

W L C	Workout A				Workout B			
	Week 1 -- Day 1				Week 1 -- Day 3			
Set	Squat	Bench Press	Pendlay Rows	Dips	Squat	Overhead Press	Deadlift	Chin Ups
1								
2								
3								
4								
5								

W L C	Workout A				Workout B			
	Week 1 -- Day 5				Week 2 -- Day 8			
Set	Squat	Bench Press	Pendlay Rows	Dips	Squat	Overhead Press	Deadlift	Chin Ups
1								
2								
3								
4								
5								

W L C	Workout A				Workout B			
	Week 2 -- Day 10				Week 2 -- Day 12			
Set	Squat	Bench Press	Pendlay Rows	Dips	Squat	Overhead Press	Deadlift	Chin Ups
1								
2								
3								
4								
5								

W L C	Workout A				Workout B			
	Week 3 -- Day 15				Week 3 -- Day 17			
Set	Squat	Bench Press	Pendlay Rows	Dips	Squat	Overhead Press	Deadlift	Chin Ups
1								
2								
3								
4								
5								

W L C	Workout A				Workout B			
	Week 3 -- Day 19				Week 4 -- Day 22			
Set	Squat	Bench Press	Pendlay Rows	Dips	Squat	Overhead Press	Deadlift	Chin Ups
1								
2								
3								
4								
5								

W L C	Workout A				Workout B			
	Week 4 -- Day 24				Week 4 -- Day 26			
Set	Squat	Bench Press	Pendlay Rows	Dips	Squat	Overhead Press	Deadlift	Chin Ups
1								
2								
3								
4								
5								

W L C	Workout A				Workout B			
	Week 5 -- Day 29				Week 5 -- Day 31			
Set	Squat	Bench Press	Pendlay Rows	Dips	Squat	Overhead Press	Deadlift	Chin Ups
1								
2								
3								
4								
5								

W L C	Workout A				Workout B			
	Week 5 -- Day 33				Week 6 -- Day 36			
Set	Squat	Bench Press	Pendlay Rows	Dips	Squat	Overhead Press	Deadlift	Chin Ups
1								
2								
3								
4								
5								

W L C	Workout A				Workout B			
	Week 6 -- Day 38				Week 6 -- Day 40			
Set	Squat	Bench Press	Pendlay Rows	Dips	Squat	Overhead Press	Deadlift	Chin Ups
1								
2								
3								
4								
5								

W L C	Workout A				Workout B			
	Week 7 -- Day 43				Week 7 -- Day 45			
Set	Squat	Bench Press	Pendlay Rows	Dips	Squat	Overhead Press	Deadlift	Chin Ups
1								
2								
3								
4								
5								

W L C	Workout A				Workout B			
	Week 7 -- Day 47				Week 8 -- Day 50			
Set	Squat	Bench Press	Pendlay Rows	Dips	Squat	Overhead Press	Deadlift	Chin Ups
1								
2								
3								
4								
5								

W L C	Workout A				Workout B			
	Week 8 -- Day 52				Week 8 -- Day 54			
Set	Squat	Bench Press	Pendlay Rows	Dips	Squat	Overhead Press	Deadlift	Chin Ups
1								
2								
3								
4								
5								