

rollouts were also included on the spreadsheet. These were varied subtly in intensity each day.

1st 2 weeks Easy Strength												
Week 1	Day1	Day2	Day3			Day4	Day5	1st 2 weeks' percentages				
Sets/Reps	2 x 5	2 x 5	Set 1 x5	Set 2 x3	Set 3 x2	2 x 5	2 x 5	EW				
Squat	60	60	60	70	75	65	65	Exercise	Max	Starting %		
Bench	45	45	45	55	55	50	50	Squat	110	66.00%		
Pullups	Blue	Blue	Blue	Blue	Red	Blue	Blue	Bench	85	66.00%		
DL	100	100	100	120	125	105	105	Pullups	0	25%		
Loaded carry	FW 25s x 1	FW 30s x 3/4	FW 25s x 1			FW 25s x 1	FW 30s x 3/4	DL	185	66.00%		
Ab wheel	5	5	5			5	5	FW	30	90.00%		
Week 2	Day6	Day7 - 1 rep each set						Day8	Day9	Day10		
Sets/Reps	2 x 5	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	1 x 10	2 x 5	Set 1x5	Set 2x3	Set 3x2
Squat	65	65	70	75	80	85	90	55	70	70	80	85
Bench	50	50	55	55	60	65	70	45	55	55	60	65
Pullups	Blue	B	B	B	R	R	R+5	Green	Blue	Blue	Red	Red
DL	110	110	115	125	135	140	150	95	115	115	135	140
Loaded carry	FW 30s x 1	200s K3 rack walk						150s K3 CH	FW 30s x 1	1 arm 250s K3 rack walk		
Ab wheel	5	5						5	5	5		
Note: Superset bench and body rows. G means feet on ground. Box means feet on box. Higher means set the bar a notch higher												
Note on Loaded Carry: FW = Farmer's walk. 1 = distance from DB rack to Group room and back. 3/4 is 3/4 that distance												

Table 1

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