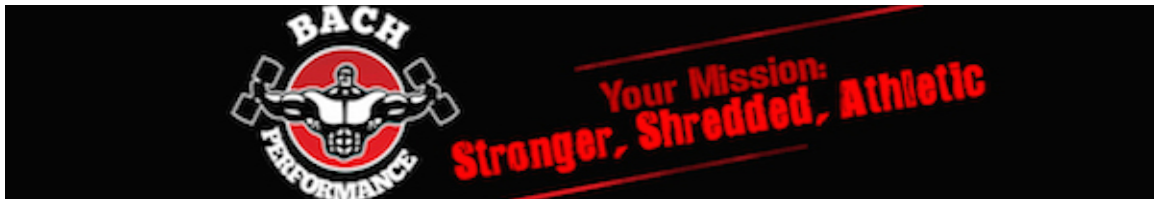


High Frequency Training: 12-Weeks to Maximum Mass



By Eric Bach, BS, CSCS, Pn1
Bachperformance.com

ALL CONTENT COPYRIGHT © Bach performance LLC 2015.

All rights reserved. No part of this manual may be reproduced or transmitted in any form or by any means, electronic, or mechanical, including photocopying, recording,

or by any information storage and retrieval system with the expressed written permission from Bach Performance LLC.

Disclaimer

This disclaimer does not constitute legal advice. Bach Performance LLC. Will not assume any liability or be held responsible for any form of injury, personal loss, or illness caused by the utilization of this information.

You must get your physician's approval before beginning this or any other exercise program. These recommendations are not medical guidelines to treat, diagnose, or cure any illness. Consult your physical prior to starting this program if you have any medical condition, injury, or illness that contradicts strenuous physical activity. This program is designed for individuals 18 years old and older. All forms of exercise pose some inherent risks. The publishers and editors advise all readers of this book to take full responsibility for the risks of exercise and stay within their limits. Ensure all equipment being used is well maintained and in good shape. That means safe barbells, tightened dumbbells, strong collars, and the like. Do not take risks beyond your level of experience and abilities. This exercise program is not a substitute or treatment for prescriptions made by your physician.

Don't lift heavy weights if you're alone, injured, fatigued, and inexperienced. Ask for instruction and a spotter for lifts to maximize safety. See your physician before starting any exercise or nutrition program. If you are taking any medications talk with your physician before starting any exercise program, including this program. If you experience light-headedness, dizziness, or shortness of breath while exercising stop immediately and consult a physician.

Complete a physical examination with your physician if you are over 30 years old, sedentary, have high cholesterol, high blood pressure, are overweight, or have diabetes. Discuss all dietary changes with a registered dietician. Eric Bach and Bach Performance LLC will not assume any liability or be held responsible for any form of injury, personal loss, or illness caused by the utilization of this information.

The Program

This 12-week program is designed to help you build maximal muscle over the next weeks. Overall, the combination of high training frequency of major muscles with multi-joint lifts will take your strength to new levels and get you jacked.

Remember, you only grow when you recover. Place an high-emphasis on maximizing recovery, sleeping 7+ hours each night, and fueling your body with high-quality foods and supplements to fill in the gaps of your diet.

Exercise Selection:

Each workout is a total body workout with a focus on either vertical pushes/pulls and a hip dominant exercise and horizontal pushes/pulls and a more knee dominant exercise.

Sure, biceps curls, lateral shoulder raises, and hamstring curls aren't bad, but they shouldn't make up the majority of your program.

Isolation exercises only focus on a small part of the body and won't provide the necessary stimulus to transform your body. Even bodybuilders, known for their insane isolation exercises and high volume, place focus on big movements like squats as the backbone of their programs. For overall muscular development stick with the same exercises throughout.

This way, you'll build strength be able to continuously overload the body and gain strength to further drive muscle building.

If you choose to switch exercises, do so after week six and stick with the new exercises for the final six weeks of the program.

