



Off Season Lifting Overview

1. **Overview of workout** - This is a “periodized resistance” program. This is a design strategy that uses planned, systematic variations in training specificity, intensity, and volume. This will maximize your strength gains, which when paired with an increased diet will produce a significant weight and size gain. Phase 1,2, and 3 are all focused on building raw strength and size.
2. **Overview of Schedule** - Phase 1 is a 4 day/week workout. Each sheet represents 1 week of workouts. A typical schedule might be Monday, Wednesday, Friday, and then alternating Saturday or Sunday as rests. There will be one instance per week where you will workout two days in a row. Plan this wisely based off of your time. Each workout should be completed in 45-60 minutes.
3. **How to lift** - This program must be tracked, and tracked meticulously. This should be a game in which you always try to beat your high score from the week before. You should always either bump up weight, or complete more reps than the week before. Phase 1 reps range from 8-20. In each instance it is not critical to get the max reps each time. This should be a goal to reach. Your real goal is to fail at the end of each final set per workout. If you complete the round easily, you need to bump up weight. Your rest times should be followed as closely as possible. These are set up for you to still be recovering while you start your next set. It is going to be challenging.
4. **Lift to failure** - Exercises marked with (*) mean that it is a primary exercise and should start with a warm up set before the first set. Again, these are critical to fail on. If the exercise calls for 10 reps, your last set should aim for around 6-8. Keep bumping up weight until you fail at the weight.
5. **Take notes** - This is all about consistency. Your notes are for you to track the time you trained, how you feel, energy level, mood, body weight, notes about what machines or equipment you used, etc. Take good notes, this is critical for your optimal gains.
6. **Rest Days** - Do not lift outside of this program. Use your rest days to rest and eat. Your goal is to recover and prepare for your next lifting session.



**CENTRAL PENN
GOLD**

Name: _____

Phase 1 - test

Week#: 1

Squat	_____
Deadlift	_____
Bench	_____

2 mile run time: _____

Body Weight _____

Day 1 Notes	Exercise	Set 1	Set 2	Set 3	Rest time
		Weight/reps	Weight/reps	Weight/reps	Seconds
	* Squat	/10	/10	/10	90
	* Leg press	/10	/10	/10	90
	Leg Extension	/10	/10	/10	90
	Leg Curl	/10	/10	/10	90
	* DB row	/12	/12	/12	90
	Pull down (wide)	/12	/12	/12	60
	DB Reverse Fly	/12	/12	/12	60
	Abs				45

Day 2 Notes	Exercise	Set 1	Set 2	Set 3	Rest time
	* Incline DB press	/12	/12	/12	60
	Lateral Raise	/12	/12	/12	60
	Calf raise	/20	/20	/20	60
	EZ curl	/10	/10	/10	45
	* French press	/10	/10	/10	45
	DB curl	/10	/10	/10	45
	Dips	/10	/10	/10	45
	Abs				45

Day 3 Notes	Exercise	Set 1	Set 2	Set 3	Rest time
	Pull Ups	/10	/10	/10	60
	* Cable row	/10	/10	/10	60
	Low Back Ext.	/12	/12	/12	60
	* Deadlift	/8	/8	/8	90
	Row Machine	/10	/10	/10	60
	Pulldown (close)	/10	/10	/10	60
	Leg ext	/12	/12	/12	60
	Leg curl	/12	/12	/12	60

Day 4 Notes	Exercise	Set 1	Set 2	Set 3	Rest time
	* Bench Press	/10	/10	/10	60
	Military Press	/10	/10	/10	60
	Chest Press Machine	/10	/10	/10	60
	DB Fly	/10	/10	/10	60
	* DB Bench Press	/10	/10	/10	60
	DB Lat Raise	/12	/12	/12	60
	Seated Inc. Curl	/10	/10	/10	45
	Rev. Push Down	/10	/10	/10	45
	Calf Raise	/20	/20	/20	60
	Abs				60

