

Workout Sheet For Phase IV - Light Ladder

Name: _____

Light Ladder

	Exercise	Set 1		Set 2		Set 3		Set 4		Set 5		
		Max Wt.	60% 1RM	Reps	65% 1RM	Reps	75% 1RM	Reps	85% 1RM	Reps	60% 1RM	Reps.
Core	Bench Press			10		8		6		Max Effort		10
Core	Squats / Leg Press			10		8		6		Max Effort		10
Core	Power Cleans			10		8		6		Max Effort		10
Core	Incline Press			10		8		6		Max Effort		10
Core	Lat. Pulls			10		8		6		Max Effort		10
Aux.	Arm Curls			10		8		6		Max Effort		10
Aux.	Triceps / Dips			10		8		6		Max Effort		10
Aux.	Leg Extensions			10		8		6		Max Effort		10
Aux.	Leg Curls			10		8		6		Max Effort		10
Aux.	Shoulder Press			10		8		6		Max Effort		10
Aux.	Seated Rows			10		8		6		Max Effort		10
Aux.	Pec Deck			10		8		6		Max Effort		10
Aux.	Weighted Hip Flexor			10		8		6		Max Effort		10
Aux.	Seated Military Press			10		8		6		Max Effort		10
Aux.	Bench Flies			10		8		6		Max Effort		10
Aux.	Neck Machine			10		8		6		Max Effort		10
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 5 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.