

PRTP WEEKLY WORKOUT STRENGTH

17-21 AUG 26

Monday, 17 AUG 26

Deadlift 5x5 @ 9.0 RPE

Set 1: 3x

6 Cable Hamstring Curl Each

12 Hollow Rock

Set 2: 3x

6 Barbell Row

6 Landmine RDL Each

Set 3: 3x

6 Med Ball OTS

6 Cable Lat Pulldown

Wednesday, 19 AUG 26

Squat 5x5 @ 9.0 RPE

Set 1: 3x

8 KB Deadlift

6 Heel Elevated Goblet Squat

Set 2: 3x

40 Second Plank

6 Landmine Rotational Press

Set 3: 3x

3 Scott Lifts

Friday, 21 AUG 26

3x10 Plate Hops Each Way

Bench Press 5x5 @ 9.0 RPE

Set 1: 4x

8 Chest Fly

6 Single Arm Elevated Push Up

Set 2: 3x

8 Tricep Extension

6 Landmine Shoulder Press Each

Phase 1 Week 9
Hypertrophy

