

Phase 3.2					
	Goal: Skill acquisition, smooth and pretty and working on building volume. Intensity will be emphasized over the coming weeks so moderate here.				
	Phase 3.2 (wks 12-13)				
	Day 1	Sets and Reps	Weight	Notes	Daily Mobility
Warm Up	<a href="#">Lateral Crab Walk...</a>	3x60 sec			<a href="#">Heel Slides</a>
Primary	<a href="#">Barbell RDLs</a>	4 sets of 6-8 reps	2 RIR	Will progress to deadlifts in 2 weeks	<a href="#">Wall Slides</a>
Secondary	<a href="#">Lunges</a>	2-3 sets of 5-8 reps	>3 RIR	BILATERAL	<a href="#">LLD Knee Extension</a>
Hypertrophy	<a href="#">Prone Hamstring Curls</a>	3-4 sets of 8-12	3 RIR	Avoid hyper extension	<a href="#">Prone Knee Extension</a>
Hypertrophy	<a href="#">Knee Extensions</a>	3-4x10-15	4-5 RIR	Nice and easy, see RIR	<a href="#">Strap Calf Stretch</a>
Core	<a href="#">Front Planks</a>	3 x 20-45 sec	2 RIR		<a href="#">Prone Quad Stretch</a>
	Day 2	Sets and Reps	Weight		<a href="#">Quad Foam Roll</a>
Warm Up	<a href="#">Monster Walk FW...</a>	3x60 sec			
Primary	<a href="#">KB Front Squat</a>	3-4 sets of 8-10 reps	2-3 RIR	Note change in ramp set volume	
Secondary	<a href="#">1L RDL</a>	3x6-10 reps	3 RIR	Adjust weight for RIR	
Secondary	<a href="#">ECC 1L Squat</a>	3-4 sets of 8-12 reps	3-4 RIR	Begin progressing intensity	
Hypertrophy	<a href="#">1L Bridge</a>	3-4x10-15	2 RIR	Volume emphasis	
Core	<a href="#">Side Planks</a>	3 x 20-40 sec	2 RIR	Progress as able	
	Day 3	Sets and Reps	Weight		
Warm Up	<a href="#">Monster Walk FW...</a>	3x60 sec			
Primary	<a href="#">Barbell Bridge</a>	3-4 sets of 8-10 reps	2 RIR		
Secondary	<a href="#">KB Box Step Up</a>	3-4 sets of 8-10	2-3 RIR	12 in box if able	
Secondary	<a href="#">Calf Raises</a>	3x10-15	3 RIR		
Hypertrophy	<a href="#">Knee Extension ISOM</a>	10x10 sec @ 80% intensity	see %		
Core	<a href="#">Glute Med Side Plank</a>	3x12	2-3 RIR	Surgical leg straight	

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