

BWt: _____	Wave 1	Warm Up Sets			Work Sets			Assistance Work				
Date: _____	bar: 45	MP: 105×5 <small>25 45</small>	130×5 <small>35 45</small>	155×3 <small>45 10</small>	180×3 <small>45 10 2.5</small>	210×3 <small>45 35 2.5</small>	235×3+ _____ <small>45 45</small>	180×10 <small>45 10 10 2.5</small>	155×10 <small>45 10</small>	130×10 <small>35 2.5</small>	105×10 <small>25</small>	75×10 <small>10</small>
Date: _____	bar: 45	DL: 245×5 <small>100</small>	305×5 <small>100 35</small>	370×3 <small>100 10 2.5</small>	430×3 <small>100 45 2.5</small>	490×3 <small>100 10 2.5</small>	555×3+ _____ <small>100 100 10</small>	430×10 <small>100 45 2.5</small>	370×10 <small>100 45 10 2.5</small>	305×10 <small>100 2.5</small>	245×10 <small>100</small>	185×10 <small>45 25</small>
Date: _____	bar: 45	BP: 155×5 <small>45 10</small>	190×5 <small>45 2.5</small>	230×3 <small>45 2.5</small>	270×3 <small>100 10 2.5</small>	305×3 <small>100 2.5</small>	345×3+ _____ <small>100 45</small>	270×10 <small>100 10 2.5</small>	230×10 <small>45 2.5</small>	190×10 <small>15 2.5</small>	155×10 <small>45 10</small>	115×10 <small>35</small>
Date: _____	bar: 45	SQ: 230×5 <small>45 45 2.5</small>	290×5 <small>100 10 2.5</small>	345×3 <small>100 15 5</small>	405×3 <small>100 45 2.5</small>	460×3 <small>100 50 2.5</small>	520×3+ _____ <small>100 100 2.5</small>	405×10 <small>100 45</small>	345×10 <small>100 45</small>	290×10 <small>100 10 2.5</small>	230×10 <small>45 2.5</small>	170×10 <small>45 10 2.5</small>

BWt: _____	Wave 2	Warm Up Sets			Work Sets			Assistance Work				
Date: _____	bar: 45	MP: 105×5 <small>25</small>	130×5 <small>35 2.5</small>	155×3 <small>45 10</small>	170×5 <small>45 10 2.5</small>	195×5 <small>45 35</small>	220×5+ _____ <small>45 35 2.5</small>	180×10 <small>45 10 10 2.5</small>	155×10 <small>45 10</small>	130×10 <small>35 2.5</small>	105×10 <small>25</small>	75×10 <small>10</small>
Date: _____	bar: 45	DL: 245×5 <small>100</small>	305×5 <small>100 35</small>	370×3 <small>100 10 2.5</small>	400×5 <small>100 35 2.5</small>	460×5 <small>100 10 2.5</small>	525×5+ _____ <small>100 100 35</small>	430×10 <small>100 45 2.5</small>	370×10 <small>100 45 10 2.5</small>	305×10 <small>100 2.5</small>	245×10 <small>100</small>	185×10 <small>45 25</small>
Date: _____	bar: 45	BP: 155×5 <small>45 10</small>	190×5 <small>45 2.5</small>	230×3 <small>45 2.5</small>	250×5 <small>100 2.5</small>	285×5 <small>100 10</small>	325×5+ _____ <small>100 35</small>	270×10 <small>100 10 2.5</small>	230×10 <small>45 2.5</small>	190×10 <small>45 2.5</small>	155×10 <small>45 10</small>	115×10 <small>35</small>
Date: _____	bar: 45	SQ: 230×5 <small>45 45 2.5</small>	290×5 <small>100 10 2.5</small>	345×3 <small>100 15 5</small>	375×5 <small>100 45 10</small>	435×5 <small>100 45 5</small>	490×5+ _____ <small>100 100 10 2.5</small>	405×10 <small>100 45 35</small>	345×10 <small>100 45</small>	290×10 <small>100 10 2.5</small>	230×10 <small>45 2.5</small>	170×10 <small>45 10 2.5</small>

BWt: _____	Wave 3	Warm Up Sets			Work Sets			Assistance Work				
Date: _____	bar: 45	MP: 105×5 <small>25</small>	130×5 <small>35 2.5</small>	155×3 <small>45 10</small>	195×5 <small>45 2.5</small>	220×3 <small>45 35 2.5</small>	245×1+ _____ <small>100</small>	180×10 <small>45 10 10 2.5</small>	155×10 <small>45 10</small>	130×10 <small>35 2.5</small>	105×10 <small>25</small>	75×10 <small>10</small>
Date: _____	bar: 45	DL: 245×5 <small>100</small>	305×5 <small>100 35</small>	370×3 <small>100 10 2.5</small>	460×5 <small>100 100 2.5</small>	525×3 <small>100 100 35</small>	585×1+ _____ <small>100 45</small>	430×10 <small>100 45 2.5</small>	370×10 <small>100 45 10 2.5</small>	305×10 <small>100 2.5</small>	245×10 <small>100</small>	185×10 <small>45 25</small>
Date: _____	bar: 45	BP: 155×5 <small>45 10</small>	190×5 <small>45 2.5</small>	230×3 <small>45 2.5</small>	285×5 <small>100 10 10</small>	325×3 <small>100 35</small>	365×1+ _____ <small>100 45</small>	270×10 <small>100 10 2.5</small>	230×10 <small>45 2.5</small>	190×10 <small>45 2.5</small>	155×10 <small>45 10</small>	115×10 <small>35</small>
Date: _____	bar: 45	SQ: 230×5 <small>45 45 2.5</small>	290×5 <small>100 10 2.5</small>	345×3 <small>100 15 5</small>	435×5 <small>100 45 5</small>	490×3 <small>100 100 10 2.5</small>	550×1+ _____ <small>100 100 45</small>	405×10 <small>100 45 35</small>	345×10 <small>100 45</small>	290×10 <small>100 10 2.5</small>	230×10 <small>45 2.5</small>	170×10 <small>45 10 2.5</small>

BWt: _____	Wave 4	Warm Up Sets		
Date: _____	bar: 45	MP: 105×5 <small>25</small>	130×5 <small>35 2.5</small>	155×5 <small>45 10</small>
Date: _____	bar: 45	DL: 245×5 <small>100</small>	305×5 <small>100 35</small>	370×5 <small>100 10 2.5</small>
Date: _____	bar: 45	BP: 155×5 <small>45 10</small>	190×5 <small>45 2.5</small>	230×5 <small>45 2.5</small>
Date: _____	bar: 45	SQ: 230×5 <small>45 45 2.5</small>	290×5 <small>100 10 2.5</small>	345×5 <small>100 15 5</small>