

Workout Sheet For Phase IV - Heavy Ladder

Name: _____

Heavy Ladder

	<u>Exercise</u>	Set 1			Set 2		Set 3		Set 4		Set 5	
		Max Wt.	60% 1RM	Reps	70% 1RM	Reps	80% 1RM	Reps	85% 1RM	Reps.	70% 1RM	Reps.
Core	Bench Press			10		6		4		Max effort		6
Core	Squats / Leg Press			10		6		4		Max effort		6
Core	Power Cleans			10		6		4		Max effort		6
Core	Incline Press			10		6		4		Max effort		6
Core	Lat. Pulls			10		6		4		Max effort		6
Aux.	Arm Curls			10		6		4		Max effort		6
Aux.	Triceps / Dips			10		6		4		Max effort		6
Aux.	Leg Extensions			10		6		4		Max effort		6
Aux.	Leg Curls			10		6		4		Max effort		6
Aux.	Shoulder Press			10		6		4		Max effort		6
Aux.	Seated Rows			10		6		4		Max effort		6
Aux.	Pec Deck			10		6		4		Max effort		6
Aux.	Weighted Hip Flexor			10		6		4		Max effort		6
Aux.	Seated Military Press			10		6		4		Max effort		6
Aux.	Bench Flies			10		6		4		Max effort		6
Aux.	Neck Machine			10		6		4		Max effort		6
Aux.	Sit-ups	Body Weight	Body Weight	50	Body Weight	50	Body Weight	50				
Aux.	Dips	Body Weight	Body Weight	15	Body Weight	15	Body Weight	15				
Max Effort = On The 4th set, do as many reps as possible. When you achieve 15 or more reps on this set, it is time to increase your weight selection. Add 10 pounds to Core lifts, add 5 pounds to Aux. Lifts.												

On the 4th Set, do as many reps as possible.
When you achieve 4 or more reps on this set, it is time to increase your weight.
Add 10 pounds to Core Lifts, add 5 pound to aux. lifts.