

LIFT CLUB

MONDAY	BENCH PRESS
TUESDAY	BACK SQUAT
WEDNESDAY	SHOULDER PRESS
THURSDAY	ROMANIAN DEADLIFT
FRIDAY	BENT OVER ROW
SATURDAY	REVERSE LUNGE
SUNDAY	FULL BODY

WEEK 1 + 2 – MONDAY 15 JUNE – SUNDAY 28 JUNE

Form & volume

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

WEEK 3 + 4 – MONDAY 29 JUNE – SUNDAY 12 JULY

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 13 JULY – SUNDAY 26 JULY

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!