* Primary lift - must warm up 50% before sets, and fail each set

TAKE A PHOTO OR SCAN THIS SHEET AND SUBMIT TO TEAM LEADERS



**CENTRAL PENN
GOLD**

Name: _____

Phase 1

Week#: 2

Day 1 Notes	Exercise	Set 1	Set 2	Set 3	Rest time
		Weight/reps	Weight/reps	Weight/reps	Seconds
	* Squat	/10	/10	/10	90
	* Leg press	/10	/10	/10	90
	Leg Extension	/10	/10	/10	90
	Leg Curl	/10	/10	/10	90
	* DB row	/12	/12	/12	90
	Pull down (wide)	/12	/12	/12	60
	DB Reverse Fly	/12	/12	/12	60
	Abs				45

Day 2 Notes		Set 1	Set 2	Set 3	Rest time
	* Incline DB press	/12	/12	/12	60
	Lateral Raise	/12	/12	/12	60
	Calf raise	/20	/20	/20	60
	EZ curl	/10	/10	/10	45
	* French press	/10	/10	/10	45
	DB curl	/10	/10	/10	45
	Dips	/10	/10	/10	45
	Abs				45

Day 3 Notes	Exercise	Set 1	Set 2	Set 3	Rest time
	Pull Ups	/10	/10	/10	60
	* Cable row	/10	/10	/10	60
	Low Back Ext.	/12	/12	/12	60
	* Deadlift	/8	/8	/8	90
	Row Machine	/10	/10	/10	60
	Pulldown (close)	/10	/10	/10	60
	Leg ext	/12	/12	/12	60
	Leg curl	/12	/12	/12	60

Day 4 Notes	Exercise	Set 1	Set 2	Set 3	Rest time
	* Bench Press	/10	/10	/10	60
	Military Press	/10	/10	/10	60
	Chest Press Machine	/10	/10	/10	60
	DB Fly	/10	/10	/10	60
	* DB Bench Press	/10	/10	/10	60
	DB Lat Raise	/12	/12	/12	60
	Seated Inc. Curl	/10	/10	/10	45
	Rev. Push Down	/10	/10	/10	45
	Calf Raise	/20	/20	/20	60
	Abs				60

* Primary lift - must warm up 50% before sets, and fail each set



**CENTRAL PENN
GOLD**

Name: _____

Phase 1

Week#: 3

Day 1 Notes	Exercise	Set 1	Set 2	Set 3	Rest time
		Weight/reps	Weight/reps	Weight/reps	Seconds
	* Squat	/10	/10	/10	90
	* Leg press	/10	/10	/10	90
	Leg Extension	/10	/10	/10	90
	Leg Curl	/10	/10	/10	90
	* DB row	/12	/12	/12	90
	Pull down (wide)	/12	/12	/12	60
	DB Reverse Fly	/12	/12	/12	60
	Abs				45

Day 2 Notes	Exercise	Set 1	Set 2	Set 3	Rest time
	* Incline DB press	/12	/12	/12	60
	Lateral Raise	/12	/12	/12	60
	Calf raise	/20	/20	/20	60
	EZ curl	/10	/10	/10	45
	* French press	/10	/10	/10	45
	DB curl	/10	/10	/10	45
	Dips	/10	/10	/10	45
	Abs				45

Day 3 Notes	Exercise	Set 1	Set 2	Set 3	Rest time
	Pull Ups	/10	/10	/10	60
	* Cable row	/10	/10	/10	60
	Low Back Ext.	/12	/12	/12	60
	* Deadlift	/8	/8	/8	90
	Row Machine	/10	/10	/10	60
	Pulldown (close)	/10	/10	/10	60
	Leg ext	/12	/12	/12	60
	Leg curl	/12	/12	/12	60

