

Sheet1

	No Test	500mg Test	Weight:168	Weight:168	Weight:168
RELOAD PHASE	Weight: 166	Weight:168	Weight:168	Weight:168	Weight:168
Monday	WEEK 0	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Decline BB Bench Press					
3 warmup sets (12, 6, 6)	135, 185, 185	135, 185, 185	135, 185, 185	135, 185, 185	135, 185, 185
Prep Set (8)	205	205	205	205	205
Set 1 (4-6)	245x4	245x6	255x4	255x6	275x6
Set 2 (8-10)	225x8	225x8	225x9	235x10	245x10
Set 3 (8-10)	205x9	205x8	225x8	235x9	245x9
Set 4 (8-10)	195x9	195x10	205x9	235x8	245x7
Set 5 (12-15)	165x12	175x12	175x13	185x15	205x12
Incline Flyes	BB bench	W2-10			
Set 1 (8-10)	20x10	30x11	185x7	175x10	185x9
Set 2 (8-10)	30x10	30x10	175x8	175x10	185x8
Set 3 (8-10)	30x9	30x10	165x8	175x10	185x8
Set 4 (8-10)	30x9	30x10	165x8	175x10	185x8
Set 5 (8-10)	30x8	30x10	165x8	175x10	185x8
Calves					
Standing Calf Raise					
3 warmup sets (12, 6, 6)	135, 185, 185	135, 185, 185	135, 185, 185	135, 185, 185	135, 185, 185
Prep Set (8)	205	225	225	225	225
Set 1 (4-6)	245x6	265x6	275x6	305x6	335x6
Set 2 (8-10)	225x8	225x10	245x10	275x10	295x10
Set 3 (8-10)	205x8	225x10	245x10	275x10	295x10
Set 4 (12-15)	185x12	205x12	205x15	225x13	245x12
Seated Calf Raise					
Set 1 (8-10)	90x10	100x10	110x10	120x10	130x10
Set 2 (8-10)	90x10	100x10	110x10	120x10	130x10
Set 3 (8-10)	90x10	100x10	110x10	120x10	130x10
Set 4 (8-10)	90x10	100x10	110x10	120x10	130x10
Set 5 (8-10)	90x10	100x10	110x10	120x10	130x10
Tuesday					
Back					
Lat Pulldown					
3 warmup sets (12, 6, 6)			90, 100, 100	90,100, 100	90, 100, 100
Prep Set (8)	120	120	120	120	120
Set 1 (4-6)	160x8	160x8	180x6	190x6	210x6
Set 2 (8-10)	150x8	160x8	160x10	170x10	180x9
Set 3 (8-10)	150x8	160x8	160x10	170x9	180x8
Set 4 (12-15)	150x8	160x8	140x13	140x15	150x13
Bent Barbell Rows					

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Set 1 (8-10)	205x4	205x6	195x9	195x10	205x8
Set 2 (8-10)	185x8	185x10	195x8	195x10	205x8
Pullover			db	Cable	
Set 1 (8-10)	55x10	65x10	70x10	80x12	150x10
Set 2 (8-10)	65x8	65x10	70x10	100x10	150x10
Set 3 (8-10)	65x8	65x10	70x10	110x10	150x10
Set 4 (8-10)	65x8	65x10	70x10	120x10	150x10
Set 5 (8-10)	65x8	65x7	70x10	140x9	150x10
Seated Cable Row					
Set 1 (8-10)	150x9	160x9	160x10	170x10	190x8
Set 2 (8-10)	150x8	160x8	160x10	170x10	190x8
Set 3 (8-10)	150x8	160x8	160x10	170x10	190x8
Deadlifts					
3 warmup sets (12, 6, 6)	135, 185, 185	135, 185, 185	135, 185, 185	135, 185, 185	135, 185, 185
Prep Set (8)		205	225	225	225
Set 1 (4-6)	245x6	275x6	295x6	315x6	345x6
Set 2 (8-10)	225x10	245x10	275x10	295x10	315x10
Abs					
Reverse Crunches					
Set 1 (failure)		20	30	38	44
Crunches					
Set 1 (failure)		16	20	30	44
Wednesday					
Shoulders					
Military Press					
3 warmup sets (12, 6, 6)	95, 115, 115	95, 115, 115	95, 115, 115	95, 115, 115	95, 115, 115
Prep Set (8)		125	125	125	125
Set 1 (4-6)	135x5	135x6	155x6	170x6	190x6
Set 2 (8-10)	125x8	135x10	145x10	160x10	190x10
Set 3 (8-10)	125x8	135x10	145x10	160x10	190x10
Set 4 (12-15)	105x12	125x13	125x15	140x 15	170x15
Leaning Lateral Raise					
Set 1 (8-10)	12x10	12x10	15x10	15x10	15x10
Set 2 (8-10)	12x10	12x10	15x10	15x10	15x10
Set 3 (8-10)	12x10	12x10	15x10	15x10	15x10
Set 4 (8-10)	12x8	12x10	15x8	15x10	15x10
Set 5 (8-10)	12x8	12x10	15x8	15x10	15x10
Reverse Pec Deck					
Set 1 (8-10)	80x10	85x10	90x10	100x10	110x10
Set 2 (8-10)	80x10	85x10	90x10	100x10	120x10
Set 3 (8-10)	85x9	85x10	90x10	100x10	120x10

