



TPSMPL Intermediate/Advanced 20 Week Meet Prep Program

2021 RPS Power Challenge Meet Prep Program

Meet date: October 9 & 10, 2021

Wow! We have a very exciting new meet prep block with new stuff for you. This block is set to prep you for the 2021 RPS Power Challenge (or any other meet in 20 weeks).

It consists of two ten week blocks. Block 1A is laying the base for the final met prep in Block 1B. Your meet occurs on week 19 of the entire block, or week 9 of Block 1B. Set your training calendar accordingly.

There are also some new training techniques to build an absolute ridiculous amount of strength. You'll be taking maxes on specialty exercises on Day 1 and Day 2. This will help you to build strength in new ways that will carry over to your comp lifts. You will still be doing all of your comp lifts as well, but the volume and intensity will be reduced to allow recovery while still maintaining skill.

We hope that you enjoy this new block and that it works for you. Remember, let us know how you did after your meet and post your training videos in the forum.

Be sure to download the block PDF for all notes.

Block tags: raw powerlifting, meet prep,



Weeks Until Meet

Week 1-1A	May 31, 2021	Week 12	August 16, 2021
Week 2	June 7, 2021	Week 13	August 23, 2021
Week 3	June 14, 2021	Week 14	August 30, 2021
Week 4	June 21, 2021	Week 15	September 6, 2021
Week 5	June 28, 2021	Week 16-Test Deadlift	September 13, 2021
Week 6	July 5, 2021	Week 17-Test Squat and Bench	September 20, 2021
Week 7	July 12, 2021	Week 18-Taper	September 27, 2021
Week 8	July 19, 2021	Week 19-Meet Week	October 4 2021
Week 9	July 26, 2021	Week 20-Week After Meet	October 11, 2021
Week 10	August 2, 2021		
Week 11-1B	August 9, 2021		



Block 1A

	Day 1	Day 2	Day 3	Day 4
Week 1	1. Box Squat with Chain 3RM 2. Deadlift 2 sets x 5 reps RPE 8/75% 2 sets x 5 reps RPE 9/77.5%	1. Floor Press with Chain 5RM 2. JM Press 8RM	1. Deadlift 1/1000 Pause Below Knee 2 sets x 3 reps RPE 8/75% 2 sets x 3 reps RPE 9/80% 2. 1/1000 Pause Squat 2 sets x 2 reps RPE 6/70% 2 sets x 2 reps RPE 7/75%	1. Dynamic Bench Press 3 grips 8 sets x 3 reps 45% 2. Bench Builder 2 sets x 5 reps
Week 2	1. Box Squat with Chain 1RM 2. Deadlift 2 sets x 4 reps RPE 9/80% 1 set x 3 reps RPE 9/85%	1. Floor Press with Chain 3RM 2. JM Press 6RM	1. Deadlift 1/1000 Pause Below Knee 1 set x 3 reps RPE 8/75% 1 set x 3 reps RPE 9/80% 1 set x 3 reps RPE 10/85% 2. 1/1000 Pause Squat 1 set x 2 reps RPE 6/70% 1 set x 2 reps RPE 7/75% 1 sets x 2 reps RPE 8/80%	1. Dynamic Bench Press 3 grips 10 sets x 3 reps 50% 2. Bench Builder 2 sets x 5 reps