Day 4 Notes	Exercise	Set 1	Set 2	Set 3	Rest time
	* Bench Press	/10	/10	/10	60
	Military Press	/10	/10	/10	60
	Chest Press Machine	/10	/10	/10	60
	DB Fly	/10	/10	/10	60
	* DB Bench Press	/10	/10	/10	60
	DB Lat Raise	/12	/12	/12	60
	Seated Inc. Curl	/10	/10	/10	45
	Rev. Push Down	/10	/10	/10	45
	Calf Raise	/20	/20	/20	60
	Abs				60

* Primary lift - must warm up 50% before sets, and fail each set



**CENTRAL PENN
GOLD**

Name: _____

Phase 2

Week#: 4

Day 1 Notes	Exercise	Set 1	Set 2	Set 3	Set 4	Rest Time
		Weight/reps	Weight/reps	Weight/reps	Weight/reps	Minutes
	* Squat	/8	/8	/8	/8	2
	Leg Curl	/10	/10	/10		1
	* Bench Press	/8	/8	/8	/8	2
	Row Machine	/8	/8	/8	/8	2
	* DB press	/10	/10	/10		1
	Lateral raise	/8	/8	/8		1
	Pull down (wide)	/10	/10	/10		1
	Preacher curl	/8	/8	/8		1
	Abs					

Day 2 Notes	Exercise	Set 1	Set 2	Set 3	Set 4	Rest Time
		Weight/reps	Weight/reps	Weight/reps	Weight/reps	Minutes
	* Leg Press	/10	/10	/10		2
	* Dead lift	/10	/10	/10		1.5
	Calf raise	/12	/12	/12		1
	* Military Press	/8	/8	/8		1.5
	T-Bar Row	/8	/8	/8		1.5
	Lying Tricep Ext	/10	/10	/10	/10	1
	DB Curl	/10	/10	/10	/10	1
	Abs					1

Day 3 Notes	Exercise	Set 1	Set 2	Set 3	Set 4	Rest Time
		Weight/reps	Weight/reps	Weight/reps	Weight/reps	Minutes
	* Squat	/10	/10	/10		2
	Leg Extension	/10	/10	/10		1
	Leg Curl	/10	/10	/10		1
	* Bench Press	/10	/10	/10		1.5
	* Cable Row	/10	/10	/10		1.5
	HS Shoulder Press	/10	/10	/10		1.5
	Pull Ups	/10	/10	/10		1.5
	Overhead Tri press	/8	/8	/8		1
	Abs					1

* Primary lift - must warm up 50% before sets, and fail each set



**CENTRAL PENN
GOLD**

Name: _____

Phase 2

Week#: 5

Day 1 Notes	Exercise	Set 1	Set 2	Set 3	Set 4	Rest Time
		Weight/reps	Weight/reps	Weight/reps	Weight/reps	Minutes
	* Squat	/8	/8	/8	/8	2
	Leg Curl	/10	/10	/10		1
	* Bench Press	/8	/8	/8	/8	2
	Row Machine	/8	/8	/8	/8	2
	* DB press	/10	/10	/10		1
	Lateral raise	/8	/8	/8		1
	Pull down (wide)	/10	/10	/10		1
	Preacher curl	/8	/8	/8		1
	Abs					

Day 2 Notes	Exercise	Set 1	Set 2	Set 3	Set 4	Rest Time
		Weight/reps	Weight/reps	Weight/reps	Weight/reps	Minutes
	* Leg Press	/10	/10	/10		2
	* Dead lift	/10	/10	/10		1.5
	Calf raise	/12	/12	/12		1
	* Military Press	/8	/8	/8		1.5
	T-Bar Row	/8	/8	/8		1.5
	Lying Tricep Ext	/10	/10	/10	/10	1
	DB Curl	/10	/10	/10	/10	1
	Abs					1

Day 3 Notes	Exercise	Set 1	Set 2	Set 3	Set 4	Rest Time
		Weight/reps	Weight/reps	Weight/reps	Weight/reps	Minutes
	* Squat	/10	/10	/10		2
	Leg Extension	/10	/10	/10		1
	Leg Curl	/10	/10	/10		1
	* Bench Press	/10	/10	/10		1.5
	* Cable Row	/10	/10	/10		1.5
	HS Shoulder Press	/10	/10	/10		1.5
	Pull Ups	/10	/10	/10		1.5
	Overhead Tri press	/8	/8	/8		1
	Abs					1

