

W1	D1		D2		D3	
	Squat	5x5	Deadlift	3x5	Bench	5x5
	Front squat	3x6	Chin up	4x5	Oh press	4x6
	Lunges	3x8	BO row	3x8	Dips	3x8
			Farmer walk	4 runs		
W2	D1		D2		D3	
	Squat	5x5	Deadlift	3x5	Bench	5x5
	Front squat	3x6	Chin up	4x5	Oh press	4x6
	Lunges	3x8	BO row	3x8	Dips	3x8
			Farmer walk	4 runs		
W3	D1		D2		D3	
	Squat	5x5	Deadlift	3x5	Bench	5x5
	Front squat	3x6	Chin up	4x5	Oh press	4x6
	Lunges	3x8	BO row	3x8	Dips	3x8
			Farmer walk	4 runs		
W4	D1		D2		D3	
	Squat	4x4	Deadlift	4x4	Bench	4x4
	Front squat	3x6	Chin up	4x5	Oh press	4x6
	Lunges	3x8	BO row	3x8	Dips	3x8
			Farmer walk	4 runs		
W5	D1		D2		D3	
	Squat	4x4	Deadlift	4x4	Bench	4x4
	Front squat	3x6	Chin up	4x5	Oh press	4x6
	Lunges	3x8	BO row	3x8	Dips	3x8
			Farmer walk	4 runs		
W6	D1		D2		D3	
	Squat	4x4	Deadlift	4x4	Bench	4x4
	Front squat	3x6	Chin up	4x5	Oh press	4x6
	Lunges	3x8	BO row	3x8	Dips	3x8
			Farmer walk	4 runs		
W7	D1		D2		D3	
	Squat	4x3	Deadlift	4x3	Bench	4x3
	Front squat	3x6	Chin up	4x5	Oh press	5x5
	Lunges	3x8	BO row	3x8	Dips	3x8
			Farmer walk	4 runs		
W8	D1		D2		D3	
	Squat	4x3	Deadlift	4x3	Bench	4x3
	Front squat	3x6	Chin up	4x5	Oh press	5x5
	Lunges	3x8	BO row	3x8	Dips	3x8
			Farmer walk	4 runs		