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|  | **Week**  **1** | **Week**  **2** | **Week**  **3** | **Week**  **4** | **Week**  **5** | **Week**  **6** | **Week**  **7** | **Week**  **8** |
| **Walking Lunge** | 4x20  no weight | 4x30  no weight | 4x10  low weight | 4x16  low weight | 4x20  low weight | 4x10  mid weight | 4x10  high weight | 4x20  high weight |
| **Bucket Swing** | 4x12  low weight | 4x12  low weight | 4x6  mid weight | 4x6  mid weight | 4x12  low weight | 4x12  low weight | 4x6  mid weight | 4x6  mid weight |
| **Squats** | 4x20  no weight | 4x20  no weight | 4x15  low weight | 4x15  low weight | 2x10  low weight  2x10  high weight | 2x10  low weight  2x10  high weight | 3x10 high weight  1x As Many as Possible | 3x10 high weight  1x As Many as Possible |
| **Ground to Truck** | 3x5  each side  low weight | 3x5  each side  low weight | 3x8  each side  low weight | 3x8  each side  low weight | 3x10  each side  low weight | 3x10  each side  low weight | 3x12  each side  low weight | 3x12  each side  low weight |

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|  | **Week**  **1** | **Week**  **2** | **Week**  **3** | **Week**  **4** | **Week**  **5** | **Week**  **6** | **Week**  **7** | **Week**  **8** |
| **Bucket Front Raise** | 4x20  no weight | 4x30  no weight | 4x10  low weight | 4x16  low weight | 4x20  low weight | 4x10  mid weight | 4x10  high weight | 4x20  high weight |
| **Paint Cans** | 4x12  low weight | 4x12  low weight | 4x6  mid weight | 4x6  mid weight | 4x12  low weight | 4x12  low weight | 4x6  mid weight | 4x6  mid weight |
| **Curls** | 4x20  no weight | 4x20  no weight | 4x15  low weight | 4x15  low weight | 2x10  low weight  2x10  high weight | 2x10  low weight  2x10  high weight | 3x10  high weight  1x  As Many as Possible | 3x10  high weight  1x  As Many as Possible |
| **One Armed, Lawn Mower Rows** | 3x5  each side  low weight | 3x5  each side  low weight | 3x8  each side  low weight | 3x8  each side  low weight | 3x10  each side  low weight | 3x10  each side  low weight | 3x12  each side  low weight | 3x12  each side  low weight |

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|  | **Week**  **1** | **Week**  **2** | **Week**  **3** | **Week**  **4** | **Week**  **5** | **Week**  **6** | **Week**  **7** | **Week**  **8** |
| **Bucket Swings** | 4x20  no weight | 4x30  no weight | 4x10  low weight | 4x16  low weight | 4x20  low weight | 4x10  mid weight | 4x10  high weight | 4x20  high weight |
| **Truck Bed Dips** | 3x5 | 3x5 | 4x5 | 4x10 | 4x10 | 2x8  2x10 | 3x10  1x  As Many as Possible | 3x10  1x  As Many as Possible |
| **Grip Strengthener** | 4x20  no weight | 4x20  no weight | 4x15  low weight | 4x15  low weight | 2x10  low weight  2x10  high weight | 2x10  low weight  2x10  high weight | 3x10  high weight  1x  As Many as Possible | 3x10  high weight  1x  As Many as Possible |
| **Squats** | 4x20  no weight | 4x20  no weight | 4x15  low weight | 4x15  low weight | 2x10  low weight  2x10  high weight | 2x10  low weight  2x10  high weight | 3x10  high weight  1x  As Many as Possible | 3x10  high weight  1x  As Many as Possible |