



3-Day Foundational Training Plan Cycle 1

Day 1			Week 1			Week 2			Week 3			Week 4		
	Exercise	Equipment	Sets	Reps	Weight	Sets	Reps	Weight	Sets	Reps	Weight	Sets	Reps	Weight
A1	Back squat	BB/KB	3	6-8		3	6-8		3	6-8		3	6-8	
A2	Military press	BB/DB	3	8-10		3	8-10		3	8-10		3	8-10	
B1	Split squat	DB/KB	3	6-8		3	6-8		3	6-8		3	6-8	
B2	Bench press	BB/DB	3	8-10		3	8-10		3	8-10		3	8-10	
B3	Face pulls	-	3	8-10		3	8-10		3	8-10		3	8-10	
C1	Plank on elbows	-	3	20-30 sec		3	20-30 sec		3	20-30 sec		3	20-30 sec	
C2	RDL	BB/KB	3	8-12		3	8-12		3	8-12		3	8-12	

Dessert:

Day 2			Week 1			Week 2			Week 3			Week 4		
	Exercise	Equipment	Sets	Reps	Weight	Sets	Reps	Weight	Sets	Reps	Weight	Sets	Reps	Weight
A1	Clean deadlift	-	3	6-8		3	6-8		3	6-8		3	6-8	
A2	Snatch grip press behind neck	-	3	6-8		3	6-8		3	6-8		3	6-8	
B1	Lunges	DB/KB	3	6-8		3	6-8		3	6-8		3	6-8	
B2	Pull ups	-	3	6-8		3	6-8		3	6-8		3	6-8	
C1	Bent over row	-	3	6-8		3	6-8		3	6-8		3	6-8	
C2	Push ups	-	3	8-12		3	8-12		3	8-12		3	8-12	

Dessert:

Day 3			Week 1			Week 2			Week 3			Week 4		
	Exercise	Equipment	Sets	Reps	Weight	Sets	Reps	Weight	Sets	Reps	Weight	Sets	Reps	Weight
A1	Push press	BB/DB	3	4-6		3	4-6		3	4-6		3	4-6	
B1	Front Squat	BB/DB/KB	3	6-8		3	6-8		3	6-8		3	6-8	
B2	Seated DB press	No back pad	3	8-12		3	8-12		3	8-12		3	8-12	
C1	RDL	BB/KB	3	8-12		3	8-12		3	8-12		3	8-12	
C2	Chin-ups/inverted row/ring row	-	3	6-8		3	6-8		3	6-8		3	6-8	
C3	Lateral step up on 6-12" box	-	3	8-12		3	8-12		3	8-12		3	8-12	

Dessert: