

LIFT CLUB

MONDAY	BACK SQUAT
TUESDAY	PUSH PRESS
WEDNESDAY	DEADLIFT
THURSDAY	BENT OVER ROW
FRIDAY	BULGARIAN SPLIT SQUAT
SATURDAY	BENCH PRESS
SUNDAY	FULL BODY

WEEK 1 + 2 – MONDAY 4 MAY – SUNDAY 17 MAY

Form & volume

First 2 weeks, expect working on strong positioning and technique, plenty of pause positions and tempo.

WEEK 3 + 4 – MONDAY 18 MAY – SUNDAY 31 MAY

Ramp it up

Reps start to decrease and intensity on the weight increases, we will do pyramid and ladder sets to help you gradually build on the weight you lift

WEEK 5 + 6 – MONDAY 1 JUNE – SUNDAY 14 JUNE

Put yourself to the test

One more heavy week and then it's time to go big and test that MAX strength you've unlocked

Let's do it!