

<b>Name</b>	MP	DL	SD	Q	<b>Regular</b>
<b>CURRENT MAX</b>	100	100	100	100	95%
<b>TRAINING MAX</b>	100	100	100	100	

Larry

Strength prep	Week 1	Week 2	Week 3	Week 4
Dynamic Warm				

Strength prep	Week 1	Week 2	Week 3	Week 4
Dynamic Warm				

Strength prep	Week 1	Week 2	Week 3	Week 4
Dynamic Warm				

Core Lift	Week 1	Week 2	Week 3	Week 4
Core Lift				
Bench Press				

Core Lift	Week 1	Week 2	Week 3	Week 4
Core Lift				
1 Arm Cable Press				

Core Lift	Week 1	Week 2	Week 3	Week 4
Core Lift				
1 Arm Cable Press				

Deadlifts	Week 1	Week 2	Week 3	Week 4
Deadlifts				

1 Arm Cable Press	Week 1	Week 2	Week 3	Week 4
1 Arm Cable Press				

1 Arm Cable Press	Week 1	Week 2	Week 3	Week 4
1 Arm Cable Press				

Main Accessory Lifts	Week 1	Week 2	Week 3	Week 4
Side DB Row				
Step Up				

Main Accessory Lifts	Week 1	Week 2	Week 3	Week 4
Step Up				
Step Up				

Main Accessory Lifts	Week 1	Week 2	Week 3	Week 4
Step Up				
Step Up				

# Excel Sheet Strength And Conditioning Programs

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