	WEEK 1		WEEK 2		WEEK 3		WEEK 4		WEEK 5		WEEK 6	
DAY 1												
EXERCISE	REPS/SETS/REST	WEIGHT/RIR	REPS/SETS/REST	WEIGHT	REPS/SETS/REST	WEIGHT/RIR	REPS/SETS/REST	WEIGHT/RIR	REPS/SETS/REST	WEIGHT/RIR	REPS/SETS/REST	WEIGHT/RIR
DAY 2												
EXERCISE	REPS/SETS/REST	WEIGHT/RIR	REPS/SETS/REST	WEIGHT/RIR	REPS/SETS/REST	WEIGHT/RIR	REPS/SETS/REST	WEIGHT/RIR	REPS/SETS/REST	WEIGHT/RIR	REPS/SETS/REST	WEIGHT/RIR