Week 3	1. 2" Deficit Deadlift with Micro Band 3RM 2. Leg Press 8RM	1. Medium Grip 2 Board Bench Press 5RM 2. Tricep Death-Down the Boards 5 reps each Board AHAP x 2 sets	1. 2/1000 Pause Squat 4 sets x 5 reps RPE 7 2. Koklyaev DL 2 sets x 8 reps RPE 8 2 sets x 8 reps RPE 9	1. Dynamic Bench Press 3 grips 12 sets x 3 reps 55% 2. Bench Builder 2 sets x 5 reps
Week 4	1. 2" Deficit Deadlift with Micro Band 1RM 2. Leg Press 6RM	1. Medium Grip 2 Board Bench Press 3RM 2. Tricep Death-Up the Boards 5 reps each Board AHAP x 2 sets	1. 2/1000 Pause Squat 4 sets x 5 reps RPE 8 2. Koklyaev DL 2 sets x 6 reps RPE 8 2 sets x 6 reps RPE 9	1. Dynamic Bench Press with Chain 3 grips 8 sets x 3 reps 40% 2. Bench Builder 2 sets x 5 reps
Week 5-Accessory Deload	1. Reverse Band Squat 3RM-use mini band 2. SSB Goodmorning with Chain 5RM	1. Pin Press-2" off chest 3RM 2. CGI 8RM	1. 1" Deadlift with Chain 2 sets x 5 reps RPE 8/70% 2 sets x 5 reps RPE 9/72.5%	1. Dynamic Bench Press with Chain 3 grips 10 sets x 3 reps 45% 2. Bench Builder 2 sets x 5 reps
Week 6	1. Reverse Band Squat 1RM-use mini band 2. SSB Goodmorning with Chain 3RM	1. Pin Press-2" off chest 1RM 2. CGI 6RM	1. 1" Deadlift with Chain 2 sets x 5 reps RPE 9/72.5% 2 sets x 5 reps RPE 10/75%	1. Dynamic Bench Press with Chain 3 grips 12 sets x 3 reps 50% 2. Bench Builder 2 sets x 5 reps



Week 7	1. MB Powercenter Deadlift 3RM Stack short mini on bottom pin & short mini on top pin 2. Chair Deadlift: 1 rep = pull from floor until you are upright on the box twice, stand up on the 3rd pull. 3 sets x 3 reps RPE 7	1. Bench Press with Short Mini Band 3RM 2. Close Grip Bench with 1 Chain per side 8RM	1. 1/1000 Pause Squat with 1 Chain per side 2 sets x 3 reps RPE 8/75% 2 sets x 3 reps RPE 9/80%	1. Dynamic Bench Press 5 sets x 5 reps 50% 2. Bench Builder 2 sets x 5 reps
Week 8	1. MB Powercenter Deadlift 1RM Stack short mini on bottom pin & short mini on top pin 2. Chair Deadlift: 1 rep = pull from floor until you are upright on the box twice, stand up on the 3rd pull. 4 sets x 2 reps RPE 7	1. Bench Press with Short Mini Band 3RM 2. Close Grip Bench with 1 Chain per side 5RM	1. 1/1000 Pause Squat with 1 Chain per side 2 sets x 2 reps RPE 8/80% 2 sets x 2 reps RPE 9/85% 1 sets x 2 reps RPE 10/90%	1. Dynamic Bench Press 5 sets x 5 reps 55% 2. Bench Builder 2 sets x 5 reps
Week 9	1. SSB Box Squat 3RM 2. SSB 1/1000 Pause Squat-NO BOX 60% of 3RM set today 3 sets x 2 reps: EXPLOSIVE	1. Floor Press with Chain 5RM <i>Beat Week 1.</i> 2. JM Press 8RM <i>Beat Week 1.</i>	1. 2" Deficit Deadlift with Micro Band 80% of 1RM set on Week 4 2 sets x 3 reps 2 sets x 1 rep: EXPLOSIVE!	1. Dynamic Bench Press with Bands 3 grips 8 sets x 3 reps 45% 2. Static Bench Holds 3 sets x 5 seconds each position



Week 10-Accessory Deload	1. SSB Box Squat 1RM 2. SSB 2/1000 Pause Squat-NO BOX 65% of 1RM set today 3-4 sets x 2 reps: EXPLOSIVE	1. Floor Press with Chain 3RM <i>Beat Week 2.</i> 2. JM Press 6RM <i>Beat Week 1.</i>	1. 2" Deficit Deadlift with Micro Band 85% of 1RM set on Week 4 2 sets x 2 reps 3 sets x 1 rep: EXPLOSIVE!	1. Dynamic Bench Press with Bands 3 grips 10 sets x 3 reps 50% 1. Dynamic Bench Press with Bands 3 grips 8 sets x 3 reps 45% 2. Static Bench Holds 3 sets x 10 seconds each position



