

SCHEDULE C

SESSION A	PHASE 1 (WEEKS 1-4):	WORKOUT 1	WORKOUT 3	WORKOUT 5	WORKOUT 7	WORKOUT 9	WORKOUT 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
WEEK 2	RPE = 8	5	6	4	5	6	4
WEEK 3	RPE = 8.5	5	6	4	5	6	4
WEEK 4	RPE = 9	5	6	4	5	6	4

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

SCHEDULE C

SESSION A	PHASE 2 (WEEKS 5-8):	WORKOUT 1	WORKOUT 3	WORKOUT 5	WORKOUT 7	WORKOUT 9	WORKOUT 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
WEEK 6	RPE = 8	6	7	5	6	7	5
WEEK 7	RPE = 8.5	6	7	5	6	7	5
WEEK 8	RPE = 9	6	7	5	6	7	5

SESSION B		WORKOUT 2	WORKOUT 4	WORKOUT 6	WORKOUT 8	WORKOUT 10	WORKOUT 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	6	7	5	6	7	5
WEEK 6	RPE = 8	6	7	5	6	7	5
WEEK 7	RPE = 8.5	6	7	5	6	7	5
WEEK 8	RPE = 9	6	7	5	6	7	5
A2. PARALLEL DIPS							
WEEK 5	RPE = 7	5	6	7	5	6	7
WEEK 6	RPE = 8	5	6	7	5	6	7
WEEK 7	RPE = 8.5	5	6	7	5	6	7
WEEK 8	RPE = 9	5	6	7	5	6	7

SCHEDULE C

SESSION A	PHASE 3 (WEEKS 9-12):	WORKOUT 1	WORKOUT 3	WORKOUT 5	WORKOUT 7	WORKOUT 9	WORKOUT 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
WEEK 10	RPE = 8	7	8	6	7	8	6
WEEK 11	RPE = 8.5	7	8	6	7	8	6
WEEK 12	RPE = 9	7	8	6	7	8	6

SESSION B		WORKOUT 2	WORKOUT 4	WORKOUT 6	WORKOUT 8	WORKOUT 10	WORKOUT 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
WEEK 10	RPE = 8	7	8	6	7	8	6
WEEK 11	RPE = 8.5	7	8	6	7	8	6
WEEK 12	RPE = 9	7	8	6	7	8	6
A2. PARALLEL DIPS							
WEEK 9	RPE = 7	6	7	8	6	7	8
WEEK 10	RPE = 8	6	7	8	6	7	8
WEEK 11	RPE = 8.5	6	7	8	6	7	8
WEEK 12	RPE = 9	6	7	8	6	7	8

MONTHLY PLAN					
PHASE 1:	WORKOUT:	PHASE 2:	WORKOUT:	PHASE 3:	WORKOUT:
WEEK 1	1,2,3	WEEK 5	1,2,3	WEEK 9	1,2,3
WEEK 2	4,5,6	WEEK 6	4,5,6	WEEK 10	4,5,6
WEEK 3	7,8,9	WEEK 7	7,8,9	WEEK 11	7,8,9
WEEK 4	10,11,12	WEEK 8	10,11,12	WEEK 12	10,11,12