

12 Week Peaking Cycle

Phase I

Name:

				Set 1	Set 2	Set 3	Set 4	Set 5
Week 1			Reps	5	5	5	5	
1RM Max	Exercises	Day	Intensity	55%	60%	65%	60%	
	Squats	M/Th						
	Power Cleans	M/Th						
	Bench Press	Tu/F						
	Push Press	Tu/F						
	Incline Press	Tu/F						

				Set 1	Set 2	Set 3	Set 4	Set 5
Week 2			Reps	5	5	5	5	5
1RM Max	Exercises	Day	Intensity	55%	65%	70%	75%	70%
	Squats	M/Th						
	Power Cleans	M/Th						
	Bench Press	Tu/F						
	Push Press	Tu/F						
	Incline Press	Tu/F						

				Set 1	Set 2	Set 3	Set 4	Set 5
Week 3			Reps	5	5	5	5	
1RM Max	Exercises	Day	Intensity	60%	65%	70%	65%	
	Squats	M/Th						
	Power Cleans	M/Th						
	Bench Press	Tu/F						
	Push Press	Tu/F						
	Incline Press	Tu/F						

				Set 1	Set 2	Set 3	Set 4	Set 5
Week 4			Reps	5	5	5	5	5
1RM Max	Exercises	Day	Intensity	60%	70%	75%	80%	75%
	Squats	M/Th						
	Power Cleans	M/Th						
	Bench Press	Tu/F						
	Push Press	Tu/F						
	Incline Press	Tu/F						

On Friday of week 4, the lifter should attempt to do as many repetitions as possible on the 4th set.

12 Week Peaking Cycle

Phase II

Name:

			Sets	Set 1	Set 2	Set 3	Set 4	Set 5
			Reps	3	3	3	3	
1RM Max	Exercises	Day	Intensity	60%	65%	70%	65%	
	Squats	M/Th						
	Power Cleans	M/Th						
	Bench Press	Tu/F						
	Push Press	Tu/F						
	Incline Press	Tu/F						

				Set 1	Set 2	Set 3	Set 4	Set 5
			Reps	3	3	3	3	3
1RM Max	Exercises	Day	Intensity	60%	70%	75%	80%	75%
	Squats	M/Th						
	Power Cleans	M/Th						
	Bench Press	Tu/F						
	Push Press	Tu/F						
	Incline Press	Tu/F						

				Set 1	Set 2	Set 3	Set 4	Set 5
			Reps	3	3	3	3	
1RM Max	Exercises	Day	Intensity	65%	70%	75%	70%	
	Squats	M/Th						
	Power Cleans	M/Th						
	Bench Press	Tu/F						
	Push Press	Tu/F						
	Incline Press	Tu/F						

				Set 1	Set 2	Set 3	Set 4	Set 5
			Reps	3	3	3	3	3
1RM Max	Exercises	Day	Intensity	70%	80%	85%	90%	85%
	Squats	M/Th						
	Power Cleans	M/Th						
	Bench Press	Tu/F						
	Push Press	Tu/F						
	Incline Press	Tu/F						

On Friday of week 8, the lifter should attempt to do as many repetitions as possible on the 4th set.

12 Week Peaking Cycle

Phase III

Name:

				Set 1	Set 2	Set 3	Set 4	Set 5
			Reps	2	2	2	2	
1RM Max	Exercises	Day	Intensity	70%	75%	80%	75%	
	Squats	M/Th						
	Power Cleans	M/Th						
	Bench Press	Tu/F						
	Push Press	Tu/F						
	Incline Press	Tu/F						

				Set 1	Set 2	Set 3	Set 4	Set 5
			Reps	2	2	2	2	2
1RM Max	Exercises	Day	Intensity	70%	80%	85%	90%	85%
	Squats	M/Th						
	Power Cleans	M/Th						
	Bench Press	Tu/F						
	Push Press	Tu/F						
	Incline Press	Tu/F						

				Set 1	Set 2	Set 3	Set 4	Set 5
			Reps	2	2	2	2	
1RM Max	Exercises	Day	Intensity	75%	80%	85%	80%	
	Squats	M/Th						
	Power Cleans	M/Th						
	Bench Press	Tu/F						
	Push Press	Tu/F						
	Incline Press	Tu/F						

				Set 1	Set 2	Set 3	Set 4	Set 5
			Reps	2	2	2	2	2
1RM Max	Exercises	Day	Intensity	80%	90%	95%	100%	95%
	Squats	M/Th						
	Power Cleans	M/Th						
	Bench Press	Tu/F						
	Push Press	Tu/F						
	Incline Press	Tu/F						

On Friday of week 12, the lifter should attempt to do as many repetitions as possible on the 4th set.

Auxiliary lifts during the 12 week peaking cycle

Name: _____

			Set 1		Set 2		Set 3		Set 4	
Max Wt.	<u>Exercises</u>	<u>Days</u>	60% 1RM	Reps.	70% 1RM	Reps	75% 1RM	Reps.	75% 1RM	Reps.
	Leg Curls	M/Th		10		8-10		8-10		8-10
	Leg Extensions	M/Th		10		8-10		8-10		8-10
	Toe Raises	M/Th		10		8-10		8-10		8-10
	Arm Curls	M/Th		10		8-10		8-10		8-10
	Lat. Pulls	Tu/F		10		8-10		8-10		8-10
	Triceps / Dips	Tu/F		10		8-10		8-10		8-10
	Flies / Inclined	Tu/F		10		8-10		8-10		8-10
	T-Rows / Seated Rows	Tu/F		10		8-10		8-10		8-10
	Sit ups	ALL DAYS	Body Wt.	50	Body Wt.	50	Body Wt.	50	Body Wt.	50
	Additional Exercises									
	Plyos / Box Jumps / Double leg	M/F	Body Wt.	15	Body Wt.	15	Body Wt.	15		
	Plyos / Box Jumps / Single leg	M/F	Body Wt.	15	Body Wt.	15	Body Wt.	15		
	Plyos / Change in direction	M/F	Body Wt.	15	Body Wt.	15	Body Wt.	15		
	Plyos / Hurdle Hops	M/F	Body Wt. / 4 Hurdles x 5							

These lifts are to be completed after the Core lifts that are listed on the opposite side of this card.