I, BODYBUILDER PROGRAM SHOULDER PHASE MONDAY

NAME	DATE	DESCRIPTION	ТҮРЕ
		Heavy Activation	Specialization

A1	Activa	Activation Cluster SETS REPS SPEED			-Half Sea	ted Ove	rhead Pr	ess fron	ı Pins	
REST	SETS	REPS	SPEED	W						
10/90	2	3 x 1R	AHAP	R	3	3				

B1	Force				n-Incline	Bench P	ress				
REST	SETS	REPS	SPEED	W							
90	6	3	AHAP	R	3	3	3	3	3	3	

C1	Ratch	et Loading		Pus	h Press						
REST	SETS	REPS	SPEED	W							
90	7	1/3/1/3/1/3 TF	AHAP	R	1	3	1	3	1	3	TF

AHAP: Push or pull the weight (contract the working muscles) As Hard As Possible. **TF:** Continue performing repetitions until reaching Technical Failure.

I, BODYBUILDER PROGRAM SHOULDER PHASE TUESDAY

NAME			DATE		DESCRIPT	TION			TYPE		
					Heavy	Activ	ation		Full B	ody	
					•						
A1	Ratch	et Loading		Leg	Press						
REST	SETS	REPS	SPEED	W							
45	5	1/3/1/3 TF	AHAP	R	1	3	1	3	TF		
A2	Ratch	et Loading		Leg	Curl						
REST	SETS	REPS	SPEED	W							
45	5	1/3/1/3 TF	AHAP	R	1	3	1	3	TF		
				1							
B1	Ratch	et Loading		Low	-Incline Bo	ench P	ress fror	n Pins			
REST	SETS	REPS	SPEED	W							
45	5	1/3/1/3 TF	AHAP	R	1	3	1	3	TF		
D.O.	Farrage	Consideration I and the se		Casi	ted Row						
B2		Spectrum Loading		-	ea Kow						
REST	SETS	REPS	SPEED	W							
45	5	3TF	AHAP	R	3	3	3	3	TF		
C1	Force	Spectrum Loading		Trice	eps Extens	siom fr	om Pins				
REST	SETS	REPS	SPEED	W							
45	5	3TF	AHAP	R	3	3	3	3	TF		
					_						
C2		Spectrum Loading			cher Curl					T	
REST	SETS	REPS	SPEED	W							
45	5	3TF	AHAP	R	3	3	3	3	TF		

AHAP: Push or pull the weight (contract the working muscles) As Hard As Possible. **TF:** Continue performing repetitions until reaching Technical Failure.

I, BODYBUILDER PROGRAM SHOULDER PHASE WEDNESDAY

NAME			DATE		DESCR	IPTION			TYPE		
					Max	Force	Density	!	Speci	alization	1
A1	Max Ford	e Loading		Top-	Half Sea	ited Ove	rhead Pr	ess fron	n Pins		
REST	SETS	REPS	SPEED	W							
30	5	2	AHAP	R	2	2	2	2	2		
A2	Max Ford	ce Loading		Dum	ıbbell La	teral Rai	ise				
REST	SETS	REPS	SPEED	W							
30	5	2	AHAP	R	2	2	2	2	2		
A3	May Ford	e Loading		Duel	n Press						
REST	SETS	REPS	SPEED	W	111633						
30	5	2	AHAP	R	2	2	2	2	2		
- 00			7 11 17 11								
A4	Max Ford	e Loading		Dum	bbell Fr	ont Rais	e				
REST	SETS	REPS	SPEED	W							
30	5	2	AHAP	R	2	2	2	2	2		
B1	Max Ford	ce Loading		High	Power	Pull					
REST	SETS	REPS	SPEED	W							
30	5	2	AHAP	R	2	2	2	2	2		
							1				
B2	Max Ford	e Loading			Power F	Pull					
REST	SETS	REPS	SPEED	W							
30	5	2	AHAP	R	2	2	2	2	2		
В3	Max Ford	e Loading		Upri	ght Row						
REST	SETS	REPS	SPEED	W							
30	5	2	AHAP	R	2	2	2	2	2		
B4		e Loading			Pull						
REST	SETS	REPS	SPEED	W							
30	5	2	AHAP	R	2	2	2	2	2		

AHAP: Push or pull the weight (contract the working muscles) As Hard As Possible. **TF:** Continue performing repetitions until reaching Technical Failure.

