

	<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>	<i>Wt.</i>	<i>Reps</i>	<i>Wt.</i>	<i>Reps</i>	<i>Wt.</i>	<i>Reps</i>
MONDAY <i>Bench</i>	Floor Press	3	10	/	/	/	/	/	/
	JM Press	3	10	/	/	/	/	/	/
	Side Lateral	3	10	/	/	/	/	/	/
	Rear Lateral	3	10	/	/	/	/	/	/
	DB Kickback	3	10	/	/	/	/	/	/
	Plate Curl	3	10	/	/	/	/	/	/

	<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>	<i>Wt.</i>	<i>Reps</i>	<i>Wt.</i>	<i>Reps</i>	<i>Wt.</i>	<i>Reps</i>	<i>Wt.</i>	<i>Reps</i>
TUESDAY <i>Squat</i>	Squat	5	10	/	/	/	/	/	/	/	/
	BB Row	5	10	/	/	/	/	/	/	/	/
	Shrugs	5	10	/	/	/	/	/	/	/	/
	Calf Raise	5	10	/	/	/	/	/	/	/	/

	<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>	<i>Wt.</i>	<i>Reps</i>	<i>Wt.</i>	<i>Reps</i>	<i>Wt.</i>	<i>Reps</i>
WEDNESDAY <i>OHP</i>	OHP	3	10	/	/	/	/	/	/
	Standing Ext.	3	10	/	/	/	/	/	/
	Side Lateral	3	10	/	/	/	/	/	/
	Flyes	3	10	/	/	/	/	/	/
	Upright Row	3	10	/	/	/	/	/	/
	Barbell Curl	3	10	/	/	/	/	/	/

	<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>	<i>Wt.</i>	<i>Reps</i>	<i>Wt.</i>	<i>Reps</i>	<i>Wt.</i>	<i>Reps</i>	<i>Wt.</i>	<i>Reps</i>
THURSDAY <i>Deadlift</i>	Deadlift	5	10	/	/	/	/	/	/	/	/
	BB Row	5	10	/	/	/	/	/	/	/	/
	Stiff Deadlift	5	10	/	/	/	/	/	/	/	/
	Calf Raise	5	10	/	/	/	/	/	/	/	/

FRIDAY
Upper Variant
Max Effort Upper

10
1

Variants:

Upper
Floor Press
Rack Lockout
JM Press
Board Press
Strict OHP
Push OHP
Z-Press
Top of the Head Press

Lower
Squat
Front Squat
Good Mornings
Deadlift
Deficit Lift
Block Pull
Stiff Leg Deadlift

SATURDAY
Lower Variant
Max Effort Lower

10
1

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