

FH FRESHMAN

Bodyweight 0/0

Comment:

Week #: 8

1 rep max/exercise

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
RP x WT	RP x WT	RP x WT	RP x WT	RP x WT	RP x WT

DAY 1

WARM UP

CORE

PARALLEL SQUAT 6 x 50 4 x 60 3 x 70 6 x 80 6 x 80 6 x 80

RDL 10 x ___ 10 x ___ 10 x ___

D.B. FRONT RAISE 10 x ___ 10 x ___ 10 x ___

HAMMER CURL 10 x ___ 10 x ___ 10 x ___

DAY 2

WARM UP

CORE

POWER SHRUG 4 x ___ 4 x ___ 4 x ___ 4 x ___ 4 x ___ 4 x ___

BENCH 6 x 45 6 x 60 3 x 70 4 x 85 4 x 85 4 x 85

FACE PULL 15 x 60 15 x 60 15 x 60

SL PB LEG CURL 10 x ___ 10 x ___ 10 x ___

DAY 3

WARM UP

CORE

SQUAT JUMP 3 x ___ 3 x ___ 3 x ___ 3 x ___ 3 x ___ 3 x ___

D.B. INCLINE BENCH ___ x 75 ___ x 75 ___ x 75

PAUSE SQUAT 3 x 60 3 x 60 3 x 60 3 x 60 3 x 60 3 x 60

CHIN UP 10 x ___ 10 x ___ 10 x ___