BAND AND CHAIN USAGE GUIDE

IF YOU SQUAT/DEADLIFT

100-300LB
300-500LB
500-700LB
700-900LB
+900LB

USE THIS MUCH BAND*

MINI BAND (30LB)
LIGHT BAND (90LB)
AVG BAND (130LB)
STRONG BAND (180LB)
STRONG+LIGHT (270LB)

USE THIS MUCH CHAIN**

1 CHAIN (40LB)
2 CHAINS (80LB)
3 CHAINS (120LB)
4 CHAINS (160LB)
5 CHAINS (200LB)

IF YOU BENCH

95-225LB
225-365LB
365-495LB
495-625LB
+625LB

USE THIS MUCH BAND*

DOUBLED MICRO BAND (40LB)
DOUBLED MINI BAND (80LB)
DOUBLED MONSTER BAND (120LB)
DOUBLED MONSTER+MICRO (160LB)
DOUBLED MONSTER+MINI (200LB)

USE THIS MUCH CHAIN**

1 CHAIN (40LB)
2 CHAINS (80LB)
3 CHAINS (120LB)
4 CHAINS (160LB)
5 CHAINS (200LB)

* APPROXIMATE TOTAL BAND TENSION AT THE TOP OF THE LIFT

** APPROXIMATE TOTAL CHAIN WEIGHT AT THE TOP OF THE LIFT





Block 1A

Week 1: May 31, 2021

Day 1	Day 2	Day 3	Day 4
1. Box Squat with Chain 3RM 2. Deadlift 2 sets x 5 reps RPE 8/75% 2 sets x 5 reps RPE 9/77.5% 3. FFES x 8 reps each leg + SLRDL x 5-6 reps each leg X 5 sets 4. R/H x 12-15 reps + Ab Wheel with 1/1000 pause at extension x AMAP X 5 sets	1. Floor Press with Chain 5RM 2. JM Press 8RM 3. SUPERSET: SA DB Bench x 10 AHAP each side + DB Bench x AMAP-same dumbbells X 4 sets 4. Rolling Tricep Extension x 12-15 reps AHAP X 5 sets 5. DB Rows x 10-12 reps AHAP X 6 sets + Lying Pullapart x 15-20 reps AR-WATCH VIDEO	1. Deadlift 1/1000 Pause Below Knee 2 sets x 3 reps RPE 8/75% 2 sets x 3 reps RPE 9/80% 2. 1/1000 Pause Squat 2 sets x 2 reps RPE 6/70% 2 sets x 2 reps RPE 7/75% 3. Full GHR x 12-15 reps Use a band if you cannot get 12, add resistance if 12 is easy x 4 sets 4. HFBR with Weight (use Spud Inc Dr. Squat Strap) x 12-15 reps Choose a weight that gets you 2 reps short of failure + Side Plank x ALAP each side X 4 sets	1. Dynamic Bench Press 3 grips 8 sets x 3 reps 45% 2. Bench Builder 2 sets x 5 reps (see notes at end of document) 3. Circuit: all x 12-15 reps x 4 sets Choose a weight that gets you 2 reps short of failure. DB Front Raise + Lateral Raise + Rear Delt Fly 4. WATCH VIDEO Murph Rows?- Exercise in the video-needs a name??? 5 sets x 12-15 reps 5. Banded Pushdown-1 band per hand 100 reps in as few sets as possible Do 8 DB Curls Choose a band that you can get 20-25 reps with on the first set.