Lower Body: Lower body exercises are the king builders. Lower body exercises build explosive, muscle-clad bodies that are both show and go. Beyond that, the lower body movements listed below require head-to-

toe stabilization and will be the biggest bang-for-your buck lifts. Pick from the variations below.

Squats/knee dominant: back squat, front squat, box squat

Hinge/hip dominant: Sumo deadlift, conventional deadlift, trap bar deadlift, Hip thrust

Upper Body Push: Upper body pushes are vital for developing the chest, triceps, and shoulders. These are your primary “show” muscles and a true show of power.

Horizontal Push: Floor press, push press, close grip bench press, incline bench press, dumbbell bench press variations.

Vertical Push: Military press, push press, split jerk, all dumbbell variations

Upper Body Pull: Upper body pulls are vital for developing the lats, traps, rhomboids, and to a lesser extent, the biceps are forearms.

Horizontal Pulls: Barbell bent-over row, dumbbell rows, inverted rows.

Vertical Pull: Chin-ups, neutral grip pull-ups, lat pull downs, wide grip pull-ups

Lunge/Single Leg: Single leg exercises like lunges are fantastic lower body builders. Even more important single leg exercises require small muscles of the hip and trunk to balance and prevent rotation in hip and knee.

Choose from: Barbell lunges, dumbbell lunges, goblet lunges, split squats, step back lunges, Bulgarian split squats, and step-ups.

Carry: Weighted carries build incredible grip strength, a resilient core, and thick traps. Weighted carries are by far the most under-utilized Farmer walks, single arm farmer walks.

Core: Direct core work is a must. Squats, deadlifts, and military presses are not enough to prevent injuries and stay athletic.

Choose from: Planks, side planks, half-kneeling anti-rotation holds, stability ball planks, stability ball rollouts, and ab-wheel rollouts.

The exercises listed above are you're "exercise" bank. We both know certain exercises work better for different people, so you have the freedom to choose.

But wait, there's a catch. Just like when you turn 21 and can drink booze there are still rules that must be followed.

No, you probably won't get arrested for breaking these, but you might get hurt and probably won't see great results.

- Every movement pattern must be accounted for during the week.

- You must stick with the same movement through six weeks. If you want to change for the final six, go ahead.

P.S. LIKE THE FOLLOWING TIPS?

As your coach, I'll help you build new habits while giving you personalized training and nutrition coaching to help you shred fat, build muscle, and improve your athleticism.

Here's what one Client said:

"Eric's coaching is essential to my training. He breaks down complex scientific topics and applies them to my training. My lifts have jumped 100 to 200 pounds each. You won't find a better coach."

-Raven Cepeda, Powerlifter and Team USA Decathlete

*Fill out the form here for a **free 30-minute consultation** to start the conversation.*

<http://bachperformance.com/online-personal-training/>

The Progression:

Any sound plan requires a sound progression based on consistent overload to continue pushing the body for new growth.

In this case, each week will have two intensive workouts and two extensive workouts.

Intensive:

Week 1-2: 3x5

Week 3-4: 4x4

Week 5-6: 4x3

Week 7-8: 4x5

Week 9-10: 4x4

Week 11-12: 5x3

Extensive:

Week 1-2: 3x8

Week 3-4: 3x10

Week 5-6: 3x12

Week 7-8: 4x8

Week 9-10: 4x10

Week 11-12: 4x12

Monday: Total Body, vertical upper and hip dominant, Intensive

Tuesday: Total Body, Horizontal and knee dominant, Extensive

Wednesday: active recovery/sleds/bodyweight training

Thursday: Total Body, Horizontal intensive

Friday: Total Body, vertical upper and hip dominant, Extensive

Saturday: auxiliary/HIT/complexes/bodyweight training

Sunday: Off/bodyweight training

Week 1**Monday:(Intensive)**

1a. Broad Jump 2x5

1b. Plank 2x60 seconds

2. Trap Bar Deadlift 3x5

3a. Push Press 3x5

3b. Chin Up 3x5

Tuesday: (extensive)

1a. Dumbbell Incline bench press 3x8

1b. Band Pull-apart 3x10

2a. Supinated Bent-over row 3x8

2b. ½ Kneeling anti-rotation hold 3x20 s.