* Primary lift - must warm up 50% before sets, and fail each set



**CENTRAL PENN
GOLD**

Name: _____

Phase 2

Week#: 6

Day 1 Notes	Exercise	Set 1	Set 2	Set 3	Set 4	Rest Time
		Weight/reps	Weight/reps	Weight/reps	Weight/reps	Minutes
	* Squat	/8	/8	/8	/8	2
	Leg Curl	/10	/10	/10		1
	* Bench Press	/8	/8	/8	/8	2
	Row Machine	/8	/8	/8	/8	2
	* DB press	/10	/10	/10		1
	Lateral raise	/8	/8	/8		1
	Pull down (wide)	/10	/10	/10		1
	Preacher curl	/8	/8	/8		1
	Abs					

Day 2 Notes	Exercise	Set 1	Set 2	Set 3	Set 4	Rest Time
		Weight/reps	Weight/reps	Weight/reps	Weight/reps	Minutes
	* Leg Press	/10	/10	/10		2
	* Dead lift	/10	/10	/10		1.5
	Calf raise	/12	/12	/12		1
	* Military Press	/8	/8	/8		1.5
	T-Bar Row	/8	/8	/8		1.5
	Lying Tricep Ext	/10	/10	/10	/10	1
	DB Curl	/10	/10	/10	/10	1
	Abs					1

Day 3 Notes	Exercise	Set 1	Set 2	Set 3	Set 4	Rest Time
		Weight/reps	Weight/reps	Weight/reps	Weight/reps	Minutes
	* Squat	/10	/10	/10		2
	Leg Extension	/10	/10	/10		1
	Leg Curl	/10	/10	/10		1
	* Bench Press	/10	/10	/10		1.5
	* Cable Row	/10	/10	/10		1.5
	HS Shoulder Press	/10	/10	/10		1.5
	Pull Ups	/10	/10	/10		1.5
	Overhead Tri press	/8	/8	/8		1
	Abs					1

* Primary lift - must warm up 50% before sets, and fail each set



**CENTRAL PENN
GOLD**

Name: _____
Phase 3
Week#: 7

Day 1 Notes	Exercise	Set 1	Set 2	Set 3	Set 4	Rest time
		Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Minutes
	* Squat	/5	/5	/5	/5	2.5
	Leg curl	/8	/8	/8		1
	* Bench Press	/5	/5	/5	/5	2.5
	Row Machine	/5	/5	/5	/5	2.5
	Shldr press mach	/6	/6	/6		2
	Pull down (close)	/6	/6	/6		2
	* Preacher curl	/6	/6	/6		1
	V-bar push down	/6	/6	/6		1
	Abs					1

Day 2 Notes	Exercise	Set 1	Set 2	Set 3		Rest time
		Weight/reps	Weight/reps	Weight/reps		Minutes
	* Leg Press	/8	/8	/8		2
	* RDL	/8	/8	/8		1.5
	Calf Raise (leg prs)	/10	/10	/10		1
	* DB Incline press	/8	/8	/8		1.5
	DB Row	/8	/8	/8		1.5
	Lateral Raise	/10	/10	/10		1
	Reverse Fly	/10	/10	/10		1
	Standing DB Curl	/8	/8			30 sec
	Rev. Push Down	/8	/8			30 sec
	Abs					1

Day 3 Notes	Exercise	Set 1	Set 2	Set 3		Rest Time
		Weight/reps	Weight/reps	Weight/reps		Minutes
	* Squat	/6	/6	/6		2.5
	Leg Curl	/8	/8	/8		1
	* Bench Press	/6	/6	/6		2.5
	Cable Row	/6	/6	/6		2.5
	HS Shoulder Press	/8	/8	/8		1
	Pull Ups	/8	/8	/8		1
	Seated curl	/8	/8	/8		1
	Lying tricep ext	/8	/8	/8		1
	Abs					1