I, BODYBUILDER PROGRAM SHOULDER PHASE FRIDAY

Dynamic Preactivation

NAME

					Max	Capac	ity		Speci	alizatio	n
A1	Dynan	nic Preactivation		Push	1 Press						
REST	SETS	REPS	SPEED	W							
15	4 - 6	3	Explosive	R	3	3	3	3	3*	3*	
A2	A2 Capacity Ramp Loading				ed Dum	bbell Ov	erhead F	Press			
REST	SETS	REPS	SPEED	W							
60	4 - 6	3 - 5	AHAP	R	3	4	5	5	5*	5*	

DESCRIPTION

TYPE

DATE

R2	Canac	ity Ramp Loading		Dun	ıbbell iir	riaht Ro	w				
15	4 - 6	3	Explosive	R	3	3	3	3	3*	3*	
REST	SETS	REPS	SPEED	W							

Power Snatch

B	Capac	city Ramp Loading		Dun	ıbbell Up	right Ro	w				
RES	SETS	REPS	SPEED	W							
60	4 - 6	3 - 5	AHAP	R	3	4	5	5	5*	5*	

AHAP: Push or pull the weight (contract the working muscles) As Hard As Possible. **TF:** Continue performing repetitions until reaching Technical Failure.

I, BODYBUILDER PROGRAM SHOULDER PHASE SATURDAY

NAME			DATE		DESCRIPT	TON			TYPE		
					Heavy	Activ	ation		Full B	ody	
					•				,		
A1	Force	Spectrum Loading		Sum	o Deadlift						
REST	SETS	REPS	SPEED	W							
45	5	3TF	AHAP	R	3	3	3	3	TF		
A2	Force	Spectrum Loading		Leg	Extension						
REST	SETS	REPS	SPEED	W							
45	5	3TF	AHAP	R	3	3	3	3	TF		
B1	Force	Spectrum Loading		Chin	ı-Up						
REST	SETS	REPS	SPEED	W							
45	5	3TF	AHAP	R	3	3	3	3	TF		
D.O.	Farra	Cura aturum I a adimu		Flaa	Fl						
B2		Spectrum Loading	OPPER		r Fly						
REST	SETS 5	REPS	SPEED	W	0		0	0			
45	5	3TF	AHAP	n	3	3	3	3	TF		
C1	Ratch	et Loading		Dum	ıbbell Ham	mer C	url				
REST	SETS	REPS	SPEED	W							
45	5	1/3/1/3 TF	AHAP	R	1	3	1	3	TF		
				1_			. –				
C2		et Loading			line Dumbl	bell Tri	ceps Ext	ension		T	
REST	SETS	REPS	SPEED	W							
45	5	1/3/1/3 TF	AHAP	R	1	3	1	3	TF		

AHAP: Push or pull the weight (contract the working muscles) As Hard As Possible. **TF:** Continue performing repetitions until reaching Technical Failure.

I, BODYBUILDER PROGRAM BACK PHASE MONDAY

NAME			DATE		DESCR	IPTION			TYPE		
					Heav	y Activ	ation		Speci	alizatio	n
A1	Activa	tion Cluster		Rac	k Pull fro	om Pins	2" Belov	v Knee			
REST	SETS	REPS	SPEED	W							
10/90	2	3 x 1R	AHAP	R	3	3					
B1	Force	Spectrum Loading		Dea	dlift						
REST	SETS	REPS	SPEED	W							
90	6	3	AHAP	R	3	3	3	3	3	3	
C1	Force	Spectrum Loading		Med	ium-Gri _l	p Pull-Up)				
REST	SETS	REPS	SPEED	W							
90	7	1/3/1/3/1/3 TF	AHAP	R	1	3	1	3	1	3	TF
D1	Force	Spectrum Loading		Seated Row							
REST	SETS	REPS	SPEED	W							
90	7	1/3/1/3/1/3 TF	AHAP	R	1	3	1	3	1	3	TF

AHAP: Push or pull the weight (contract the working muscles) As Hard As Possible. **TF:** Continue performing repetitions until reaching Technical Failure.