3. Bulgarian Split Squat 3x8

4a. Wide Grip Cable Row 3x8

4b. Cable Chest flye 3x8

Wednesday: Off/Active Recovery/bodyweight

1a. Chin Up 3-4x5 or band pull-aparts 4x15

1b. Push-Up 3-4x-15-20

1c. Squats 3-4x15

Thursday: (intensive)

1a. Dumbbell Jump Squat 3x5

1b. Plyo Push-Up 3x5

2. Barbell Floor Press 3x5

3. Front Squat 3x5

4. One Arm Dumbbell Row 3x5

Friday: (Extensive)

1a. Romanian Deadlift 3x8

1b. Stability Ball Plank 3x45-60 sec.

2a. One-arm dumbbell press 3x8

2b. Lat-Pull Down 3x8

3a. Straight Arm Pull Down 3x8

3b. Dumbbell Y-Press 3x8

Saturday: Auxiliary Day

Option 1:

1a. Barbell Curl 3x8

1b. Dip 3x8

2a. Hammer Curl 2x12

2b. Skull Crusher 2x12

3a. Zottoman curl 2x15

3b. Triceps Rope Pushdown 2x15

+ 15 minutes Jump Rope

Option 2:

[Barbell Complexes](#)

Use the weight you could curl for 10 reps for the following complex:

deadlift 3×12 rest 0

hang clean 3×12 rest 0

Military press 3×12 rest 0

Front squat 3×12 rest 60-90 sec

Sunday Rest

Week 2

Monday:(Intensive)

1a. Broad Jump 2x5

1b. Plank 2x60 seconds

2. Trap Bar Deadlift 3x5

3a. Push Press 3x5

3b. Chin Up 3x5

Tuesday: (extensive)

1a. Dumbbell Incline bench press 3x8

- 1b. Band Pull-apart 3x10
- 2a. Supinated Bent-over row 3x8
- 2b. ½ Kneeling anti-rotation hold 3x20 s.
- 3. Bulgarian Split Squat 3x8
- 4a. Wide Grip Cable Row 3x8
- 4b. Cable Chest flye 3x8

Wednesday: Off/Active Recovery/bodyweight

- 1a. Chin Up 3-4x5 or band pull-aparts 4x15
- 1b. Push-Up 3-4x-15-20
- 1c. Squats 3-4x15

Thursday: (intensive)

- 1a. Dumbbell Jump Squat 4x3
- 1b. Plyo Push-Up 4x6
- 2. Barbell Floor Press 4x3
- 3. Front Squat 3x5
- 4. One Arm Dumbbell Row 3x5

Friday: (Extensive)

- 1a. Romanian Deadlift 3x8
- 1b. Stability Ball Plank 3x45-60 sec.
- 2a. One-arm dumbbell press 3x8
- 2b. Lat-Pull Down 3x8
- 3a. Straight Arm Pull Down 3x8
- 3b. Dumbbell Y-Press 3x8

Saturday: Auxiliary Day

Option 1:

- 1a. Barbell Curl 3x8
- 1b. Dip 3x8

2a. Hammer Curl 2x12
2b. Skull Crusher 2x12
3a. Zottoman curl 2x15
3b. Triceps Rope Pushdown 2x15
+ 15 minutes Jump Rope

Option 2:

[Barbell Complexes](#)

Use the weight you could curl for 10 reps for the following complex:

deadlift 3×12 rest 0

hang clean 3×12 rest 0

Military press 3×12 rest 0

Front squat 3×12 rest 60-90 sec

Sunday Rest

Week 3

Monday:(Intensive)

1a. Box Jump 2x5
1b. Push Up Plank 2x60 seconds
2. Trap Bar Deadlift 4x4
3a. Push Press 4x4
3b. Chin Up 4x4

Tuesday: (extensive)

