

BIG HOUSE TRAINING
MODIFIED WESTSIDE

WEEK 3

MAX EFFORT

1 RM WEIGHT

BENCH					
After set of 5	10				
begin 3 until	5				
tired then	3				
do singles	1				

SPEED EFFORT

1 RM REST 30 SECONDS

DEADLIFT					
	30 secs				
	30 secs				
	30 secs				
	30 secs				
	30 secs				
	30 secs				
	30 secs				
	30 secs				

REPEATED EFFORT

1 RM
SINGLE REPS

LEG	15				
BARBELL	15				
SQUAT	12				
	12				
	10				
	10				

SUPPLEMENTARY

JM PRESS	1 RM	REPS	WEIGHT		
		12			
		10			
		8			

CHINS		REPS	WEIGHT		
		failure	bw		
		failure	bw		
		failure	bw		
		Reps	WEIGHT		
ZOTMAN	1 RM	12			
		10			
		8			