High Frequency Training: 12-Weeks to Maximum Mass

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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-qualities 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 your “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 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 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:
derlift 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 3-4x15-20  
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 3x12 rest 0
hang clean 3x12 rest 0
Military press $3 \times 12$ rest 0  
Front squat $3 \times 12$ 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 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 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 3x12 rest 0
hang clean 3x12 rest 0
Military press 3x12 rest 0
Front squat 3x12 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:  
deaddlift 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**
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