1a. Dumbbell Incline bench press 3x10
1b. Band Pull-apart 3x12
2a. Supinated Bent-over row 3x10
2b. ½ Kneeling anti-rotation hold 3x20 s.
3. Bulgarian Split Squat 3x10
4a. Wide Grip Cable Row 3x10
4b. Cable Chest flye 3x10

Wednesday: Off/Active Recovery/bodyweight

- 1a. Chin Up 3-4x5 or band pull-aparts 4x15
- 1b. Push-Up 3-4x-15-20
- 1c. Squats 3-4x15

Thursday: (intensive)

- 1a. Dumbbell Jump Squat 4x4
- 1b. Plyo Push-Up 4x4
- 2. Barbell Floor Press 4x4
- 3. Front Squat 4x4
- 4. One Arm Dumbbell Row 4x4

Friday: (Extensive)

- 1a. Romanian Deadlift 3x10
- 1b. Stability Ball Plank 3x45-60 sec.
- 2a. One-arm dumbbell press 3x10
- 2b. Lat-Pull Down 3x10
- 3a. Straight Arm Pull Down 3x10
- 3b. Dumbbell Y-Press 3x10

Saturday: Auxiliary Day

Option 1:

- 1a. Barbell Curl 3x8
- 1b. Dip 3x8
- 2a. Hammer Curl 2x12
- 2b. Skull Crusher 2x12
- 3a. Zottoman curl 2x15
- 3b. Triceps Rope Pushdown 2x15
- + 15 minutes Jump Rope

Option 2:

Barbell Complexes

Use the weight you could curl for 10 reps for the following complex:

deadlift 3×12 rest 0

hang clean 3×12 rest 0

Military press 3×12 rest 0

Front squat 3×12 rest 60-90 sec

Sunday Rest

Week 4

Monday:(Intensive)

1a. Broad Jump 2x5

1b. Plank 2x60 seconds

2. Trap Bar Deadlift 4x4

3a. Push Press 4x4

3b. Chin Up 4x4

Tuesday: (extensive)

1a. Dumbbell Incline bench press 3x10

1b. Band Pull-apart 3x12

2a. Supinated Bent-over row 3x10

2b. ½ Kneeling anti-rotation hold 3x20 s.

3. Bulgarian Split Squat 3x10

4a. Wide Grip Cable Row 3x10

4b. Cable Chest flye 3x10

Wednesday: Off/Active Recovery/bodyweight

1a. Chin Up 3-4x5 or band pull-aparts 4x15

1b. Push-Up 3-4x-15-20

1c. Squats 3-4x15

Thursday: (intensive)

- 1a. Dumbbell Jump Squat 4x4
- 1b. Plyo Push-Up 4x4
- 2. Barbell Floor Press 4x4
- 3. Front Squat 4x4
- 4. One Arm Dumbbell Row 4x4

Friday: (Extensive)

- 1a. Romanian Deadlift 3x10
- 1b. Stability Ball Plank 3x45-60 sec.
- 2a. One-arm dumbbell press 3x10
- 2b. Lat-Pull Down 3x10
- 3a. Straight Arm Pull Down 3x10
- 3b. Dumbbell Y-Press 3x10

Saturday: Auxiliary Day

Option 1:

- 1a. Barbell Curl 3x8
- 1b. Dip 3x8
- 2a. Hammer Curl 2x12
- 2b. Skull Crusher 2x12
- 3a. Zottoman curl 2x15
- 3b. Triceps Rope Pushdown 2x15
- + 15 minutes Jump Rope

Option 2:

[Barbell Complexes](#)

Use the weight you could curl for 10 reps for the following complex:

deadlift 3x12 rest 0

hang clean 3x12 rest 0

Military press 3x12 rest 0

Front squat 3×12 rest 60-90 sec

Sunday Rest

Week 5

Monday:(Intensive)

- 1a. Broad Jump 2x5
- 1b. Plank 2x60 seconds
- 2. Trap Bar Deadlift 4x3
- 3a. Push Press 4x3
- 3b. Chin Up 4x3