I, BODYBUILDER PROGRAM BACK PHASE TUESDAY FULL

NAME			DATE		DESCRI	PTION			TYPE		
					Heav	y Activ	ation		Full B	ody	
A1	Ratch	et Loading		Sing	le-Leg L	eg Press	3				
REST	SETS	REPS	SPEED	W							
45	5	1/3/1/3 TF	AHAP	R	1	3	1	3	TF		
A2	Ratch	et Loading		Sing	le-Leg L	ea curl					
REST	SETS	REPS	SPEED	W	, _	-9					
45	5	1/3/1/3 TF	AHAP	R	1	3	1	3	TF		
10		176/176 11	7 (1) (1		•	J	•				
B1	Ratch	et Loading		Bend	ch Press						
REST	SETS	REPS	SPEED	W							
45	5	1/3/1/3 TF	AHAP	R	1	3	1	3	TF		
B2	Ratch	et Loading			ding Wi	de-Grip I	Barbell (Juri		T	
REST	SETS	REPS	SPEED	W							
45	5	1/3/1/3 TF	AHAP	R	1	3	1	3	TF		
C1	Eoroo	Spectrum Loading		Mod	ium-Grip	Unright	Dow				
			ODEED		iuiii-ai i	opi igiii	NUW				
REST	SETS	REPS	SPEED	W							
45	5	3TF	AHAP	R	3	3	3	3	TF		
C2	Force	Spectrum Loading		Deci	line Trice	eps Exte	nsion				
REST	SETS	REPS	SPEED	W							
45	5	3TF	AHAP	R	3	3	3	3	TF		

AHAP: Push or pull the weight (contract the working muscles) As Hard As Possible. **TF:** Continue performing repetitions until reaching Technical Failure.

I, BODYBUILDER PROGRAM BACK PHASE WEDNESDAY

NAME			DATE		DESCRI	PTION			TYPE		
					Max	Force	Density	1	Speci	alization	1
			1		'				· ·		
A1	Max F	orce Loading		Raci	k Pull fro	m Pins	2" Below	<i>K</i> nee			
REST	SETS	REPS	SPEED	W							
30	5	2	AHAP	R	2	2	2	2	2		
A2	Max F	orce Loading		45-E)egree B	arbell R	ow				
REST	SETS	REPS	SPEED	W							
30	5	2	AHAP	R	2	2	2	2	2		
				1							
A3	Max F	orce Loading		Dead	dlift						
REST	SETS	REPS	SPEED	W							
30	5	2	AHAP	R	2	2	2	2	2		
A4	Max F	orce Loading		Seat	ed Row						
REST	SETS	REPS	SPEED	W							
30	5	2	AHAP	R	2	2	2	2	2		
				l							
A5	Max F	orce Loading		Medium-Grip Pull-Up							
REST	SETS	REPS	SPEED	W							
30	5	2	AHAP	R	2	2	2	2	2		

AHAP: Push or pull the weight (contract the working muscles) As Hard As Possible. **TF:** Continue performing repetitions until reaching Technical Failure.

I, BODYBUILDER PROGRAM BACK PHASE FRIDAY

NAME	DATE	DESCRIPTION	ТҮРЕ
		Max Capacity	Specialization
	·	·	

A1	Dynan	Dynamic Preactivation SETS REPS SPEED			er High	Pull					
REST	SETS	REPS	W								
15	4 - 6	3	Explosive	R	3	3	3	3	3*	3*	

A2	Capac	ity Ramp Loading		One	-Arm Du	mbbell R	low				
REST	SETS	REPS	SPEED	W							
60	4 - 6	3 - 5	AHAP	R	3	4	5	5	5*	5*	

B1	Dynan	nic Preactivation		Med	licine Ba	II Overhe	ead Slam	1			
REST	SETS	REPS	SPEED	W							
15	4 - 6	3	Explosive	R	3	3	3	3	3*	3*	

B2	Capac	ity Ramp Loading		Pull	down						
REST	SETS	REPS	SPEED	W							
60	4 - 6	3 - 5	AHAP	R	3	4	5	5	5*	5*	

AHAP: Push or pull the weight (contract the working muscles) As Hard As Possible. **TF:** Continue performing repetitions until reaching Technical Failure.

