

PRTP WEEKLY WORKOUT STRENGTH

20-24 JUL 26

Monday, 20 JUL 26

Deadlift 5x8 @ 8.0 RPE

Set 1: 3x

8 Barbell Bent Over Row

8 RDL

Set 2: 3x

8 Reverse Lunge Each

10 Lat Pulldowns

Set 3: 3x

8 DB Sumo Deadlift

10 Side Plank Rotations Each

Wednesday, 22 JUL 26

Squat 5x8 @ 8.0 RPE

Set 1: 3x

8 Squat Hold to Kneeling

10 DB Front Rack Squat

Set 2: 3x

8 Bulgarian Split Squat Each

20 Second Copenhagen Plank
Each

Set 3: 3x

8 Curtsey Lunge Each

10 Hollow Rock

Friday, 24 JUL 26

5x Hip to Wall Stretches

Push Press 5x8 @ 8.0 RPE

Set 1: 3x

8 Incline DB Press

8 Lateral Raise

8 Front Raise

Set 2: 3x

10 Tricep Dip

12 Scap Pulls

10 Diamond Push Ups

Phase 1 Week 5
Hypertrophy