Tuesday: (extensive)

- 1a. Dumbbell Incline bench press 3x12
- 1b. Band Pull-apart 3x15
- 2a. Supinated Bent-over row 3x12
- 2b. ½ Kneeling anti-rotation hold 3x20 s.
- 3. Bulgarian Split Squat 3x12
- 4a. Wide Grip Cable Row 3x12
- 4b. Cable Chest flye 3x12

Wednesday: Off/Active Recovery/bodyweight

- 1a. Chin Up 3-4x5 or band pull-aparts 4x15
- 1b. Push-Up 3-4x-15-20
- 1c. Squats 3-4x15

Thursday: (intensive)

- 1a. Dumbbell Jump Squat 4x3
- 1b. Plyo Push-Up 4x3
- 2. Barbell Floor Press 4x3
- 3. Front Squat 4x3
- 4. One Arm Dumbbell Row 4x3

Friday: (Extensive)

- 1a. Romanian Deadlift 3x10
- 1b. Stability Ball Plank 3x45-60 sec.
- 2a. One-arm dumbbell press 3x12
- 2b. Lat-Pull Down 3x12
- 3a. Straight Arm Pull Down 3x12
- 3b. Dumbbell Y-Press 3x12

Saturday: Auxiliary Day

Option 1:

- 1a. Barbell Curl 3x8
- 1b. Dip 3x8
- 2a. Hammer Curl 2x12
- 2b. Skull Crusher 2x12
- 3a. Zottoman curl 2x15
- 3b. Triceps Rope Pushdown 2x15
- + 15 minutes Jump Rope

Option 2:

Barbell Complexes

Use the weight you could curl for 10 reps for the following complex:

- deadlift 3x12 rest 0
- hang clean 3x12 rest 0
- Military press 3x12 rest 0
- Front squat 3x12 rest 60-90 sec

Sunday Rest**Week 6****Monday:(Intensive)**

- 1a. Broad Jump 2x5

- 1b. Plank 2x60 seconds
- 2. Trap Bar Deadlift 4x3
- 3a. Push Press 4x3
- 3b. Chin Up 4x3

Tuesday: (extensive)

- 1a. Dumbbell Incline bench press 3x12
- 1b. Band Pull-apart 3x12
- 2a. Supinated Bent-over row 3x12
- 2b. ½ Kneeling anti-rotation hold 3x20 s.
- 3. Bulgarian Split Squat 3x12
- 4a. Wide Grip Cable Row 3x12
- 4b. Cable Chest flye 3x12

Wednesday: Off/Active Recovery/bodyweight

- 1a. Chin Up 3-4x5 or band pull-aparts 4x15
- 1b. Push-Up 3-4x-15-20
- 1c. Squats 3-4x15

Thursday: (intensive)

- 1a. Dumbbell Jump Squat 4x3
- 1b. Plyo Push-Up 4x3
- 2. Barbell Floor Press 4x3
- 3. Front Squat 4x3
- 4. One Arm Dumbbell Row 4x3

Friday: (Extensive)

- 1a. Romanian Deadlift 3x12
- 1b. Stability Ball Plank 3x45-60 sec.
- 2a. One-arm dumbbell press 3x12
- 2b. Lat-Pull Down 3x12
- 3a. Straight Arm Pull Down 3x12
- 3b. Dumbbell Y-Press 3x12

Saturday: Auxiliary Day

Option 1:

- 1a. Barbell Curl 3x8
- 1b. Dip 3x8
- 2a. Hammer Curl 2x12
- 2b. Skull Crusher 2x12
- 3a. Zottoman curl 2x15
- 3b. Triceps Rope Pushdown 2x15
- + 15 minutes Jump Rope

Option 2:

[Barbell Complexes](#)

Use the weight you could curl for 10 reps for the following complex:

- deadlift 3×12 rest 0
- hang clean 3×12 rest 0
- Military press 3×12 rest 0
- Front squat 3×12 rest 60-90 sec