* Primary lift - must warm up 50% before sets, and fail each set



**CENTRAL PENN
GOLD**

Name: _____

Phase 3

Week#: 8

Day 1 Notes	Exercise	Set 1	Set 2	Set 3	Set 4	Rest time
		Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Minutes
	* Squat	/5	/5	/5	/5	2.5
	Leg curl	/8	/8	/8		1
	* Bench Press	/5	/5	/5	/5	2.5
	Row Machine	/5	/5	/5	/5	2.5
	Shldr press mach	/6	/6	/6		2
	Pull down (close)	/6	/6	/6		2
	* Preacher curl	/6	/6	/6		1
	V-bar push down	/6	/6	/6		1
	Abs					1

Day 2 Notes	Exercise	Set 1	Set 2	Set 3		Rest time
		Weight/reps	Weight/reps	Weight/reps		Minutes
	* Leg Press	/8	/8	/8		2
	* RDL	/8	/8	/8		1.5
	Calf Raise (leg prs)	/10	/10	/10		1
	* DB Incline press	/8	/8	/8		1.5
	DB Row	/8	/8	/8		1.5
	Lateral Raise	/10	/10	/10		1
	Reverse Fly	/10	/10	/10		1
	Standing DB Curl	/8	/8			30 sec
	Rev. Push Down	/8	/8			30 sec
	Abs					1

Day 3 Notes	Exercise	Set 1	Set 2	Set 3		Rest Time
		Weight/reps	Weight/reps	Weight/reps		Minutes
	* Squat	/6	/6	/6		2.5
	Leg Curl	/8	/8	/8		1
	* Bench Press	/6	/6	/6		2.5
	Cable Row	/6	/6	/6		2.5
	HS Shoulder Press	/8	/8	/8		1
	Pull Ups	/8	/8	/8		1
	Seated curl	/8	/8	/8		1
	Lying tricep ext	/8	/8	/8		1
	Abs					1

* Primary lift - must warm up 50% before sets, and fail each set



**CENTRAL PENN
GOLD**

Name: _____

Phase 3

Week#: 9

Day 1 Notes	Exercise	Set 1	Set 2	Set 3	Set 4	Rest time
		Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Minutes
	* Squat	/5	/5	/5	/5	2.5
	Leg curl	/8	/8	/8		1
	* Bench Press	/5	/5	/5	/5	2.5
	Row Machine	/5	/5	/5	/5	2.5
	Shldr press mach	/6	/6	/6		2
	Pull down (close)	/6	/6	/6		2
	* Preacher curl	/6	/6	/6		1
	V-bar push down	/6	/6	/6		1
	Abs					1

Day 2 Notes	Exercise	Set 1	Set 2	Set 3		Rest time
		Weight/reps	Weight/reps	Weight/reps		Minutes
	* Leg Press	/8	/8	/8		2
	* RDL	/8	/8	/8		1.5
	Calf Raise (leg prs)	/10	/10	/10		1
	* DB Incline press	/8	/8	/8		1.5
	DB Row	/8	/8	/8		1.5
	Lateral Raise	/10	/10	/10		1
	Reverse Fly	/10	/10	/10		1
	Standing DB Curl	/8	/8			30 sec
	Rev. Push Down	/8	/8			30 sec
	Abs					1

Day 3 Notes	Exercise	Set 1	Set 2	Set 3		Rest Time
		Weight/reps	Weight/reps	Weight/reps		Minutes
	* Squat	/6	/6	/6		2.5
	Leg Curl	/8	/8	/8		1
	* Bench Press	/6	/6	/6		2.5
	Cable Row	/6	/6	/6		2.5
	HS Shoulder Press	/8	/8	/8		1
	Pull Ups	/8	/8	/8		1
	Seated curl	/8	/8	/8		1
	Lying tricep ext	/8	/8	/8		1
	Abs					1

* Primary lift - must warm up 50% before sets, and fail each set