I, BODYBUILDER PROGRAM BACK PHASE SATURDAY FULL

NAME			DATE		DESCR	IPTION			TYPE		
					Heav	<i>r</i> y Activ	ation		Full B	ody	
									,		
A1	Force	Spectrum Loading		Step	-Up						
REST	SETS	REPS	SPEED	W							
45	4	3	AHAP	R	3	3	3	3			
A2	Force	Spectrum Loading		Sing	le-Leg L	.eg Exter	sion				
REST	SETS	REPS	SPEED	W							
45	5	3TF	AHAP	R	3	3	3	3	TF		
							l				
B1	Force	Spectrum Loading		Clos	e-Grip lı	ncline Be	nch Pre	ss from	Pins		
REST	SETS	REPS	SPEED	W							
45	5	3TF	AHAP	R	3	3	3	3	TF		
D.O.	Faras	Constant Londina		Dow	nua Dua	aabau Ou					
B2		Spectrum Loading			erse Pre	acher Cu	rı				
REST	SETS	REPS	SPEED	W							
45	5	3TF	AHAP	R	3	3	3	3	TF		
C1	Force	Spectrum Loading		Face	Pull						
REST	SETS	REPS	SPEED	W							
45	5	3TF	AHAP	R	3	3	3	3	TF		
C2	Ratch	et Loading		Dip 1	from Bot	ttom					
REST	SETS	REPS	SPEED	W							
45	5	1/3/1/3 TF	AHAP	R	1	3	1	3	TF		

AHAP: Push or pull the weight (contract the working muscles) As Hard As Possible. **TF:** Continue performing repetitions until reaching Technical Failure.

I, BODYBUILDER PROGRAM LEGS PHASE MONDAY

7

1/3/1/3/1/3 TF

90

NAME			DATE		DESCR	RIPTION			TYPE		
					Hea	vy Activ	<i>r</i> ation		Speci	alizatio	on
A1	Activat	ion Cluster		Top-	Half Sq	uat from	Pins				
REST	SETS	REPS	SPEED	W							
10/90	2	3 x 1R	AHAP	R	3	3					
						•					
B1	Force S	pectrum Loading		Squa	at						
REST	SETS	REPS	SPEED	W							
90	6	3	AHAP	R	3	3	3	3	3	3	
						•					
C1	Ratche	t Loading		Leg Press							
REST	SETS	REPS	SPEED	W							

AHAP

AHAP: Push or pull the weight (contract the working muscles) As Hard As Possible. **TF:** Continue performing repetitions until reaching Technical Failure.

REST: Rest times are general guidelines. You should rest only as long as necessary. Most often, the prescribed rest periods are longer than necessary. But if you need more time, take it.

3

3

TF

I, BODYBUILDER PROGRAM LEGS PHASE TUESDAY FULL

NAME			DATE		DESCRI	PTION			ТҮРЕ		
					Heav	y Activ	ation		Full B	ody	
			 						_		
A1	Force	Spectrum Loading		45-E	Degree B	arbell Ro	ow from	Pins			
REST	SETS	REPS	SPEED	W							
45	5	1/3/1/3 TF	AHAP	R	3	3	3	3	TF		
	_			1							
A2		Spectrum Loading			r Fly						
REST	SETS	REPS	SPEED	W							
45	5	3TF	AHAP	R	3	3	3	3	TF		
B1	Ratch	et Loading		Clos	e-Grip B	ench Pre	ess				
REST	SETS	REPS	SPEED	W							
45	5	1/3/1/3 TF	AHAP	R	1	3	1	3	TF		
				1_			_				
B2		Spectrum Loading			tart Prea	cher Cur	1				
REST	SETS	REPS	SPEED	W							
45	5	3TF	AHAP	R	3	3	3	3	TF		
C1		et Loading			ell Fron	t Kaise t	rom Pins	S	I	1	
REST	SETS	REPS	SPEED	W							
45	4	1/3/1/3	AHAP	R	1	3	1	3			
0.0		O			P	<i>t</i>					
C2		Spectrum Loading			ght Row	Trom Pil	ns			I	
REST	SETS	REPS	SPEED	W							
45	5	3TF	AHAP	R	3	3	3	3	TF		

AHAP: Push or pull the weight (contract the working muscles) As Hard As Possible. **TF:** Continue performing repetitions until reaching Technical Failure.