***All set listed for Accessory/Assistance are work sets only. Do a few warmups.



Week 2: June 7, 2021

Day 1	Day 2	Day 3	Day 4
1. Box Squat with Chain 1RM 2. Deadlift 2 sets x 4 reps RPE 9/80% 1 set x 3 reps RPE 9/85% 3. FFES x 8 reps each leg + SLRDL x 3-5 reps each leg (heavier than last week) X 4 sets 4. R/H x 15-20 reps + Ab Wheel with 1/1000 pause at extension x AMAP X 4 sets	1. Floor Press with Chain 3RM 2. JM Press 6RM 3. SUPERSET: SA DB Bench x 8 AHAP each side + DB Bench x AMAP-same dumbbells X 4 sets 4. Rolling Tricep Extension x 12-15 reps AHAP X 3 sets + 10-12 reps AHAP x 3 sets 5. DB Rows x 12-15 reps AHAP X 3 sets + 10-12 reps AHAP x 2 sets + 8-10 reps x 1 set AHAP + Lying Pullapart x 15-20 reps AR-WATCH VIDEO	1. Deadlift 1/1000 Pause Below Knee 1 set x 3 reps RPE 8/75% 1 set x 3 reps RPE 9/80% 1 set x 3 reps RPE 10/85% 2. 1/1000 Pause Squat 1 set x 2 reps RPE 6/70% 1 set x 2 reps RPE 7/75% 1 sets x 2 reps RPE 8/80% 3. Full GHR x 10-12 reps Use a band if you cannot get 10, add resistance if 10 is easy x 5 sets 4. HFBR with Weight (use Spud Inc Dr. Squat Strap) x 10-12 reps Choose a weight that gets you 2 reps short of failure + Side Plank x ALAP each side X 4 sets	1. Dynamic Bench Press-3 grips 10 sets x 3 reps 50% 2. Bench Builder 2 sets x 5 reps (see notes at end of document) 3. Circuit: all x 12-15 reps x 2 sets + 10-12 reps x 2 sets Choose a weight that gets you 2 reps short of failure. DB Front Raise + Lateral Raise + Rear Delt Fly 4. WATCH VIDEO Murph Rows? 3 sets x 12-15 reps + 2 sets x 10-12 reps 5. Banded Pushdown-1 band per hand 125 reps in as few sets as possible Do 10 DB Curls Choose a band that you can get 20-25 reps with on the first set.

***All set listed for Accessory/Assistance are work sets only. Do a few warmups.



Week 3: June 14, 2021

Day 1	Day 2	Day 3	Day 4
1. 2" Deficit Deadlift with Micro Band 3RM 2. Leg Press 8RM 3. Tempo BGSS : 3 count down-3 count up X 8 reps each leg + 5 Jump Squats (As high as possible) X 4 sets 4. Back Raise/Row 4 sets x 10-12 reps 5. 1 Arm Farmers Walk x 50 feet each hand X 5 sets HEAVY	1. Medium Grip 2 Board Bench Press 5RM 2. Tricep Death- Down the Boards 5 reps each Board AHAP x 2 sets 3. Neutral Grip DB Floor Press 4 sets x 8-10 reps 4. Low to High Cable Row 5 sets x 8-10 reps 5. EZ Curl Skull Crusher x 8-10 reps + TRX Extensions x AMAP X 6 sets	1. Front Squat 4 sets x 5 reps RPE 7 2. Koklyaev DL 2 sets x 8 reps RPE 8 2 sets x 8 reps RPE 9 3. GHR-Top Only x AMAP* + Banded Glute Squeezes with 3/1000 hold x 10-12 X 4 sets 4. Superset: Frog Hypers x 12 reps + Single Leg Hyper x 12 reps each leg x 4 sets 5. HLR 30 reps in as few sets as possible	1. Dynamic Bench Press 3 grips 12 sets x 3 reps 55% 2. Bench Builder 2 sets x 5 reps 3. Bamboo Bar Incline Bench 2 sets x 20-25 reps 2 sets x 10-15 reps 4. Circuit: All x 15-20 reps x 4 sets Banded Lateral Raise + Banded Front Raise + Pullapart 5. Superset: Pulldowns & Hammer Curls 3 sets x 12-15 reps each 2 sets x 10-12 reps each

