



Light Snack Lifting Program



Weeks 1-2							
** For Auxiliary Lifts (Example, Barbell Curls, SA Dumbbell Row) Choose a comfortable weight rather than the percentages listed**							
MONDAY		Wk 1		Wk 2			
#	EXERCISE	%	Rep	Wt	%	Rep	Wt
1 <small>100%</small> 0	Back Squat	60.0%	8		65.0%	8	
		70.0%	8		72.5%	8	
		70.0%	8		72.5%	8	
		70.0%	8		72.5%	8	
2B <small>0%</small> 0	Pull-ups	0.0%	max		0.0%	max	
		0.0%	max		0.0%	max	
	Overhand Grip	0.0%	max		0.0%	max	
3A <small>22%</small> 0	DB Lunge <i>Reps per leg</i>	50.0%	10		55.0%	10	
		62.5%	10		65.0%	10	
		62.5%	10		65.0%	10	
3B <small>40%</small> 0	Single Arm <i>DB Row</i>	50.0%	10		55.0%	10	
		62.5%	10		65.0%	10	
		62.5%	10		65.0%	10	
4 <small>0%</small> 0	Barbell Curls	0.0%	20		0.0%	20	
		0.0%	20		0.0%	20	
		0.0%	20		0.0%	20	
ABS/CORE							

		NAME:					
		Squat		Bench			
Percentages are based on your Max for each main lift Bench Press and Back Squat For Front Squat and Incline Bench Press, use your Bench Press and Back Squat Number							
TUESDAY		Wk 1		Wk 2			
#	EXERCISE	%	Rep	Wt	%	Rep	Wt
1 <small>80%</small> 0	Bench Press	60.0%	8		65.0%	8	
		70.0%	8		72.5%	8	
		70.0%	8		72.5%	8	
		70.0%	8		72.5%	8	
2B <small>0%</small> 0	Tricep Extensions	0.0%	10		0.0%	10	
		0.0%	10		0.0%	10	
	0	0.0%	10		0.0%	10	
3A <small>65%</small> 0	Barbell Overhead Press	60.0%	8		60.0%	8	
		72.5%	8		77.5%	8	
		72.5%	8		77.5%	8	
3B <small>0%</small> 0	SB Leg Curls	0.0%	10		0.0%	10	
		0.0%	10		0.0%	10	
		0.0%	10		0.0%	10	
4 <small>0%</small> 0	Push-ups	0.0%	10		0.0%	10	
		0.0%	10		0.0%	10+	
		0.0%	10		0.0%	10+	
		0.0%	10+		0.0%	10+	
ABS/CORE							

		NAME:					
		Squat		Bench			
Fill in your max lift above, if you don't have any Start with light, comfortable weight to grow and build strength, confidence, and stamina							
THURSDAY		Wk 1		Wk 2			
#	EXERCISE	%	Rep	Wt	%	Rep	Wt
1 <small>100%</small> 0	Front Squat	55.0%	8		60.0%	8	
		65.0%	8		70.0%	8	
		65.0%	8		70.0%	8	
		65.0%	8		70.0%	8	
2B <small>0%</small> 0	Lat Pulldown	0.0%	10		0.0%	10	
		0.0%	10		0.0%	10	
	0	0.0%	10		0.0%	10	
3A <small>22%</small> 0	DB Step-ups	50.0%	10		55.0%	10	
		62.5%	10		65.0%	10	
		62.5%	10		65.0%	10	
3B <small>65%</small> 0	Barbell Row	50.0%	10		55.0%	10	
		62.5%	10		65.0%	10	
		62.5%	10		65.0%	10	
4 <small>0%</small> 0	DB Curls	0.0%	10		0.0%	10	
		0.0%	10		0.0%	10	
		0.0%	10		0.0%	10	
		0.0%	10		0.0%	10	
ABS/CORE							

Weeks 1-2		Notes					
FRIDAY		Wk 1		Wk 2			
#	EXERCISE	%	Rep	Wt	%	Rep	Wt
1 <small>85%</small> 0	Incline Bench Press	55.0%	8		55.0%	8	
		65.0%	8		70.0%	8	
		65.0%	8		70.0%	8	
		65.0%	8		70.0%	8	
2B <small>85%</small> 0	Barbell RDL	50.0%	10		55.0%	10	
		62.5%	10		65.0%	10	
	0	62.5%	10		65.0%	10	
3A <small>30%</small> 0	Standing DB Press	60.0%	8		60.0%	8	
		72.5%	8		75.0%	8	
		72.5%	8		75.0%	8	
3B <small>0%</small> 0	Pull-Ups	0.0%	max		0.0%	max	
		0.0%	max		0.0%	max	
		0.0%	max		0.0%	max	
4 <small>0%</small> 0	Dips	0.0%	max		0.0%	max	
		0.0%	max		0.0%	max	
		0.0%	max		0.0%	max	
		0.0%	max		0.0%	max	
ABS/CORE							