I, BODYBUILDER PROGRAM LEGS PHASE WEDNESDAY

NAME			DATE		DESCR	IPTION			TYPE	
					Max	Force	Density	•	Speci	alization
A1	Max F	orce Loading		Top-	Half Squ	ıat from	Pins			
REST	SETS	REPS	SPEED	W						
30	5	2	AHAP	R	2	2	2	2	2	
A2	Max F	orce Loading		Leg	Press					
REST	SETS	REPS	SPEED	W						
30	5	2	AHAP	R	2	2	2	2	2	
A3	Max F	orce Loading		Leg	Curl					
REST	SETS	REPS	SPEED	W						
30	5	2	AHAP	R	2	2	2	2	2	
A4	Max F	orce Loading		Leg	Extensio	n				
REST	SETS	REPS	SPEED	W						
30	5	2	AHAP	R	2	2	2	2	2	
A5	Max F	orce Loading		Standing Calf Raise						
REST	SETS	REPS	SPEED	W						
30	5	2	AHAP	R	2	2	2	2	2	

AHAP: Push or pull the weight (contract the working muscles) As Hard As Possible. **TF:** Continue performing repetitions until reaching Technical Failure.

I, BODYBUILDER PROGRAM LEGS PHASE FRIDAY

NAME			DATE		DESCR	IPTION			TYPE		
					Max	Capaci	ity		Speci	alizatio	n
			<u>'</u>								
A1	Dynamic	Preactivation		Jum	p Squat						
REST	SETS	REPS	SPEED	W							
15	4 - 6	3	Explosive	R	3	3	3	3	3*	3*	
A2	Capacity	Ramp Loading		Fron	it Squat	from Pin	S				
REST	SETS	REPS	SPEED	W							
60	4 - 6	3 - 5	AHAP	R	3	4	5	5	5*	5*	
B1	Dynamic	Preactivation		Pow	er Clean	from BI	ocks				
REST	SETS	REPS	SPEED	W							
15	4 - 6	3	Explosive	R	3	3	3	3	3*	3*	
B2	Capacity	Ramp Loading		Rom	nanian D	eadlift fr	om Pins	,			
REST	SETS	REPS	SPEED	W							
60	4 - 6	3 - 5	AHAP	R	3	4	5	5	5*	5*	
C1	Dynamic	Preactivation		Ank	le Jumps	s Holding	y Dumbb	ell			
REST	SETS	REPS	SPEED	W							
15	4 - 6	3	Explosive	R	3	3	3	3	3*	3*	
C2	Capacity	Ramp Loading		Star	nding Ca	If Raise					
REST	SETS	REPS	SPEED	W							
60	4 - 6	3 - 5	AHAP	R	3	4	5	5	5*	5*	

AHAP: Push or pull the weight (contract the working muscles) As Hard As Possible. **TF:** Continue performing repetitions until reaching Technical Failure.

I, BODYBUILDER PROGRAM LEGS PHASE SATURDAY FULL

NAME			DATE		DESCRI	PTION			TYPE		
					Heav	y Activ	ation		Full B	ody	
			<u> </u>								
A1	Ratch	et Loading		Ben	ch Press	from Pi	ns				
REST	SETS	REPS	SPEED	W							
45	5	1/3/1/3 TF	AHAP	R	1	3	1	3	TF		
4.0	I _										
A2	Force	Spectrum Loading			ted Row						
REST	SETS	REPS	SPEED	W							
45	5	3TF	AHAP	R	3	3	3	3	TF		
B1	Ratch	et Loading		Star	iding Bar	bell Cur	i from P	ins			
REST	SETS	REPS	SPEED	W							
45	5	1/3/1/3 TF	AHAP	R	1	3	1	3	TF		
B2	Force	Spectrum Loading		Floo	r Dumbb	ell Trice	ps Exte	nsion			
REST	SETS	REPS	SPEED	W							
45	5	3TF	AHAP	R	3	3	3	3	TF		
C1	Force	Spectrum Loading		Pow	er Shrug	from Pi	ins				
REST	SETS	REPS	SPEED	W							
45	5	3TF	AHAP	R	3	3	3	3	TF		
C2	Force	Spectrum Loading		Rest	tart Mach	nine Late	eral Rais	Se			
REST	SETS	REPS	SPEED	W							
45	5	3TF	AHAP	R	3	3	3	3	TF		

AHAP: Push or pull the weight (contract the working muscles) As Hard As Possible. **TF:** Continue performing repetitions until reaching Technical Failure.

