



Phase 3.1

Goal: Skill acquisition, smooth and pretty and working on building volume. Intensity will be emphasized over the coming weeks so moderate here.

Phase 3.1 (wks 9-11)

	Day 1	Sets and Reps	Weight	Notes	Mobility
Warm Up	Lateral Crab Wal...	3x60 sec			Heel Slides
Primary	Barbell RDLs	4 sets of 6-8 reps	3 RIR		Wall Slides
Secondary	Lunges	2-3 sets of 5-8 reps	>3 RIR	Surgical Leg in Front	LLLD Knee Extension
Hypertrophy	Prone Hamstring Curls	3-4 sets of 8-12	3 RIR	Avoid hyper extension	Prone Knee Extension
Hypertrophy	Knee Extensions	3-4x10-15	>6 RIR	No weight til week 12	Strap Calf Stretch
Core	Front Planks	3 x 20-45 sec	2 RIR		Prone Quad Stretch
	Day 2	Sets and Reps	Weight		Quad Foam Roll
Warm Up	Monster Walk FW...	3x60 sec			
Primary	KB Front Squat	Ramp Sets of 6-8 until MODERATE intensity, 2 sets total at top weight. Record weight.	3 RIR	Minimize weight shift, keep torso upright and focus on skill	
Secondary	1L RDL	3x6-10 reps	3 RIR	Adjust weight for RIR	
Secondary	ECC 1L Squat	2-3 sets of 5-8 reps	>4 RIR	Low volume to start	
Hypertrophy	ABD Bridge	3-4x10-15	2 RIR	Volume emphasis	
Core	Side Planks	3 x 20-40 sec	>3 RIR	Progress as able, start easy	
	Day 3	Sets and Reps	Weight		
Warm Up	Monster Walk FW...	3x60 sec			
Primary	Barbell Bridge	Ramp Sets of 8-10 until moderate intensity, 2 sets at top weight. Record weight.	2 RIR		
Secondary	KB Box Step Up	3-4 sets of 8-10	2-3 RIR	8in box, add weight if easy	
Secondary	Calf Raises	3x10-15	3 RIR		
Hypertrophy	Knee Extension ISOM	10x10 sec @ 70% intensity	see %		
Core	Partial Sit Up	3x12	2-3 RIR	Surgical leg straight	

Ramp Set Explanation

Ramp Sets: Choose a rep between the given range (i.e. 5-8 and you choose 6 reps). Including your warm-up, start with that rep scheme (i.e. 6 reps) and add weight each round until you find a weight that feels "moderately heavy". This is your "Top Set". You will then complete this weight for a second set. This allows you to create variety in your workouts by choosing different reps (i.e. one day might be 5 reps per set, the other might be 8 reps per set, etc.). See Reps in Reserve scale below for reference. Goal is to see progress over several weeks. In other words, if your top set of RDLs for 6 reps was 85lbs, progress would be defined as seeing the SAME rep scheme be heavier a month from now.

RPE (Rate of Perceived Exertion)	Reps In Reserve (RIR)	RIR	General Exertion	Cardio Conversion
10	Could not have done more reps or weight	0	Almost failed or DID fail, VERY VERY heavy!	Almost impossible, couldn't finish
9.5	Could do 0 more reps, maybe a little more weight	0-1		Very hard, can speak in one word sentences
9	Could have done one more rep.	1	Very heavy! Needed 3-5 minutes of rest	Hard, can speak in very short sentences
8.5	ould definitely have done 1 more, maaaaybe	1-2		
8	Could have done 2 more reps	2	Moderately hard/heavy, need a couple minutes rest	Borderline uncomfortable, short of breath, can speak in sentences.
7.5	Could definitely do 2 more, maaaaybe 3	2-3		
7	Could have done 3 more reps	3	Moderate/Medium, need a 1-2 minutes of rest	Breathing heavily, can hold a short conversation
5-6	Could have done 4 to 6 more reps	4-6	Easy to Medium, needed less than a minute rest	
1-4	Very light to little effort	6+	Easy, didn't need much if any rest	Easy, can do for hours possibly