Light Snack Lifting Program



Weeks 3-4							
** For Auxiliary Lifts (Example, Barbell Curls, SA Dumbbell Row) Choose a comfortable weight rather than the percentages listed**							
MONDAY		Wk 3		Wk 4			
#	EXERCISE	%	Rep	Wt	%	Rep	Wt
1	Back Squat	60.0%	8		65.0%	8	
100%		75.0%	8		72.5%	8	
0		75.0%	8		72.5%	8	
		75.0%	8		72.5%	8	
2B	Pull-ups <i>Overhand Grip</i>	0.0%	max		0.0%	max	
0%		0.0%	max		0.0%	max	
0		0.0%	max		0.0%	max	
3A	DB Lunge <i>Reps per leg</i>	50.0%	10		55.0%	10	
22%		67.5%	10		62.5%	10	
0		67.5%	10		62.5%	10	
3B	Single Arm <i>DB Row</i>	50.0%	10		55.0%	10	
40%		67.5%	10		65.0%	10	
0		67.5%	10		65.0%	10	
4	Barbell Curls	0.0%	20		0.0%	20	
0%		0.0%	20		0.0%	20	
0		0.0%	20		0.0%	20	
ABS/CORE							

		NAME:					
		Percentages are based on your Max for each main lift Bench Press and Back Squat For Front Squat and Incline Bench Press, use your Bench Press and Back Squat Number					
TUESDAY		Wk 3		Wk 4			
#	EXERCISE	%	Rep	Wt	%	Rep	Wt
1	Bench Press	60.0%	8		65.0%	8	
80%		75.0%	8		72.5%	8	
0		75.0%	8		72.5%	8	
		75.0%	8		72.5%	8	
2B	Tricep Extensions	0.0%	10		0.0%	10	
0%		0.0%	10		0.0%	10	
0		0.0%	10		0.0%	10	
3A	Barbell Overhead Press	60.0%	8		60.0%	10	
65%		77.5%	8		65.0%	10	
0		77.5%	8		65.0%	10	
3B	SB Leg Curls	0.0%	10		0.0%	10	
0%		0.0%	10		0.0%	10	
0		0.0%	10		0.0%	10	
4	Push-ups	0.0%	10		0.0%	10	
0%		0.0%	10		0.0%	10+	
0		0.0%	10+		0.0%	10+	
ABS/CORE							

		Squat		Bench			
		Fill in your max lift above, if you don't have any Start with light, comfortable weight to grow and build strength, confidence, and stamina					
THURSDAY		Wk 3		Wk 4			
#	EXERCISE	%	Rep	Wt	%	Rep	Wt
1	Front Squat	60.0%	8		60.0%	8	
100%		72.5%	8		70.0%	8	
0		72.5%	8		70.0%	8	
		72.5%	8		70.0%	8	
2B	Lat Pulldown	0.0%	10		0.0%	10	
0%		0.0%	10		0.0%	10	
0		0.0%	10		0.0%	10	
3A	DB Step-ups	50.0%	10		55.0%	10	
22%		67.5%	10		65.0%	10	
0		67.5%	10		65.0%	10	
3B	Barbell Row	50.0%	10		55.0%	10	
65%		67.5%	10		62.5%	10	
0		67.5%	10		62.5%	10	
4	DB Curls	0.0%	10		0.0%	10	
0%		0.0%	10		0.0%	10	
0		0.0%	10		0.0%	10	
ABS/CORE							

Weeks 3-4		Notes					
FRIDAY		Wk 3		Wk 4			
#	EXERCISE	%	Rep	Wt	%	Rep	Wt
1	Incline Bench Press	55.0%	8		55.0%	8	
85%		72.5%	8		70.0%	8	
0		72.5%	8		70.0%	8	
		72.5%	8		70.0%	8	
2B	Barbell RDL	50.0%	10		55.0%	10	
85%		70.0%	10		60.0%	10	
0		70.0%	10		60.0%	10	
3A	Standing DB Press	60.0%	8		60.0%	6	
30%		77.5%	8		65.0%	6	
0		77.5%	8		65.0%	6	
3B	Pull-Ups	0.0%	max		0.0%	max	
0%		0.0%	max		0.0%	max	
0		0.0%	max		0.0%	max	
4	Dips	0.0%	max		0.0%	max	
0%		0.0%	max		0.0%	max	
0		0.0%	max		0.0%	max	
ABS/CORE							