Sunday Rest

Week 7

Monday:(Intensive)

- 1a. Dumbbell Jump Squat 2x5
- 1b. SB Rollout 2x12
- 2. Deadlift 4x5
- 3a. Wide Grip Pull-Up 4x5
- 3b. Dumbbell Jerk 4x5

Tuesday: (extensive)

- 1a. One-arm dumbbell bench press 4x8
- 1b. Cable Face Pull 4x10

- 2a. Pronated Bent-over row 4x8
- 2b. ½ kneeling low-high chop 4x8
- 3a. Goblet Lunge 4x8
- 3b. Close Grip Cable Row 4x8

Wednesday: Off/Active Recovery/bodyweight

- 1a. Chin Up 3-4x5 or band pull-aparts 4x15
- 1b. Push-Up 3-4x-15-20
- 1c. Squats 3-4x15

Thursday: (intensive)

- 1a. Box Jump 2x5
- 1b. Overhead medicine ball slam 2x5
- 2. Close Grip bench Press 4x5
- 3. Back Squat 4x5
- 4. Feet Elevated Bodyweight Row 4x5

Friday: (Extensive)

- 1a. Single Leg RDL 4x8
- 1b. Feet elevated Plank 4x45-60 sec.
- 2a. No back shoulder press 4x8
- 2b. Close grip chin up 4x8
- 3. Lever Press 4x8

Saturday: Auxiliary Day

Option 1:

- 1a. Barbell Curl 3x8
- 1b. Dip 3x8
- 2a. Hammer Curl 2x12
- 2b. Skull Crusher 2x12
- 3a. Zottoman curl 2x15

3b. Triceps Rope Pushdown 2x15
+ 15 minutes Jump Rope

Option 2:

[Barbell Complexes](#)

Use the weight you could curl for 10 reps for the following complex:

deadlift 3×12 rest 0

hang clean 3×12 rest 0

Military press 3×12 rest 0

Front squat 3×12 rest 60-90 sec

Sunday Rest

Week 8

Monday:(Intensive)

1a. Dumbbell Jump Squat 2x5

1b. SB Rollout 2x12

2. Deadlift 4x5

3a. Wide Grip Pull-Up 4x5

3b. Dumbbell Jerk 4x5

Tuesday: (extensive)

1a. One-arm dumbbell bench press 4x8

1b. Cable Face Pull 4x10

2a. Pronated Bent-over row 4x8

2b. ½ kneeling low-high chop 4x8

3a. Goblet Lunge 4x8

3b. Close Grip Cable Row 4x8

Wednesday: Off/Active Recovery/bodyweight

1a. Chin Up 3-4x5 or band pull-aparts 4x15

1b. Push-Up 3-4x-15-20

1c. Squats 3-4x15

Thursday: (intensive)

1a.Box Jump 2x5

1b.Overhead medicine ball slam 2x5

2.Close Grip bench Press 4x5

3. Back Squat 4x5

4. Feet Elevated Bodyweight Row 4x5

Friday: (Extensive)

1a. Single Leg RDL 4x8

1b. Feet elevated Plank 4x45-60 sec.

2a. No back shoulder press 4x8

2b. Close grip chin up 4x8

3. Lever Press 4x8

Saturday: Auxiliary Day

Option 1:

1a. Barbell Curl 3x8

1b. Dip 3x8

2a. Hammer Curl 2x12

2b. Skull Crusher 2x12

3a. Zottoman curl 2x15

3b. Triceps Rope Pushdown 2x15

+ 15 minutes Jump Rope

Option 2:

[Barbell Complexes](#)

Use the weight you could curl for 10 reps for the following complex:

deadlift 3×12 rest 0

hang clean 3×12 rest 0

Military press 3×12 rest 0
Front squat 3×12 rest 60-90 sec

Sunday Rest

Week 9

Monday:(Intensive)

- 1a. Dumbbell Jump Squat 2x5
- 1b. SB Rollout 2x12
- 2. Deadlift 4x4
- 3a. Wide Grip Pull-Up 4x4
- 3b. Dumbbell Jerk 4x4

