

WEEK 1					
MONDAY		TUESDAY		FRIDAY	
Exercise	Sets/Reps	Exercise	Sets/Reps	Exercise	Sets/Reps
Back Squats	Work up to a heavy double	Back Squat Load the bar to 70% of Monday's heavy double.	3 x 8	Pause Front Squats	Work up to a heavy double
Good Mornings	2 x 20			Back Hyperextensions	3 x 10
Abs	100 reps			GHD Sit-ups	4 x 10

WEEK 2					
MONDAY		TUESDAY		FRIDAY	
Exercise	Sets/Reps	Exercise	Sets/Reps	Exercise	Sets/Reps
Back Squats	Work up to a five-rep max for the day	Front Squat Load the bar to 75% of the Pause Front Squat from Week 1. Rest no more than 2 minutes between sets.	3 x 8	Pause Back Squats	Work up to a heavy double
Good Mornings	3 x 8			Back Hyperextensions	3 x 10
Abs	100 reps			GHD Sit-ups	4 x 10

WEEK 3					
MONDAY		TUESDAY		FRIDAY	
Exercise	Sets/Reps	Exercise	Sets/Reps	Exercise	Sets/Reps
Front Squats	Work up to a heavy double	Back Squat Load the bar to 75% of the Pause Back Squat from Week 2. Rest no more than two minutes between sets.	3 x 8	Wide-stance Pause Back Squats Stand slightly wider than you would for your back squat. The wider stance may result in a slightly higher than usual pause.	Work up to a heavy triple
Good Mornings	2 x 20			Back Hyperextensions	4 x 6
Abs	100 reps			GHD Sit-ups	4 x 6

WEEK 4 (Deload Week)*					
MONDAY		TUESDAY		FRIDAY	
Exercise	Sets/Reps	Exercise	Sets/Reps	Exercise	Sets/Reps
Back Squats	4 x 3	Front Squat Load the bar to 80% of your heaviest front squat from the last three weeks.	4 x 2	Back Squats Load the bar to 70% of you heaviest back squat from the last three weeks.	4 x 5
Good Mornings	3 x 8			Back Hyperextensions	4 x 6
Abs	100 reps			GHD Sit-ups	4 x 6

WEEK 5					
MONDAY		TUESDAY		FRIDAY	
Exercise	Sets/Reps	Exercise	Sets/Reps	Exercise	Sets/Reps
Back Squats	Work up to a heavy triple	Back Squat Load the bar to 80% of Monday's heavy double. Rest no more than two minutes between sets.	4 x 4	Pause Front Squats	Work up to a heavy double
Back Squats Load the bar to 75% of the three-rep max for the day.	2 x 5			Front Squats Load the bar to 80% of the two-rep max for the day.	2 x 5
Abs	100 reps			Good Mornings	3 x 20

WEEK 6					
MONDAY		TUESDAY		FRIDAY	
Exercise	Sets/Reps	Exercise	Sets/Reps	Exercise	Sets/Reps
Wide Stance Back Squats	Work up to a heavy five-rep	Front Squats Load the bar to 70% of your heaviest front squat from the last five weeks. Rest no more than two minutes between sets.	4 x 4	Pause Back Squats Begin with sets of three. Increase weight and decrease reps until you reach a heavy one rep for the day.	Work up to a heavy single
Back Squats Load the bar to 75% of the five-rep max for the day.	2 x 8			Back Squats Load the bar to 75% of today's one rep pause squat.	2 x 5
Abs	100 reps			Back Hyperextensions	4 x 10

WEEK 7					
MONDAY		TUESDAY		FRIDAY	
Exercise	Sets/Reps	Exercise	Sets/Reps	Exercise	Sets/Reps
Front Squats	Work up to a heavy single	Back Squats Load the bar to 75% of the heavy one-rep pause back squat from Week 6.	4 x 5	Pause Back Squats	Work up to a heavy five-rep
Front Squats Load the bar to 70% of the one-rep max for the day.	3 x 5			Back Squats Load the bar to 75% of the five-rep max of the day.	2 x 8
Abs	100 reps				

WEEK 8					
MONDAY		TUESDAY		FRIDAY	
Exercise	Sets/Reps	Exercise	Sets/Reps	Exercise	Sets/Reps
Back Squats	Work up to a heavy double	Front Squats Load the bar to 75% of the heavy one-rep max front squat from Week 7.	5 x 5	Pause Back Squats	Work up to a heavy triple
Back Squats Load the bar to 75% of the heavy two-rep max for the day.	3 x 5			Back Squats Load the bar to 70% of the three-rep max for the day.	2 x 8
Abs	100 reps			Good Mornings	3 x 8