***Use a band if you cannot get at least 8 reps**

*****All set listed for Accessory/Assistance are work sets only. Do a few warmups.**



Week 4: June 21, 2021

Day 1	Day 2	Day 3	Day 4
1. 2" Deficit Deadlift with Micro Band 1RM 2. Leg Press 6RM 3. Tempo BGSS: 5 count down-3 count up X 8 reps each leg + 3 Jump Squats (As high as possible) X 4 sets 4. Back Raise/Row 2 sets x 10-12 reps 3 sets x 8-10 reps 5. 1 Arm Farmers Walk x 50 feet each hand X 6 sets HEAVY	1. Medium Grip 2 Board Bench Press 3RM 2. Tricep Death-Up the Boards 5 reps each Board AHAP x 2 sets 3. Neutral Grip DB Floor Press 2 sets x 8-10 reps 2 sets x 6-8 reps 4. Low to High Cable Row 2 sets x 10-12 reps 3 sets x 8-10 reps 5. EZ Curl Skull Crusher x 8-10 reps + TRX Extensions x AMAP X 8 sets	1. Front Squat 4 sets x 5 reps RPE 8 2. Koklyaev DL 2 sets x 6 reps RPE 8 2 sets x 6 reps RPE 9 3. GHR-Top Only x AMAP* + Banded Glute Squeezes with 5/1000 hold x 8-10 X 4 sets 4. Superset: Frog Hypers x 15 reps + Single Leg Hyper x 15 reps each leg x 4 sets 5. HLR 40 reps in as few sets as possible	1. Dynamic Bench Press with Chain 3 grips 8 sets x 3 reps 40% 2. Bench Builder 2 sets x 5 reps 3. Bamboo Bar Incline Bench 2 sets x 20-25 reps 2 sets x 10-15 reps 4. Circuit: All x 12-15 reps x 5 sets Banded Lateral Raise + Banded Front Raise + Pullapart 5. Superset: Pulldowns & Hammer Curls 3 sets x 12-15 reps each 2 sets x 10-12 reps each 1 set x 8-10 reps

***Use a band if you cannot get at least 8 reps**

*****All set listed for Accessory/Assistance are work sets only. Do a few warmups.**



Week 5: June 28, 2021-Accessory Deload

Day 1	Day 2	Day 3	Day 4
1. Reverse Band Squat 3RM-use mini band 2. SSB Goodmorning with Chain 5RM 3. Prowler Stride x 100 feet x 2 sets 4. Back Attack + Band 2 sets x 8-10 reps 5. Pulldown Abs 3 sets x 10-12 reps	1. Pin Press -2" off chest 3RM 2. CGI 8RM 3. Chain Fly 2 sets x 15-20 reps 4. CSR 2 sets x 12-15 reps 5. Band Pushdowns 50 reps	1. 1" Block Deadlift with Chain 2 sets x 5 reps RPE 8/70% 2 sets x 5 reps RPE 9/72.5% 2. Bamboo Bar 1/1000 Pause Squat 2 sets x 10-12 reps 3. 45 BR 2 sets x 10-12 reps 4. HLR 25 reps in as few sets as possible	1. Dynamic Bench Press with Chain 3 grips 10 sets x 3 reps 45% 2. Bench Builder 2 sets x 5 reps 3. Reverse Band Bench Row 2 sets x 12-15 reps 4. Tempo Tate Press : 3 count down-3 count up 2 sets x 8-10 reps