Tuesday: (extensive)

- 1a. One-arm dumbbell bench press 4x10
- 1b. Cable Face Pull 4x10
- 2a. Pronated Bent-over row 4x10
- 2b. ½ kneeling low-high chop 4x10
- 3a. Goblet Lunge 4x10
- 3b. Close Grip Cable Row 4x10

Wednesday: Off/Active Recovery/bodyweight

- 1a. Chin Up 3-4x5 or band pull-aparts 4x15
- 1b. Push-Up 3-4x-15-20
- 1c. Squats 3-4x15

Thursday: (intensive)

- 1a. Box Jump 2x5
- 1b. Overhead medicine ball slam 2x5
- 2. Close Grip bench Press 4x4
- 3. Back Squat 4x4
- 4. Feet Elevated Bodyweight Row 4x4

Friday: (Extensive)

- 1a. Single Leg RDL 4x10
- 1b. Feet elevated Plank 4x45-60 sec.
- 2a. No back shoulder press 4x10
- 2b. Close grip chin up 4x10
- 3. Lever Press 4x10

Saturday: Auxiliary Day

Option 1:

- 1a. Barbell Curl 3x8
- 1b. Dip 3x8
- 2a. Hammer Curl 2x12
- 2b. Skull Crusher 2x12
- 3a. Zottoman curl 2x15
- 3b. Triceps Rope Pushdown 2x15
- + 15 minutes Jump Rope

Option 2:

[Barbell Complexes](#)

Use the weight you could curl for 10 reps for the following complex:

- deadlift 3x12 rest 0
- hang clean 3x12 rest 0
- Military press 3x12 rest 0
- Front squat 3x12 rest 60-90 sec

Sunday Rest

Week 10

Monday:(Intensive)

- 1a. Dumbbell Jump Squat 2x5
- 1b. SB Rollout 2x12
- 2. Deadlift 4x4

- 3a. Wide Grip Pull-Up 4x4
- 3b. Dumbbell Jerk 4x4

Tuesday: (extensive)

- 1a. One-arm dumbbell bench press 4x10
- 1b. Cable Face Pull 4x10
- 2a. Pronated Bent-over row 4x10
- 2b. ½ kneeling low-high chop 4x10
- 3a. Goblet Lunge 4x10
- 3b. Close Grip Cable Row 4x10

Wednesday: Off/Active Recovery/bodyweight

- 1a. Chin Up 3-4x5 or band pull-aparts 4x15
- 1b. Push-Up 3-4x-15-20
- 1c. Squats 3-4x15

Thursday: (intensive)

- 1a. Box Jump 2x5
- 1b. Overhead medicine ball slam 2x5
- 2. Close Grip bench Press 4x4
- 3. Back Squat 4x4
- 4. Feet Elevated Bodyweight Row 4x4

Friday: (Extensive)

- 1a. Single Leg RDL 4x10
- 1b. Feet elevated Plank 4x45-60 sec.
- 2a. No back shoulder press 4x10
- 2b. Close grip chin up 4x10
- 3. Lever Press 4x10

Saturday: Auxiliary Day

Option 1:

1a. Barbell Curl 3x8

1b. Dip 3x8

2a. Hammer Curl 2x12

2b. Skull Crusher 2x12

3a. Zottoman curl 2x15

3b. Triceps Rope Pushdown 2x15

+ 15 minutes Jump Rope

Option 2:

[Barbell Complexes](#)

Use the weight you could curl for 10 reps for the following complex:

deadlift 3×12 rest 0

hang clean 3×12 rest 0

Military press 3×12 rest 0

Front squat 3×12 rest 60-90 sec

Sunday Rest

Week 11

Monday:(Intensive)

1a. Dumbbell Jump Squat 2x5

1b. SB Rollout 2x12

2. Deadlift 5x3

3a. Wide Grip Pull-Up 5x3

3b. Dumbbell Jerk 5x3

Tuesday: (extensive)

