 Sec.
- Barbell Biceps curls	1	3-5	
- Cable Triceps extensions	1	3-5	

WEDNESDAY	Sets	Reps	Rest
Squats	5	5	180 Sec.
Bench press	5	5	180 Sec.
Deadlifts	5	5	180 Sec.

FRIDAY	Sets	Reps	Rest
Squats	3	1	300 Sec.
Bench press	3	1	300 Sec.
Deadlifts	3	1	300 Sec.