

Blad1					
Week	Bench *1	Chin-ups or Pullups *2	Deadlift *3	Dips *4	Squat *5
One Till Four					
Workout Day One	6x6x	6x6x	6x6x		
Workout Day Two	6x6x	6x6x			
Workout day Three				6x6x	6x6x
Five					
Workout Day One	3x3x	3x3x	3x3x		
Workout Day Two	3x3x	3x3x			
Workout day Three				3x3x	3x3x
Six					
Workout Day One	1x, 2-3x, 3-5x RP	1x, 2-3x, 3-5x RP	1x, 2-3x, 3-5x RP		
Workout Day Two	1x, 2-3x, 3-5x RP	1x, 2-3x, 3-5x RP			
Workout day Three				1x, 2-3x, 3-5x RP	1x, 2-3x, 3-5x RP

All described above are counted as working sets. Do your own way of warming up.

Conslusion : On workout day one --> *1, *2 and *3, on workout day two --> *1 and *2, on workout day three --> *4 and *5.

Note on 6x6x : Last set should allways be te toughest set, your goal is to aim for here is three to six reps.

Note on 3x3x : Last set goal: One to three reps.

If you are able to do 6 reps on the last set, make sure you aim for more added weight the next time.

Same counts for the 3x3x sets.

RP = Reverse Pyramid

Note : Take enough rest between sets: 1-2 minutes for light sets, 3-6 minutes for heavy sets.