

The New Rules of Lifting

Program:

Phase:

Exercise	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Tempo	Rest
Workout 1										
Workout 2										
Workout 3										
Workout 4										
Workout 1										
Workout 2										
Workout 3										
Workout 4										
Workout 1										
Workout 2										
Workout 3										
Workout 4										
Workout 1										
Workout 2										
Workout 3										
Workout 4										
Workout 1										
Workout 2										
Workout 3										
Workout 4										

Notes: _____