

WSB Marvin

Week 1

Day 1 Max effort – Lowerbody

1. Deadlift: 8, 8, 5, 5, 3, 3, 2, 2
2. Full front squat: 3x5
3. Walking barbell lunges: 3x8-12
4. Hyper extensions: 3x8-12
5. Rope crunch: 4x8-12

Day 2 Dynamic effort – Upperbody

1. Speed benchpress: 8x3
2. Seated MP: 3x4-12
3. Chin-up: 4x8-10
4. CGBP/Tate press: 3x8-12
5. Pushdown: 3x8-12
6. Side raise: 3x8-12
7. Dumbell shruggs: 4x8-15

Day 3 Dynamic effort Lowerbody

1. Speed Box squat: 10x2
2. SLDL: 3x6-12
3. Leg extention: 3x8-12
4. Lying legcurl: 3x8-12
5. Standing calfraise: 4x6-12
6. Side bends: 3x8-12

Day 4 Max effort Upperbody

1. Incline Smith bench: 8, 8, 5, 5, 3, 3, 2, 2
2. BOR: 4x8-10
3. Tate press/Extention: 4x5-10
4. Pressdown: 4x8-12
5. Bent over lateral raise: 4x10-12
7. Barbell curl: 3x8-10

Week 2

Day 1 Max effort – Lower body

1. Squat: 8, 8, 5, 5, 3, 3, 2, 2
2. Rackpull: 3x5
3. Smith hacksquat: 3x5-10
4. Goodmornings: 3x10-15
5. Seated calf raise: 3x6-12
6. Swissball rollout: 3 sets

Day 2 Dynamic effort – Upperbody

1. Speed benchpress: 8x3
2. Incline db press(60°): 3x8-10
3. Reverse grip pulldown: 4x8-10
4. CGBP/Tate press: 4x5-10
5. Pushdown: 3x8-12
6. Front raise: 3x10-12
7. Smith barbell shrugs: 3x6-15

Day 3 Dynamic effort - Lower body

1. Speed Box squat: 10x2
2. SLDL: 4x8-10
3. Incline legpress: 3x6-12
4. Standing calfrase: 3x6-12
5. Side bends: 4x8-12

Day 4 Max effort Upperbody

1. Benchpress: 8, 8, 5, 5, 3, 3, 2, 2
2. Dumbell schoulder press: 3x5
3. T-bar row: 4x8-10
4. Facepulls: 4x10-12
5. Tricep ... : 4x5-10
6. Close grip pushdown: 4x10-12
- 7: Dumbell curl: 3x8-10