Light Snack Lifting Program



Weeks 5-6							
** For Auxiliary Lifts (Example, Barbell Curls, SA Dumbbell Row) Choose a comfortable weight rather than the percentages listed**							
MONDAY		Wk 5		Wk 6			
#	EXERCISE	%	Rep	Wt	%	Rep	Wt
1	Back Squat	70.0%	5		65.0%	5	
100%		80.0%	5		82.5%	5	
0		80.0%	5		82.5%	5	
		80.0%	5		82.5%	5	
2B	Pull-ups <i>Overhand Grip</i>	0.0%	max		0.0%	max	
0%		0.0%	max		0.0%	max	
0		0.0%	max		0.0%	max	
3A	DB Lunge <i>Reps per leg</i>	65.0%	8		65.0%	8	
22%		70.0%	8		72.5%	8	
0		70.0%	8		72.5%	8	
3B	Single Arm <i>DB Row</i>	65.0%	8		65.0%	8	
40%		72.5%	8		75.0%	8	
0		72.5%	8		75.0%	8	
4	Barbell Curls	0.0%	15		0.0%	15	
0%		0.0%	15		0.0%	15	
0		0.0%	15		0.0%	15	
ABS/CORE							

		NAME:					
		Squat		Bench			
Percentages are based on your Max for each main lift Bench Press and Back Squat For Front Squat and Incline Bench Press, use your Bench Press and Back Squat Number							
TUESDAY		Wk 5		Wk 6			
#	EXERCISE	%	Rep	Wt	%	Rep	Wt
1	Bench Press	65.0%	5		65.0%	5	
80%		80.0%	5		82.5%	5	
0		80.0%	5		82.5%	5	
		80.0%	5		82.5%	5	
2B	Tricep Extensions	0.0%	12		0.0%	12	
0%		0.0%	12		0.0%	12	
0		0.0%	12		0.0%	12	
		0.0%	12		0.0%	12	
3A	Barbell Overhead Press	75.0%	8		75.0%	8	
65%		80.0%	6		82.5%	6	
0		80.0%	6		82.5%	6	
3B	SB Leg Curls	0.0%	12		0.0%	12	
0%		0.0%	12		0.0%	12	
0		0.0%	12		0.0%	12	
4	Close Grip Bench	60.0%	10		60.0%	10	
0%		70.0%	8		72.5%	8	
0		70.0%	8+		72.5%	8+	
ABS/CORE							

		NAME:					
		Squat		Bench			
Fill in your max lift above, if you don't have any Start with light, comfortable weight to grow and build strength, confidence, and stamina							
THURSDAY		Wk 5		Wk 6			
#	EXERCISE	%	Rep	Wt	%	Rep	Wt
1	Front Squat	65.0%	5		65.0%	5	
100%		77.5%	5		80.0%	5	
0		77.5%	5		80.0%	5	
		77.5%	5		80.0%	5	
2B	Lat Pulldown	0.0%	10		0.0%	10	
0%		0.0%	10		0.0%	10	
0		0.0%	10		0.0%	10	
		0.0%	10		0.0%	10	
3A	DB Split Squat	50.0%	10		55.0%	10	
22%		62.5%	10		65.0%	10	
0		62.5%	10		65.0%	10	
3B	Barbell Row	50.0%	10		55.0%	10	
65%		72.5%	10		75.0%	10	
0		72.5%	10		75.0%	10	
4	DB Curls	0.0%	10		0.0%	10	
0%		0.0%	10		0.0%	10	
0		0.0%	10		0.0%	10	
ABS/CORE							

