

Art of Waterbury (AW) cont.						
Movements	Sets x Reps	Rest	Weight	Sets x Reps	Rest	Weight
Day 13 (84% of 1RM)			Day 19 (86% of 1RM)			
A1 Push press	10 x 3	70s		10 x 3	70s	
A2 Chin-up	10 x 3	70s		10 x 3	70s	
B1 Good morning	10 x 3	70s		10 x 3	70s	
B2 Standing calf raise	10 x 3	70s		10 x 3	70s	
C1 Dip or decline bench	10 x 3	70s		10 x 3	70s	
C2 Ab wheel	10 x 3	70s		10 x 3	70s	
Day 15 (70% of 1RM)			Day 21 (70% of 1RM)			
Back squat	3 x 12	80s		3 x 12	75s	
Bent over row	3 x 12	80s		3 x 12	75s	
Flat bench press	3 x 12	80s		3 x 12	75s	
Seated calf raise	3 x 12	80s		3 x 12	75s	
Triceps pressdown	3 x 12	80s		3 x 12	75s	
External rotation	3 x 12	80s		3 x 12	75s	
Day 17 (85% of 1RM)			Day 23 (85% of 1RM)			
A1 BB hack squat	6 x 6	75s		7 x 6	75s	
A2 Skull crusher	6 x 6	75s		7 x 6	75s	
B1 Power clean	6 x 6	75s		7 x 6	75s	
B2 Hammer curl	6 x 6	75s		7 x 6	75s	
C1 Incline bench press	6 x 6	75s		7 x 6	75s	
C2 Reverse crunch	6 x 6	75s		7 x 6	75s	

Notes:

Lift Fast, Get Big (LFGB)						
Movements	Sets x Reps	Rest	Weight	Sets x Reps	Rest	Weight
Day 1 (84% of 1RM)			Day 8 (86% of 1RM)			
Dip	6 x 3	50s		6 x 3	50s	
Front squat	6 x 3	50s		6 x 3	50s	
Chin-up	6 x 3	50s		6 x 3	50s	
Leg curl	6 x 3	50s		6 x 3	50s	
Seated calf raise	6 x 3	50s		6 x 3	50s	
Day 3 (80% of 1RM)			Day 10 (82% of 1RM)			
Bench press	5 x 5	60s		5 x 5	60s	
Deadlift	5 x 5	60s		5 x 5	60s	
Bent-over row	5 x 5	60s		5 x 5	60s	
Lying triceps extension	5 x 5	60s		5 x 5	60s	
Donkey calf raise	5 x 5	60s		5 x 5	60s	
BB curl	5 x 5	60s		5 x 5	60s	
Day 5 (78% of 1RM)			Day 12 (80% of 1RM)			
Incline bench press	4 x 6	70s		4 x 6	70s	
Back squat	4 x 6	70s		4 x 6	70s	
Power clean	4 x 6	70s		4 x 6	70s	
Close-grip bench press	4 x 6	70s		4 x 6	70s	
Standing calf raise	4 x 6	70s		4 x 6	70s	
Preacher curl	4 x 6	70s		4 x 6	70s	

Notes: