

Flat Bench is the primary lift today. This strategy of training is very different than any other program out there as I don't program in phases, I train all strength and speed qualities every session. There are a lot of similarities you may pick up on, but the goal each session is to reach a state of potentiation.

Time Breakdown- 60-75 min. This may change over time, today first day may be longer

Single Joint- 10 minutes

Bench press- 20 minutes

DB's- 20 minutes

Single Joint- 10 minutes

The biggest mistake you could do is use too much weight.

DAY 1		WEEK 1				Date	Coaching Notes
		SET	REP	VBT	WT		
Tier 1	Chest Fly	1	x	12	RIR 5		The goal in the first block is always to activate the muscles you will be using in the primary lifts of the day. Full stretch and full contraction, keep the tempo steady and work on moving blood into the muscles
		2	x	12	RIR 5		
		3	x	12	RIR 5		
Tier 1	Tricep Extensions	1	x	12	RIR 5		Use one arm at a time, this will spread time out before next set of chest fly because there are not rests, after you hit a set on both arms here go straight back to chest fly literally no rest.
		2	x	12	RIR 5		
		3	x	12	RIR 5		
Tier 2	Bench Press	1	x	10	>1m/s	30%	The first 6 sets are done with less than 50% of your 1 RM. Complete the set faster than 1 rep per second. The doubles matter but not as much as your top sets which are singles and the mindset is, if you can move the sub max sets faster, you will be able to move more load maximally. All reps need to be consecutive reps. No pause. One breathe. As fast as you can down and up. Note: as fast as you can means fast as you are capable of moving the weight. If it buries you, you went too fast, if you tear a muscle obviously you moved too fast lol. Rest periods aren't much longer than 1 minute but take what you need. You'll notice anytime you increase load, the speed at which you can move the bar in eccentrics may get slower which is fine. Think about it, you would be crazy to let a bar with 80% load come down as fast as a bar with 30% right? The key phrase is as fast AS YOU CAN. There are no sticking points. If you have sticking points it's too heavy you wont be able to repeat. For the singles you have 2 sets to literally max out. One rule, no failing. Pretend you don't have a spot
		2	x	10	>1m/s		
		3	x	8	>1m/s	40%	
		4	x	8	>1m/s		
		5	x	6	>1m/s	50%	
		6	x	6	>1m/s		
		7	x	2.5-75m/s		80%	
		8	x	2.5-75m/s			
		9	x	2.5-75m/s			
		10	x	2.5-75m/s			
		11	x	2.5-75m/s			
		12	x	1	<.5m/s		
		13	x	1	<.5m/s		
		14					
		15					
Tier 3	Single Arm DB Bench	1	x	4e	RPE 7	You will almost always chase your primary lift with a unilateral variation of that lift. Most likely you are in a potentiated state right now and this should fly. It is almost always an inverse to rep scheme either x2 or divided by 2. The top set is really all that matters here. You don't waste the other sets you use them to gauge what you can hit for your top set. For the first time nothing matters see what you can do you'll have something to compare to next time. Again consecutive reps	
		2	x	4e	RPE 7		
		3	x	4e	RPE 7		
		4	x	4e	RPE 7		
		5	x	4e	RPE 7		
		6	x	2e	RPE 7		
		7	x	1e	RPE 10		
		8					
		9					
		10					
Tier 4	DB Bench	1	x	8	RPE 7	Look I'm not crazy but yes more pressing. Almost always a bilateral variation of the previous exercise and again inverse rep scheme. Here is where we forget about singles and keep rep ranger higher. Consecutive reps, you'll start to lose mustard here prob on set 3. DO NOT GO DOWN IN WEIGHT. If you can finish sets forget about 8's and tick down to sets of 4-5	
		2	x	8	RPE 7		
		3	x	8	RPE 8		
		4	x	8	RPE 8		
		5					
Tier 5	Chest Fly	1	x	20	RIR 1	Thats right, the same thing you started with, this time with the intent to exhaust and deplete. Empty the tank, the reps are always to failure. Todays reps are 20, you want to be hitting failure at or around 20 reps	
		2	x	20	RIR 1		
		3	x	20	RIR 0		
		4					
Tier 5	Tricep Extensions	1	x	20	RIR 1	Single arm like at top, zero rest go right back to chest fly	
		2	x	20	RIR 1		
		3	x	20	RIR 0		
		4					