***All set listed for Accessory/Assistance are work sets only. Do a few warmups.



Week 6: July 5, 2021

Day 1	Day 2	Day 3	Day 4
1. Reverse Band Squat 1RM-use mini band 2. SSB Goodmorning with Chain 3RM 3. Prowler Stride x 100 feet x 3 sets 4. Back Attack + Band 2 sets x 10-12 reps 2 sets x 8-10 reps 5. Pulldown Abs 3 sets x 12-15 reps 3 sets x 10-12 reps	1. Pin Press -2" off chest 1RM 2. CGI 6RM 3. Chain Fly 2 sets x 15-20 reps 2 sets x 8-10 reps 4. CSR 2 sets x 12-15 reps 2 sets x 10-12 reps 1 set x 8-10 reps 5. Band Pushdowns 100 reps	1. 1" Block Deadlift with Chain 2 sets x 5 reps RPE 9/72.5% 2 sets x 5 reps RPE 10/75% 2. Bamboo Bar 1/1000 Pause Squat 3 sets x 10-12 reps 3. Superset Standing Leg Curl + 45 BR 5 sets x 10-12 reps each 4. HLR 50 reps in as few sets as possible	1. Dynamic Bench Press with Chain 3 grips 12 sets x 3 reps 50% 2. Bench Builder 2 sets x 5 reps 3. Reverse Band Bench Row 3 sets x 12-15 reps 2 sets x 10-12 reps 4. Tempo Tate Press : 3 count down-1 count up 6 sets x 8-10 reps

*****All set listed for Accessory/Assistance are work sets only. Do a few warmups.**



Week 7: July 12, 2021

Day 1	Day 2	Day 3	Day 4
1. MB Powercenter Deadlift 3RM Stack short mini on bottom pin & short mini on top pin 2. Chair Deadlift: 1 rep = pull from floor until you are upright on the box twice, stand up on the 3rd pull. 3 sets x 3 reps RPE 7 3. Step Up 4 sets x 8-10 reps each leg 4. Pullthrough 4-5 sets x 10-12 reps 5. ST Plank x ALAP + Buzzsaw x AMAP X 4 sets	1. Bench Press with Short Mini Band 3RM + Reverse Band Bench with Mini Band 2 sets x 1 rep 95-100% of Bench 1RM 2. Close Grip Bench with 1 Chain per side 8RM 3. Seated DB OHP 2 sets x 10-12 reps 2 sets x 6-8 reps 4. Yates Row 3 sets x 10-12 reps 3 sets x 6-8 reps 5. Superset: 4 sets x 6-8 reps each Reverse Curls + Tricep Pushdown** Use Spud Inc. Long Ab Strap and stretch it apart at the bottom	1. 1/1000 Pause Squat with 1 Chain per side 2 sets x 3 reps RPE 8/75% 2 sets x 3 reps RPE 9/80% 2. Tempo Band Goodmorning: 5 count down/5 count up Choose a band that allows about 12 reps 3 sets x 2 reps short of failure 3. Snatch Grip Dead Hyper 2 sets x 10-12 reps 2 sets x 8-10 reps 4. HFBR with Weight: 2 sets x 10-12 reps 2 sets x 8-10 reps Use Spud Inc. Dr. Squat Strap 5. Flutter Kicks x AMAP + Birdog x AMAP X 4 sets	1. Dynamic Bench Press 5 sets x 5 reps 50% 2. Bench Builder 2 sets x 5 reps 3. Seated Overhead Pin Press 2 sets x 8-10 reps 2 sets x 6-8 reps 4. Circuit: All x 10-12 reps, use same weight, no rest x 3 sets Lateral Raise + Front Raise + Tate Press + DB Curls 5. Low Cable Row 2 sets x 15-20 reps 2 sets x 12-15 reps 1 sets x 8-10 reps 6. Incline DB Bench 1 set x 100 reps