I, BODYBUILDER PROGRAM CHEST PHASE MONDAY

NAME	DATE	DESCRIPTION	ТУРЕ
		Heavy Activation	Specialization

A1	Activa	tion Cluster		Ben	ch Press	from Pi	ns		
REST	SETS	REPS	SPEED	W					
10/90	2	3 x 1R	AHAP	R	3	3			

B1	REST SETS REPS SPEED		Thick-Bar Bench Press								
REST	T SETS REPS SPEED		W								
90	6	3	AHAP	R	3	3	3	3	3	3	

C1	Ratchet Loading SETS REPS SPEED		Floo	r Press							
REST	SETS	REPS	SPEED	W							
90	7	1/3/1/3/1/3 TF	AHAP	R	1	3	1	3	1	3	TF

AHAP: Push or pull the weight (contract the working muscles) As Hard As Possible. **TF:** Continue performing repetitions until reaching Technical Failure.

I, BODYBUILDER PROGRAM CHEST PHASE TUESDAY FULL

NAME			DATE		DESCRIPT	TION			TYPE		
					Heavy	Activ	ation		Full B	ody	
					•						
A1	Ratch	et Loading		Leg	Extension						
REST	SETS	REPS	SPEED	W							
45	5	1/3/1/3 TF	AHAP	R	1	3	1	3	TF		
A2	Force	Spectrum Loading		Lea	Curl						
REST	SETS	REPS	SPEED	W							
45	5	3TF	AHAP	R	3	3	3	3	TF		
							_	-			
B1	Ratch	et Loading		Face	Pull .						
REST	SETS	REPS	SPEED	W							
45	5	1/3/1/3 TF	AHAP	R	1	3	1	3	TF		
D.O.	Force	Cucaturum I cadina		Dool	art Latera	l Doine					
B2	SETS	Spectrum Loading REPS	ODEED		ari Latera	i naist	,				
REST 45	5	3TF	SPEED	W	0		0	0	TE		
45	5	3IF	ANAP	n	3	3	3	3	TF		
C1	Ratch	et Loading		Floo	r Barbell 1	riceps	Extensi	on			
REST	SETS	REPS	SPEED	W							
45	5	1/3/1/3 TF	AHAP	R	1	3	1	3	TF		
C2		Spectrum Loading			eps Rope I	Pressd	own			T	
REST	SETS	REPS	SPEED	W							
45	5	3TF	AHAP	R	3	3	3	3	TF		

AHAP: Push or pull the weight (contract the working muscles) As Hard As Possible. **TF:** Continue performing repetitions until reaching Technical Failure.

I, BODYBUILDER PROGRAM CHEST PHASE WEDNESDAY

NAME			DATE		DESCR	IPTION			ТҮРЕ	
					Max	Force	Density	•	Speci	alization
			,						· ·	
A1	Max F	orce Loading		Ben	ch Press	from Pi	ns			
REST	SETS	REPS	SPEED	W						
30	5	2	AHAP	R	2	2	2	2	2	
A2	Max F	orce Loading		Floo	r Fly					
REST	SETS	REPS	SPEED	W						
30	5	2	AHAP	R	2	2	2	2	2	
			1			I		ı		
A3	Max F	orce Loading		Mac	hine Cho	est Pres	S			
REST	SETS	REPS	SPEED	W						
30	5	2	AHAP	R	2	2	2	2	2	
	I			1						
B1	Max F	orce Loading			eps Exte	nsion fr	om Pins			
REST	SETS	REPS	SPEED	W						
30	3	2	AHAP	R	2	2	2			
D.O.	May F	'avaa laadinu		Floo	D	all Trice	no Fylor			
B2		orce Loading			r vumbi	Jen Trice	eps Exter	ISION		
REST	SETS	REPS	SPEED	W						
30	3	2	AHAP	R	2	2	2			
В3	Max F	Force Loading		Trice	eps Rope	e Pressd	lown			
REST	SETS	REPS	SPEED	W	<u> </u>					
30	3	2	AHAP	R	2	2	2			

AHAP: Push or pull the weight (contract the working muscles) As Hard As Possible. **TF:** Continue performing repetitions until reaching Technical Failure.

