

Jan-Feb

3 set of 12 to near failure (Scale of 1 to 10 an 8 or 9) 1-10

After 3 successful workouts you have to go up by small (5pounds upper body 10 pounds) lower body

If you fail, then just add one rep more the next time

Mar Apr

3 set 12-8-4 (Scale of 1 to 10 an 8 or 9) Add 10 each set upper 20 each set lower use the wt to start with from the 3 set of 12

After 3 successful workouts by set you have to go up by small (5pounds upper body 10 pounds) lower body

If you fail, then just add one rep more the next time

Add Dead Lift #11

May June

3 set of 4 add lunges and Hang Clean (Scale of 1 to 10 a 10)