

HIAH: GET READY (pg 102-103)
Week 1 - 2- 3

WORKOUT A: LOAD HEAVY (4-6 RM)

	Reps	Rest	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Cable Standing Mid-Pulley Row - hands palms-down (pg 214)	25	45						
Dip (pg 223) or DB Decline Bench Press with Neutral Grip (pg 227)	25	45						
Dumbbell Split Squat - each leg (pg 247)	25	45						

WORKOUT B: LOAD MEDIUM (10-12 RM)

	Reps	Rest	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Underhand-Grip Lat Pull Down (pg 211)	35	60						
DB Standing Shoulder Press palms facing each other - neutral-grip (pg 234)	35	60						
Dead Lift (pg 254)	35	60						

WORKOUT C: LOAD LIGHT (20-22 RM)

	Reps	Rest	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Cable Standing Low-Pulley Row w/ Rope attachment palms facing each other - pull to touch mid-section (pg 215)	50	90						
Push-up (pg231)	50	90						
Squat (pg 241)	50	90						