I, BODYBUILDER PROGRAM CHEST PHASE FRIDAY

NAME			DATE		DESCR	IPTION			TYPE		
					Max	Capaci	ity		Speci	alizatio	n
			,						· ·		
A1	Dynamic	Preactivation		Hand	ds-on-B	ench Ply	o Pushu	p			
REST	SETS	REPS	SPEED	W							
15	4 - 6	3	Explosive	R	3	3	3	3	3*	3*	
A2	Capacity	Ramp Loading		Fly							
REST	SETS	REPS	SPEED	W							
60	4 - 6	3 - 5	AHAP	R	3	4	5	5	5*	5*	
B1	Dynamic	Preactivation		Ben	ch Press	i					
REST	SETS	REPS	SPEED	W							
15	4 - 6	3	Explosive	R	3	3	3	3	3*	3*	
				1							
B2		Ramp Loading			ne Fly	1	ı		ı		
REST	SETS	REPS	SPEED	W							
60	4 - 6	3 - 5	AHAP	R	3	4	5	5	5*	5*	
04	Dumamia	Dresstivation		Clas	a Cuin D	on oh Du					
C1	-	Preactivation			e-urip B	ench Pro	2 88				
REST	SETS	REPS	SPEED	W							
15	4 - 6	3	Explosive	R	3	3	3	3	3*	3*	
C2	Canacity	Ramp Loading		Trice	eps Exte	ncion					
			ODEED		cho Eyra	1191011					
REST	SETS	REPS	SPEED	W		4			F+	F+	
60	4 - 6	3 - 5	AHAP	R	3	4	5	5	5*	5*	

AHAP: Push or pull the weight (contract the working muscles) As Hard As Possible. **TF:** Continue performing repetitions until reaching Technical Failure.

I, BODYBUILDER PROGRAM CHEST PHASE SATURDAY

NAME			DATE		DESCRIPT	TION			TYPE		
					Heavy	Activ	ation		Full B	ody	
A1	Ratche	et Loading		Dum	ımbell Ron	nanian	Deadlif	t			
REST	SETS	REPS	SPEED	W							
45	5	1/3/1/3 TF	AHAP	R	1	3	1	3	TF		
	_										
A2	Force	Spectrum Loading		Step)-Up						
REST	SETS	REPS	SPEED	W							
45	5	3TF	AHAP	R	3	3	3	3	TF		
B1	Ratche	et Loading		Brac	Iford Press	S					
REST	SETS	REPS	SPEED	W							
45	5	1/3/1/3 TF	AHAP	R	1	3	1	3	TF		
	_										
B2	Force	Spectrum Loading		Med	lium-Grip F	Pulldov	wn				
REST	SETS	REPS	SPEED	W							
45	5	3TF	AHAP	R	3	3	3	3	TF		
C1	Ratche	et Loading		Top	Half, Close	e-Grip	Bench P	ress froi	n Pins		
REST	SETS	REPS	SPEED	W							
45	5	1/3/1/3 TF	AHAP	R	1	3	1	3	TF		
							_				
C2	Force	Spectrum Loading		Stan	iding Reve	rse Cu	ri				
REST	SETS	REPS	SPEED	W							
45	5	3TF	AHAP	R	3	3	3	3	TF		

AHAP: Push or pull the weight (contract the working muscles) As Hard As Possible. **TF:** Continue performing repetitions until reaching Technical Failure.