Weeks 5-6		Notes					
FRIDAY		Wk 5		Wk 6			
#	EXERCISE	%	Rep	Wt	%	Rep	Wt
1	Incline Bench Press	65.0%	5		65.0%	5	
85%		77.5%	5		80.0%	5	
0		77.5%	5		80.0%	5	
		77.5%	5		80.0%	5	
2B	Barbell RDL	50.0%	10		55.0%	10	
85%		62.5%	10		65.0%	10	
0		62.5%	10		65.0%	10	
3A	Standing DB Press	65.0%	8		65.0%	8	
30%		80.0%	8		82.5%	8	
0		80.0%	8		82.5%	8	
3B	Pull-Ups	0.0%	max		0.0%	max	
0%		0.0%	max		0.0%	max	
0		0.0%	max		0.0%	max	
4	Dips	0.0%	max		0.0%	max	
0%		0.0%	max		0.0%	max	
0		0.0%	max		0.0%	max	
ABS/CORE							



Light Snack Lifting Program



Weeks 7-8					
** For Auxiliary Lifts (Example, Barbell Curls, SA Dumbbell Row) Choose a comfortable weight rather than the percentages listed**					
MONDAY		Wk 7		Wk 8	
#	EXERCISE	%	Rep	Wt	%
1	Back Squat	70.0%	3		65.0%
100%		85.0%	5		75.0%
0		85.0%	5		75.0%
		85.0%	5		75.0%
2B	Pull-ups	0.0%	max		0.0%
0%		0.0%	max		0.0%
0		0.0%	max		0.0%
	Overhand Grip				
3A	DB Lunge	65.0%	8		65.0%
22%		75.0%	8		72.5%
0		75.0%	8		72.5%
	Reps per leg				
3B	Single Arm	65.0%	8		65.0%
40%		75.0%	8		75.0%
0		75.0%	8		75.0%
	DB Row				
4	Barbell Curls	0.0%	15		0.0%
0%		0.0%	15		0.0%
0		0.0%	15		0.0%
ABS/CORE					

NAME:					
Percentages are based on your Max for each main lift Bench Press and Back Squat For Front Squat and Incline Bench Press, use your Bench Press and Back Squat Number					
TUESDAY		Wk 7		Wk 8	
#	EXERCISE	%	Rep	Wt	%
1	Bench Press	70.0%	3		65.0%
80%		85.0%	5		75.0%
0		85.0%	5		75.0%
		85.0%	5		75.0%
2B	Tricep Extensions	0.0%	12		0.0%
0%		0.0%	12		0.0%
0		0.0%	12		0.0%
	Barbell Overhead Press				
3A	Barbell Overhead Press	75.0%	5		75.0%
65%		85.0%	5		82.5%
0		85.0%	5		82.5%
	SB Leg Curls				
3B	SB Leg Curls	0.0%	12		0.0%
0%		0.0%	12		0.0%
0		0.0%	12		0.0%
	Close Grip Bench				
4	Close Grip Bench	60.0%	10		60.0%
0%		75.0%	8		72.5%
0		75.0%	5+		72.5%
ABS/CORE					

NAME:					
Fill in your max lift above, if you don't have any Start with light, comfortable weight to grow and build strength, confidence, and stamina					
THURSDAY		Wk 7		Wk 8	
#	EXERCISE	%	Rep	Wt	%
1	Front Squat	65.0%	5		65.0%
100%		80.0%	5		75.0%
0		80.0%	5		75.0%
		80.0%	5		75.0%
2B	Lat Pulldown	0.0%	10		0.0%
0%		0.0%	10		0.0%
0		0.0%	10		0.0%
	DB Split Squat				
3A	DB Split Squat	50.0%	10		55.0%
22%		62.5%	10		65.0%
0		62.5%	10		65.0%
	Barbell Row				
3B	Barbell Row	60.0%	10		55.0%
65%		77.5%	10		70.0%
0		77.5%	10		70.0%
	DB Curls				
4	DB Curls	0.0%	10		0.0%
0%		0.0%	10		0.0%
0		0.0%	10		0.0%
ABS/CORE					

Weeks 7-8						Notes					
FRIDAY		Wk 7		Wk 8							
#	EXERCISE	%	Rep	Wt	%						
1	Incline Bench Press	65.0%	5		65.0%						
85%		80.0%	5		75.0%						
0		80.0%	5		75.0%						
		80.0%	5		75.0%						
2B	Barbell RDL	50.0%	10		55.0%						
85%		62.5%	10		65.0%						
0		62.5%	10		65.0%						
	Standing DB Press										
3A	Standing DB Press	65.0%	8		65.0%						
30%		86.0%	8		80.0%						
0		85.0%	8		80.0%						
	Pull-Ups										
3B	Pull-Ups	0.0%	max		0.0%						
0%		0.0%	max		0.0%						
0		0.0%	max		0.0%						
	Dips										
4	Dips	0.0%	max		0.0%						
0%		0.0%	max		0.0%						
0		0.0%	max		0.0%						
ABS/CORE											