***All set listed for Accessory/Assistance are work sets only. Do a few warmups.



Week 8: July 19, 2021

Day 1	Day 2	Day 3	Day 4
1. MB Powercenter Deadlift 1RM Stack short mini on bottom pin & short mini on top pin 2. Chair Deadlift: 1 rep = pull from floor until you are upright on the box twice, stand up on the 3rd pull. 4 sets x 2 reps RPE 7 3. Step Up 2 sets x 8-10 reps each leg 2 sets x 6-8 each leg 4. Pullthrough 5-6 sets x 10-12 reps 5. ST Plank x AMAP + Buzzsaw x AMAP X 5 sets	1. Bench Press with Short Mini Band 1RM + Reverse Band Bench with Mini Band 2 sets x 1 rep 100-105% of Bench 1RM 2. Close Grip Bench with 1 Chain per side 5RM 3. Seated DB OHP 3 sets x 10-12 reps 2 sets x 6-8 reps 4. Yates Row 4 sets x 10-12 reps 3 sets x 6-8 reps 5. Superset: 5 sets x 6-8 reps each Reverse Curls + Tricep Pushdown** Use Spud Inc. Long Ab Strap and stretch it apart at the bottom	1. 1/1000 Pause Squat with 1 Chain per side 2 sets x 2 reps RPE 8/80% 2 sets x 2 reps RPE 9/85% 1 sets x 2 reps RPE 10/90% 2. Tempo Band Goodmorning: 5 count down/5 count up Choose a band that allows about 12 reps 2 sets x 2 reps short of failure 3. Snatch Grip Dead Hyper 2 sets x 10-12 reps 1 sets x 8-10 reps 4. HFBR with Weight: 1 sets x 10-12 reps 2 sets x 8-10 reps Use Spud Inc. Dr. Squat Strap 5. Flutter Kicks x AMAP + Birdog x AMAP X 4 sets	1. Dynamic Bench Press 5 sets x 5 reps 55% 2. Bench Builder 2 sets x 5 reps 3. Seated Overhead Pin Press 2 sets x 8-10 reps 1 sets x 6-8 reps 4. Circuit: All x 10-12 reps, use same weight, no rest x 4 sets Lateral Raise + Front Raise + Tate Press + DB Curls 5. Low Cable Row 2 sets x 15-20 reps 1 sets x 12-15 reps 1 sets x 8-10 reps 6. Incline DB Bench 1 set x 125 reps

***All set listed for Accessory/Assistance are work sets only. Do a few warmups.



Week 9: July 26, 2021

Day 1	Day 2	Day 3	Day 4
1. SSB Box Squat 3RM 2. SSB 1/1000 Pause Squat-NO BOX 60% of 3RM set today 3 sets x 2 reps: EXPLOSIVE 3. Prowler Push-NOT SPRINT-HEAVY 50 feet + Sled Drag 50 feet HEAVY X 4 sets 4. Back Raise with Pull Apart 75 in as few sets possible 5. Circuit: All x 6 x 4 sets TRX Pike + TRX Pendulum + TRX Buzzsaw + TRX MC + TRX Plank (6 count)	1. Floor Press with Chain 5RM <i>Beat Week 1.</i> 2. Bench Lockout Holds 2 sets x 30 seconds 3. JM Press 8RM <i>Beat Week 1.</i> 4. Cable or Band Fly 4 sets x 15-20 reps 5. DB Rows 4 sets x 10-12 reps each 2 sets x 8-10 reps each 20 mini or light Band Pushdowns AR each set	1. 2" Deficit Deadlift with Micro Band 80% of 1RM set on Week 4 2 sets x 3 reps 2 sets x 1 rep: EXPLOSIVE! 2. Close Stance Belt Squat 2 sets x 8-10 reps 2 sets x 6-8 reps 3. GHR-Full 5 sets x 8-10 reps/add weight if needed 4. R/H 2 sets strict x 20 reps 2 sets loose x 20 reps 5. GHR Situps 4 sets x AMAP	1. Dynamic Bench Press with Bands 3 grips 8 sets x 3 reps 45% 2. Static Bench Holds 3 sets x 5 seconds each position 3. Timed DB Bench Press 3 sets x 60 seconds-slow and controlled 4. Tempo Lateral Raise: 5 count up/5 count down 3 sets x 10-12 reps 5. Hammer Row 6 sets x 10-12 reps 6. Overhead Tricep Extension + EZ Bar Curls 8 sets x 8 reps