1a. One-arm dumbbell bench press 4x12

1b. Cable Face Pull 4x10

2a. Pronated Bent-over row 4x12

2b. ½ kneeling low-high chop 4x12

3a. Goblet Lunge 4x12

3b. Close Grip Cable Row 4x12

Wednesday: Off/Active Recovery/bodyweight

- 1a. Chin Up 3-4x5 or band pull-aparts 4x15
- 1b. Push-Up 3-4x-15-20
- 1c. Squats 3-4x15

Thursday: (intensive)

- 1a.Box Jump 2x5
- 1b.Overhead medicine ball slam 2x5
- 2.Close Grip bench Press 5x3
- 3. Back Squat 5x3
- 4. Feet Elevated Bodyweight Row 5x3

Friday: (Extensive)

- 1a. Single Leg RDL 4x12
- 1b. Feet elevated Plank 4x45-60 sec.
- 2a. No back shoulder press 4x12
- 2b. Close grip chin up 4x12
- 3. Lever Press 4x12

Saturday: Auxiliary Day

Option 1:

- 1a. Barbell Curl 3x8
- 1b. Dip 3x8
- 2a. Hammer Curl 2x12
- 2b. Skull Crusher 2x12
- 3a. Zottoman curl 2x15
- 3b. Triceps Rope Pushdown 2x15
- + 15 minutes Jump Rope

Option 2:

Barbell Complexes

Use the weight you could curl for 10 reps for the following complex:

deadlift 3×12 rest 0

hang clean 3×12 rest 0

Military press 3×12 rest 0

Front squat 3×12 rest 60-90 sec

Sunday Rest

Week 12

Monday:(Intensive)

1a. Dumbbell Jump Squat 2x5

1b. SB Rollout 2x12

2. Deadlift 5x3

3a. Wide Grip Pull-Up 5x3

3b. Dumbbell Jerk 5x3

Tuesday: (extensive)

1a. One-arm dumbbell bench press 4x12

1b. Cable Face Pull 4x12

2a. Pronated Bent-over row 4x12

2b. ½ kneeling low-high chop 4x12

3a. Goblet Lunge 4x12

3b. Close Grip Cable Row 4x12

Wednesday: Off/Active Recovery/bodyweight

1a. Chin Up 3-4x5 or band pull-aparts 4x15

1b. Push-Up 3-4x-15-20

1c. Squats 3-4x15

Thursday: (intensive)

- 1a.Box Jump 2x5
- 1b.Overhead medicine ball slam 2x5
- 2.Close Grip bench Press 5x3
- 3. Back Squat 5x3
- 4. Feet Elevated Bodyweight Row 5x3

Friday: (Extensive)

- 1a. Single Leg RDL 4x12
- 1b. Feet elevated Plank 4x45-60 sec.
- 2a. No back shoulder press 4x12
- 2b. Close grip chin up 4x12
- 3. Lever Press 4x12

Saturday: Auxiliary Day

Option 1:

- 1a. Barbell Curl 3x8
- 1b. Dip 3x8
- 2a. Hammer Curl 2x12
- 2b. Skull Crusher 2x12
- 3a. Zottoman curl 2x15
- 3b. Triceps Rope Pushdown 2x15
- + 15 minutes Jump Rope

Option 2:

[Barbell Complexes](#)

Use the weight you could curl for 10 reps for the following complex:

deadlift 3×12 rest 0

hang clean 3×12 rest 0

Military press 3×12 rest 0

Front squat 3×12 rest 60-90 sec

Sunday Rest

Want to Maximize Your Training?

Join Bach Performance Online Coaching for customized nutritional guidance, personalized programming, and support to take your fitness to new levels;

My results with Eric have been the best of my life!



Eric is the best strength and conditioning coach I've worked with. His knowledge and experience is multifaceted, as it extends into all areas of performance to give you the ultimate training package-
Bevan Cox, SCADA Analyst, Houston, Texas

Start the conversation with Bach Performance Online Coaching and head **→[here](#)**