Light Snack Lifting Program



Weeks 9-10							
** For Auxiliary Lifts (Example, Barbell Curls, SA Dumbbell Row) Choose a comfortable weight rather than the percentages listed**							
MONDAY		Wk 9		Wk 10			
#	EXERCISE	%	Rep	Wt	%	Rep	Wt
1	Back Squat	70.0%	3		70.0%	3	
100%		87.5%	3		90.0%	3	
0		87.5%	3		90.0%	3	
		87.5%	3		90.0%	3	
2B	Pull-ups	0.0%	max		0.0%	max	
0%		0.0%	max		0.0%	max	
0		0.0%	max		0.0%	max	
	Overhand Grip						
3A	DB Lunge	65.0%	5		65.0%	5	
22%		77.5%	5		80.0%	5	
0		77.5%	5		80.0%	5	
	Reps per leg						
3B	Single Arm	65.0%	5		65.0%	5	
40%		77.5%	5		80.0%	5	
0		77.5%	5		80.0%	5	
	DB Row						
4	Barbell Curls	0.0%	12		0.0%	10	
0%		0.0%	12		0.0%	10	
0		0.0%	12		0.0%	10	
ABS/CORE							

NAME:							
Percentages are based on your Max for each main lift Bench Press and Back Squat For Front Squat and Incline Bench Press, use your Bench Press and Back Squat Number							
TUESDAY		Wk 9		Wk 10			
#	EXERCISE	%	Rep	Wt	%	Rep	Wt
1	Bench Press	70.0%	3		65.0%	3	
80%		87.5%	3		90.0%	3	
0		87.5%	3		90.0%	3	
		87.5%	3		90.0%	3	
2B	Tricep Extensions	0.0%	10		0.0%	10	
0%		0.0%	10		0.0%	10	
0		0.0%	10		0.0%	10	
3A	Barbell Overhead Press	75.0%	5		75.0%	5	
65%		85.0%	5		87.5%	5	
0		85.0%	5		87.5%	5	
3B	SB Leg Curls	0.0%	12		0.0%	12	
0%		0.0%	12		0.0%	12	
0		0.0%	12		0.0%	12	
4	Close Grip Bench	60.0%	10		60.0%	10	
0%		77.5%	8		80.0%	6	
0		77.5%	5+		80.0%	5+	
ABS/CORE							

NAME:							
Fill in your max lift above, if you don't have any Start with light, comfortable weight to grow and build strength, confidence, and stamina							
THURSDAY		Wk 9		Wk 10			
#	EXERCISE	%	Rep	Wt	%	Rep	Wt
1	Front Squat	65.0%	3		65.0%	5	
100%		82.5%	3		85.0%	3	
0		82.5%	3		85.0%	3	
		82.5%	3		85.0%	3	
2B	Lat Pulldown	0.0%	10		0.0%	10	
0%		0.0%	10		0.0%	10	
0		0.0%	10		0.0%	10	
3A	DB Split Squat	50.0%	10		55.0%	10	
22%		62.5%	10		65.0%	10	
0		62.5%	10		65.0%	10	
3B	Barbell Row	60.0%	10		55.0%	10	
65%		77.5%	10		70.0%	10	
0		77.5%	10		70.0%	10	
4	DB Curls	0.0%	8		0.0%	8	
0%		0.0%	8		0.0%	8	
0		0.0%	8		0.0%	8	
ABS/CORE							

Weeks 9-10				Notes			
FRIDAY		Wk 9		Wk 10			
#	EXERCISE	%	Rep	Wt	%	Rep	Wt
1	Incline Bench Press	65.0%	5		65.0%	5	
85%		82.5%	3		85.0%	3	
0		82.5%	3		85.0%	3	
		82.5%	3		85.0%	3	
2B	Barbell RDL	50.0%	10		55.0%	10	
85%		62.5%	10		65.0%	10	
0		62.5%	10		65.0%	10	
3A	Standing DB Press	65.0%	8		65.0%	10	
30%		86.0%	8		80.0%	10	
0		85.0%	8		80.0%	10	
3B	Pull-Ups	0.0%	max		0.0%	max	
0%		0.0%	max		0.0%	max	
0		0.0%	max		0.0%	max	
4	Dips	0.0%	max		0.0%	max	
0%		0.0%	max		0.0%	max	
0		0.0%	max		0.0%	max	
ABS/CORE							