

Heath Williams
Date: 05/04/2014

Goals

- Box Squat - 160kg Back Squat 140 kg
- Deadlift - 175kg
- Bench Press - 130kg

Weaknesses/Sticking Point

- Squat - Bottom Range of Squat
- Deadlifts - Moving bar from the ground to mid shin
- Bench Press 2 inches off chest

Mobility/Flexibility

- Hip Flexor
- Adductors
- Asian Squat Position
- Hamstrings
- Glutes
- Tx
- Chest
- Rotator Cuff

Tools - Bands, Foam Roller, Bodyweight

Start Date: Monday 14th April 2014

Monday

Box/Back Squat	PTC
Front Squat	4* 10 reps
Single Leg - Lunge/Split Squat	3* 10 reps
Rack Squat/Leg Press	3* 10 reps
Core	4* 10 reps

New maximum
weight:
160

Week 1	115	x5	112.5	x5	107.5	x5	105	x5	105	x5		
Week 2	120	x5	115	x5	112.5	x5	107.5	x5	107.5	x5		
Week 3	112.5	x1	125	x5	115	x5	112.5	x5	112.5	x5		
Week 4	112.5	x2	127.5	x3	120	x5	112.5	x5	112.5	x5		
Week 5	115	x2	132.5	x3	125	x5	115	x5	115	x5		
Week 6	115	x1	125	x1	135	x3	127.5	x3	120	x5		
Week 7	120	x1	127.5	x1	140	x1	140	x1	135	x2	120	x3
Week 8	120	x1	127.5	x1	145	x1	147.5	x1	147.5	x1	127.5	x3
Week 9	120	x1	135	x1	147.5	x1	152.5	x1	127.5	x5	127.5	x5
Week 10	120	x1	135	x1	152.5	x1	155	x1	135	x3	135	x3
Week 11	120	x1	140	x1	152.5	x1	160	x1				

Tue/Wed

BB Shoulder Press	5*8, 8, 6, 5, 5 reps
Chin Up	4*8+ reps
Horizontal Row	3*10 reps
Face Pulls	3*10 reps
Core	3*10 reps

Start Date: 21st April 2014

Thursday

Deadlift PTC
Rack Pulls/Deficit Deadlift 4*6-8
RDL/Goodmornings 3*10
Glute Ham Raise 3*10
Core 3*10

New maximum

weight:

175

Week 1	127.5	x5	122.5	x5	117.5	x5	115	x5	115	x5		
Week 2	132.5	x5	127.5	x5	122.5	x5	117.5	x5	117.5	x5		
Week 3	122.5	x1	135	x5	127.5	x5	122.5	x5	122.5	x5		
Week 4	122.5	x2	140	x3	132.5	x5	122.5	x5	122.5	x5		
Week 5	127.5	x2	145	x3	135	x5	127.5	x5	127.5	x5		
Week 6	127.5	x1	135	x1	150	x3	140	x3	132.5	x5		
Week 7	132.5	x1	140	x1	152.5	x1	152.5	x1	150	x2	132.5	x3
Week 8	132.5	x1	140	x1	157.5	x1	162.5	x1	162.5	x1	140	x3
Week 9	132.5	x1	150	x1	162.5	x1	167.5	x1	140	x5	140	x5
Week 10	132.5	x1	150	x1	167.5	x1	170	x1	150	x3	150	x3
Week 11	132.5	x1	152.5	x1	167.5	x1	175	x1				

Start Date: 14th April 2014

Saturday

Bench Press PTC
Floor Press/Close Grip Press 4 *10 reps
Chin Up 4* Body Weight + Resistance
Horizontal Row 4* 10 reps
Vertical or Horizontal Pull 3* 10 reps
Face Pull 3* 15 reps

New maximum

weight:

130

Week 1	95	x5	90	x5	87.5	x5	85	x5	85	x5		
Week 2	97.5	x5	95	x5	90	x5	87.5	x5	87.5	x5		
Week 3	90	x1	100	x5	95	x5	90	x5	90	x5		
Week 4	90	x2	105	x3	97.5	x5	90	x5	90	x5		
Week 5	95	x2	107.5	x3	100	x5	95	x5	95	x5		
Week 6	95	x1	100	x1	110	x3	105	x3	97.5	x5		
Week 7	97.5	x1	105	x1	115	x1	115	x1	110	x2	97.5	x3
Week 8	97.5	x1	105	x1	117.5	x1	120	x1	120	x1	105	x3
Week 9	97.5	x1	110	x1	120	x1	122.5	x1	105	x5	105	x5
Week 10	97.5	x1	110	x1	122.5	x1	127.5	x1	110	x3	110	x3
Week 11	97.5	x1	115	x1	122.5	x1	130	x1				