***All set listed for Accessory/Assistance are work sets only. Do a few warmups.



Week 10: August 2, 2021-Accessory Deload

Day 1	Day 2	Day 3	Day 4
1. SSB Box Squat 1RM 2. SSB 2/1000 Pause Squat-NO BOX 65% of 1RM set today 3-4 sets x 2 reps: EXPLOSIVE 3. Prowler Push-NOT SPRINT-HEAVY 50 feet + Sled Drag 50 feet HEAVY X 2 sets 4. Back Raise with Pull Apart 35 in as few sets possible 5. Circuit: All x 3 x 4 sets TRX Pike + TRX Pendulum + TRX Buzzsaw + TRX MC + TRX Plank (6 count)	1. Floor Press with Chain 3RM <i>Beat Week 2.</i> 2. Bench Lockout Holds 2 sets x 30 seconds 3. JM Press 6RM <i>Beat Week 1.</i> 4. Cable or Band Fly 2 sets x 15-20 reps 5. DB Rows 2 sets x 10-12 reps each 1 sets x 8-10 reps each 20 mini or light Band Pushdowns AR each set	1. 2" Deficit Deadlift with Micro Band 85% of 1RM set on Week 4 2 sets x 2 reps 3 sets x 1 rep: EXPLOSIVE! 2. Close Stance Belt Squat 2 sets x 8-10 reps 3. GHR-Full 3 sets x 8-10 reps/add weight if needed 4. R/H 1 set strict x 20 reps 1 set loose x 20 reps 5. GHR Situps 2 sets x AMAP	1. Dynamic Bench Press with Bands 3 grips 10 sets x 3 reps 50% 2. Static Bench Holds 2 sets x 5 seconds each position 3. Timed DB Bench Press 2 sets x 45 seconds-slow and controlled 4. Tempo Lateral Raise: 3 count up/3 count down 2 sets x 10-12 reps 5. Hammer Row 4 sets x 8-10 reps 6. Overhead Tricep Extension + EZ Bar Curls 4 sets x 8 reps

***All set listed for Accessory/Assistance are work sets only. Do a few warmups.



TPS Method for Powerlifting Notes and Abbreviations

AMRAP: as many reps as possible ALAP: as long as possible AHAP: as heavy as possible HAF: heavy as f*ck RPE: rate of perceived exertion KB: kettlebell DB: dumbbell BB: barbell SLSU: straight let sit up TGU: Turkish Get Up GHR: Glute/Ham Raise R/H: Reverse Hyper SWOLE: Do a shitload of reps and get a huge pump. Flex and squeeze your muscles hard. Opposite Deadlift: If you pull Sumo, do Conventional. If you pull Conventional, do Sumo.	-When a number is given for an exercise, EG: 50 pullups; perform a set of as many as you can and stop with 1 or 2 reps left “in the tank”. Don’t go to failure. Rest a minute or so and continue until the listed number of total reps is complete. EG: 50 reps listed and you do a set of 12. Write it down. Do another set and you get 10. Add it. You now have 22 done out of 50. -When a variable of reps is listed, EG: 8-12; choose a weight that makes the 12th rep difficult on the 1st set and pyramid up in weight each set to a weight that limits you to the lower number on the last set. -Rest periods between set are generally not listed. Rest as long you need to. On your heaviest sets, up to 5 minutes may be advised. 2-3 minutes is usually more than enough for most work.
--	--



*Down the Rack-Start with a weight you can do for 12-15 and do AS MANY AS YOU CAN, then go to the next lightest pair of dumbbells and do as many as you can, repeat until you are all the way down the rack. This sucks if you can curl 80's.

** Down the stack- this is done on a cable stack-pick a weight you can do about 15-20 reps with and begin there. Do at least 15 reps, drop the pin one slot lighter and continue for amap, drop as many times as it says in the instructions. EG: 4 down the stack =4 drops

*** Swole-get a huge pump-use a light weight that allows for 20-25 reps and get SWOLE

When you see a number listed, EG: Pushups 50, do the reps in as few sets as possible.

SSB: Safety Squat Bar

BENCH BUILDER:

Close Grip Bench Press-begin at 70%

Add 2 1/2 pounds per side each week.

When you can no longer add weight, move to Medium Grip and start at the same weight as the last successful week.