

SCHEDULE C

SESSION A	PHASE 1:	DAY 1	DAY 3	DAY 5	DAY 7	DAY 9	DAY 11
EXERCISE							
A. 2-HAND KETTLEBELL SWING		Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set
WEEK 1	RPE = 7	5	6	4	5	6	4
Work Performed:							
WEEK 2	RPE = 8	5	6	4	5	6	4
Work Performed:							
WEEK 3	RPE = 8.5	5	6	4	5	6	4
Work Performed:							
WEEK 4	RPE = 9	5	6	4	5	6	4
Work Performed:							

SESSION B		DAY 2	DAY 4	DAY 6	DAY 8	DAY 10	DAY 12
EXERCISE							
A1. CHIN UPS		Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set
WEEK 1	RPE = 7	4	5	6	4	5	6
Work Performed:							
WEEK 2	RPE = 8	4	5	6	4	5	6
Work Performed:							
WEEK 3	RPE = 8.5	4	5	6	4	5	6
Work Performed:							
WEEK 4	RPE = 9	4	5	6	4	5	6
Work Performed:							
A2. PARALLEL DIPS		Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set
WEEK 1	RPE = 7	4	5	6	4	5	6
Work Performed:							
WEEK 2	RPE = 8	4	5	6	4	5	6
Work Performed:							
WEEK 3	RPE = 8.5	4	5	6	4	5	6
Work Performed:							
WEEK 4	RPE = 9	4	5	6	4	5	6
Work Performed:							

MONTHLY PLAN		
WEEK 1	A, B, A	Day 1,1,2
WEEK 2	B, A, B	Day 2,3,3
WEEK 3	A, B, A	Day 4,4,5
WEEK 4	B, A, B	Day 5,6,6

SCHEDULE C

SESSION A	PHASE 2:	DAY 1	DAY 3	DAY 5	DAY 7	DAY 9	DAY 11
EXERCISE							
A. 2-HAND KETTLEBELL SWING		Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set
WEEK 5	RPE = 7	6	7	5	6	7	5
Work Performed:							
WEEK 6	RPE = 8	6	7	5	6	7	5
Work Performed:							
WEEK 7	RPE = 8.5	6	7	5	6	7	5
Work Performed:							
WEEK 8	RPE = 9	6	7	5	6	7	5
Work Performed:							

SESSION B		DAY 2	DAY 4	DAY 6	DAY 8	DAY 10	DAY 12
EXERCISE							
A1. CHIN UPS		Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set
WEEK 5	RPE = 7	5	6	7	5	6	7
Work Performed:							
WEEK 6	RPE = 8	5	6	7	5	6	7
Work Performed:							
WEEK 7	RPE = 8.5	5	6	7	5	6	7
Work Performed:							
WEEK 8	RPE = 9	5	6	7	5	6	7
Work Performed:							
A2. PARALLEL DIPS		Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set
WEEK 5	RPE = 7	5	6	7	5	6	7
Work Performed:							
WEEK 6	RPE = 8	5	6	7	5	6	7
Work Performed:							
WEEK 7	RPE = 8.5	5	6	7	5	6	7
Work Performed:							
WEEK 8	RPE = 9	5	6	7	5	6	7
Work Performed:							

SCHEDULE C

SESSION A	PHASE 3:	DAY 1	DAY 3	DAY 5	DAY 7	DAY 9	DAY 11
EXERCISE							
A. 2-HAND KETTLEBELL SWING		Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set
WEEK 9	RPE = 7	7	8	6	7	8	6
Work Performed:							
WEEK 10	RPE = 8	7	8	6	7	8	6
Work Performed:							
WEEK 11	RPE = 8.5	7	8	6	7	8	6
Work Performed:							
WEEK 12	RPE = 9	7	8	6	7	8	6
Work Performed:							

SESSION B		DAY 2	DAY 4	DAY 6	DAY 8	DAY 10	DAY 12
EXERCISE							
A1. CHIN UPS		Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set
WEEK 9	RPE = 7	7	8	6	7	8	6
Work Performed:							
WEEK 10	RPE = 8	7	8	6	7	8	6
Work Performed:							
WEEK 11	RPE = 8.5	7	8	6	7	8	6
Work Performed:							
WEEK 12	RPE = 9	7	8	6	7	8	6
Work Performed:							
A2. PARALLEL DIPS		Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set	Reps Per Set
WEEK 9	RPE = 7	6	7	8	6	7	8
Work Performed:							
WEEK 10	RPE = 8	6	7	8	6	7	8
Work Performed:							
WEEK 11	RPE = 8.5	6	7	8	6	7	8
Work Performed:							
WEEK 12	RPE = 9	6	7	8	6	7	8
Work Performed:							