

Day 1 – Heavy Lower

1. Squat	3 × 6
2. Deadlift	2 × 6
3. Optional Exercise	3 × 8-12
4. Optional Exercise	3 × 8-12

Notation is *sets* × *reps*.

Day 2 – Heavy Upper

1. Bench Press	3 × 6
2. Horizontal Pull	3 × 6
3. Shoulder Exercise	1 × 6
4. Vertical Pull	1 × 6
5. Optional Exercise	3 × 8-12
6. Optional Exercise	3 × 8-12

Notation is *sets* × *reps*.

Horizontal Pulls

- Dumbbell Row
- Barbell Row
- Any machine upper back movement

Shoulder Exercises

- Dumbbell Press
- Barbell Press
- Any machine shoulder movement

Vertical Pulls

- Weighted Pull Up
- Weighted Chin Up
- Pull Down

Day 3 – Control Lower

1. Pause Squat	6 × 4
2. Pause Deadlift	3 × 4
3. Optional Exercise	3 × 8-12
4. Optional Exercise	3 × 8-12

Notation is *sets* × *reps*.

Day 4 – Control Upper

1. Pause Bench Press	6 × 4
2. Pause Horizontal Pull	6 × 4
3. Pause Shoulder Exercise	1 × 10
4. Vertical Pull (not paused)	1 × 10
5. Optional Exercise	3 × 8-12
6. Optional Exercise	3 × 8-12

Notation is *sets* × *reps*.

Progression

Start with 75-80% of 1RM for Heavy Days and around 70% for Control Days.

Rest up to 10 mins on Heavy Days and ~3 mins on Control Days (1-2 mins for optional exercises).

Add 0-5 kg every week depending on how you feel (every 3 weeks for Shoulder Exercise and Vertical Pull).

After each failure unload 7.5 kg from the weight.

After 3 unloads on weekly progression switch to forthightly progression.

After 3 unloads on forthightly progression quit the program.

Progression on optional exercises is not prescribed.



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