I, BODYBUILDER PROGRAM TRANSITION PHASE MONDAY

NAME			DATE		DESCR	IPTION			TYPE		
					Ht C	ontrast	1		Upper	Body	
A1	Force	Spectrum Loading		Ben	ch Press	}					
REST	SETS	REPS	SPEED	W							
45	6	4/4/4 2/2/2	AHAP	R	4	4	4	2	2	2	
A2	Max F	orce Loading		90-l	Degree B	arbell R	DW				
REST	SETS	REPS	SPEED	W							
45	7	2TF	Explosive	R	2	2	2	2	2	2	TF
B1	Force	Spectrum Loading		Low	-Incline	Dumbbe	II Press				
REST	SETS	REPS	SPEED	W							
45	7	4/4/4 2/2/2 TF	AHAP	R	4	4	4	2	2	2	TF
B2	Max F	orce Loading		Low	-Pulley (Curl					
REST	SETS	REPS	SPEED	W							
45	7	2TF	Explosive	R	2	2	2	2	2	2	TF

AHAP: Push or pull the weight (contract the working muscles) As Hard As Possible. **TF:** Continue performing repetitions until reaching Technical Failure.

I, BODYBUILDER PROGRAM TRANSITION PHASE TUESDAY

NAME			DATE		DESCR	IPTION			TYPE		
					Ht C	ontrast	<u> </u>		Lowe	r Body	
A1	Force	Spectrum Loading		Leg	Press						
REST	SETS	REPS	SPEED	W							
45	7	4/4/4 2/2/2 TF	AHAP	R	4	4	4	2	2	2	TF
A2	Max F	orce Loading		Jum	p Squat						
REST	SETS	REPS	SPEED	W							
45	6	2	Explosive	R	2	2	2	2	2	2	
B1	Force	Spectrum Loading		Leg	Extensio	on					
REST	SETS	REPS	SPEED	W							
45	7	4/4/4 2/2/2 TF	AHAP	R	4	4	4	2	2	2	TF
	_										
B2	Max F	orce Loading		Vert	ical Jun	ıp					
REST	SETS	REPS	SPEED	W							
45	6	2	Explosive	R	2	2	2	2	2	2	

AHAP: Push or pull the weight (contract the working muscles) As Hard As Possible. **TF:** Continue performing repetitions until reaching Technical Failure.

I, BODYBUILDER PROGRAM TRANSITION PHASE THURSDAY

NAME			DATE		DESCR	IPTION			TYPE		
					Ht C	ontrast	1		Upper	Body	
A1	Force	Spectrum Loading		45-l	Degree B	arbell R	DW				
REST	SETS	REPS	SPEED	W							
45	7	4/4/4 2/2/2 TF	AHAP	R	4	4	4	2	2	2	TF
A2	Max F	orce Loading		Ben	ch Press	;					
REST	SETS	REPS	SPEED	W							
45	6	2	Explosive	R	2	2	2	2	2	2	
	_										1
B1	Force	Spectrum Loading		Med	lium-Gri _l	Pull-Up)				
REST	SETS	REPS	SPEED	W							
45	7	4/4/4 2/2/2 TF	AHAP	R	4	4	4	2	2	2	TF
	_										
B2	Max F	orce Loading		Leg	Curl						
REST	SETS	REPS	SPEED	W							
45	6	2	Explosive	R	2	2	2	2	2	2	

AHAP: Push or pull the weight (contract the working muscles) As Hard As Possible. **TF:** Continue performing repetitions until reaching Technical Failure.

I, BODYBUILDER PROGRAM TRANSITION PHASE FRIDAY

NAME

REST

45

SETS

6

REPS

2

MAIVIE			DAIE		DESCK	IPTIUN			ITPE		
					Ht C	ontrast	<u> </u>		Lowe	r Body	
A1	Force	Spectrum Loading		Rom	anian D	eadlift					
REST	SETS	REPS	SPEED	W							
45	7	4/4/4 2/2/2 TF	AHAP	R	4	4	4	2	2	2	TF
A2	Max F	orce Loading		Pow	er Clean	1					
REST	SETS	REPS	SPEED	W							
45	6	2	Explosive	R	2	2	2	2	2	2	
B1	Force	Spectrum Loading		Low	-Incline	Dumbbe	II Press				
REST	SETS	REPS	SPEED	W							
45	7	4/4/4 2/2/2 TF	AHAP	R	4	4	4	2	2	2	TF
B2	Max F	orce Loading		Dum	bbell Ha	mmer C	url				

W R

2

2

2

2

2

2

SPEED

Explosive

AHAP: Push or pull the weight (contract the working muscles) As Hard As Possible. **TF:** Continue performing repetitions until reaching Technical Failure.