

<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	100	100	100	100
Bench Press	100	100	100	100

Core Lift	Week 1	Week 2	Week 3	Week 4
Core Lift	100	100	100	100
1 Arm Cable Press	100	100		

Core Lift	Week 1	Week 2	Week 3	Week 4
Core Lift	100	100	100	100
1 Arm Cable Press	100	100		

Deadlifts	Week 1	Week 2	Week 3	Week 4
Deadlifts	100	100	100	100

1 Arm Cable Press	Week 1	Week 2	Week 3	Week 4
1 Arm Cable Press	100	100		

1 Arm Cable Press	Week 1	Week 2	Week 3	Week 4
1 Arm Cable Press	100	100		

Main Accessory Lifts				
	Week 1	Week 2	Week 3	Week 4
Side DB Rows	100	100	100	100
Step Up	100	100		

Main Accessory Lifts				
	Week 1	Week 2	Week 3	Week 4
Step Up	100	100		
Step Up	100	100		

Main Accessory Lifts				
	Week 1	Week 2	Week 3	Week 4
Step Up	100	100		
Step Up	100	100		

# Excel Sheet Strength And Conditioning Programs

**Sebastian Brünink**



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