

### 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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