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Shrugs

Prep Set (8)		185	185	185	185	185
Set 1 (8-10)	205x9	205x10	225x10	250x10	275x10	
Set 2 (8-10)	205x9	205x9	225x10	250x10	275x10	
Set 3 (8-10)	205x8	205x9	225x10	250x10	275x9	
Set 4 (12-15)	185x13	185x12	185x15	210x15	225x15	

Thursday

Arms

Seated Alternating DB Curl

3 warmup sets (12, 6, 6)	15, 20, 20	15, 20, 20	15, 20, 20	15, 20, 20	15, 20, 20
Set 1 (8-10)	40x5	45x4	35x9	35x8	35x
Set 2 (8-10)	30x9	35x8	35x8	35x8	35x
Set 3 (12-15)	20x14	25x12	25x15	30x12	30x

Preacher EZ Bar Curl

Set 1 (8-10)	55x5	55x6	50x10	60x10	65x
Set 2 (8-10)	40x9	40x10	50x10	60x10	65x
Set 3 (8-10)	40x8	40x10	50x10	65x9	65x
Set 4 (12-15)	30x12	35x15	45x15	55x12	55x

Hammer Curls

			using bar		
Set 1 (8-10)	25x8	25x8	50x10	75x10	75x
Set 2 (8-10)	25x8	25x8	50x10	75x8	75x
Set 3 (8-10)	25x8	25x8	60x10	75x8	75x

Skull Crushers

				Standing DB	
3 warmup sets (12, 6, 6)	45, 65, 65	45, 65, 65	45, 65, 65	45, 65, 65	45, 65, 65
Set 1 (8-10)	95x6	95x4	85x10	95x8	95x
Set 2 (8-10)	85x8	85x10	85x10	95x8	95x
Set 3 (8-10)	85x8	85x8	85x10	95x8	95x
Set 4 (12-15)	65x12	65x15	85x13	85x12	85x

Triceps Pressdown (inverted V)

Set 1 (8-10)	na	120x6	120x10	130x10	150x
Set 2 (8-10)	na	110x10	120x10	130x10	150x
Set 3 (8-10)	na	110x10	120x10	140x10	150x
Set 4 (8-10)	na	110x10	120x10	150x10	150x
Set 5 (12-15)	na	90x13	120x14	140x13	140x

Friday

Legs

OFF

Squats

OFF

3 warmup sets (12, 6, 6)	135, 185, 185	135, 185, 185	OFF	135, 185, 185	135, 185, 185
Prep Set (8)		225	225	OO	225
Set 1 (4-6)	na	245x6	OFF	275x6	305x
Set 2 (8-10)	na	225x10	OFF	255x9	255x
Set 3 (8-10)	na	225x10	OFF	255x8	255x

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Set 4 (12-15)	na	205x15	OFF	225x12	225x
			OFF		
Leg Extensions			OFF		
Set 1 (8-10)	170x6	180x6	OFF	185x9	185x
Set 2 (8-10)	170x8	170x10	OFF	185x9	185x
Set 3 (8-10)	170x8	170x10	OFF	185x8	185x
Set 4 (8-10)	170x8	170x10	OFF	185x8	185x
Set 5 (12-15)	140x12	140x13	OFF	140x15	155x
			OFF		
Stiff Leg Deadlift			OFF		
3 warmup sets (12, 6, 6)	135, 185, 185	135, 185, 185	OFF	135, 185, 185	135, 185, 185
Set 1 (8-10)	245x6	275x6	OFF	275x10	305x
Set 2 (8-10)	225x12	225x15	OFF	275x10	305x
			OFF		
Leg Curls			OFF		
Set 1 (8-10)	125x4	80x10	OFF	95x10	110x
Set 2 (8-10)	95x8	Hamstring		95x10	110x
Set 3 (8-10)	95x8	Not 100%	OO	95x10	110x
Set 4 (8-10)	95x8	didnt want to	OFF	95x10	110x
Set 5 (12-15)	80x13	Re-injure	OFF	80x15	90x
DELOAD PHASE	WEEK 9	WEEK 10	WEEK 19	WEEK 20	

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Weight:

Chest:

Waist:

Hips:

Thigh:

Arm:

500mg Test

30mg D-bol

WEEK 5

WEEK 6

WEEK 7

WEEK 8

WEEK 11

WEEK 12

WEEK 13

135, 185, 185
205

300x
275x
275x
275x
205x

185x
185x
185x
185x
185x

135, 185, 185
225

370x
335x
335x
245x

140x
140x
140x
140x
140x

90, 100, 100
120

230x
180x
180x
150x

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205x
205x

160x
160x
160x
160x
160x

190x
190x
190x

135, 185, 185
225
380x
345x

95, 115, 115
125
225x
210x
210x
185x

20x
20x
20x
20x
20x

130x
130x
130x

185

275x
275x
275x
250x

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WEEK 14 WEEK 15 WEEK 16 WEEK 17 WEEK 18

