

Lift Big Eat Big
8 week super compensation program
5x/week general strength & conditioning program

Week 1:

Monday

Back squat:

4x6 @ 70%

Shoulder press:

4x5 @ 70%

Pullups:

3x8

Tuesday:

Tabata squats

Tabata pushups(chest to ground, arms locked out at top)

Tabata lunges (walking lunges, knees touch ground)

Tabata situps(touch chest to knees every time)

Tabata burpees

Wednesday:

Front squat:

6x5 @ 75%

Deadlift: (double overhand grip)

3x3 @ 85%

Box jumps: (max height)

3x5

Thursday:

Rest

Friday:

Back squat:

8x3 @ 80%

Push press behind neck:

4x5 @ 80%

RDL: (snatch grip w/ straps)

3x6 @ 115lbs

Saturday:

20 burpees, 1 situp

19 burpees, 2 situps

18 burpees, 3 situps

17 burpees, 4 situps

etc.....

3 burpees, 18 situps

2 burpees, 19 situps

1 burpees, 20 situps

Week 2:

Monday:

Back squat:

4x6 @ 75%

Shoulder press:

4x5 @ 75%

Pullups:

3x8

Tuesday:

Tabata squats

Tabata pushups(chest to ground, arms locked out at top)

Tabata lunges (walking lunges, knees touch ground)

Tabata situps(touch chest to knees every time)

Tabata burpees

Wednesday:

Front squat:

5x5 @ %80%

Deadlift: (double overhand grip)

2x2 @ 90%

Jumping back squats:

3x4 @ 25% (of back squat)

Thursday:

Rest

Friday:

Back squat:

7x3 @ 85%

Saturday:

4 rounds:

20 burpees

400m run

(Rest 2-3 mins between rounds)

Week 3:**Monday:**

Back squat:

4x3 @ 65%

Bench press:

5x3 @ 65%

Tuesday:

Row 2000m

100 situps

Wednesday:

Front squat:

4x3 @ 65%

Push press:

3x3 @ 65%

Thursday:

Rest

Friday:

Deadlifts:

5x3 @ 65%

Box jumps:

3x5

Saturday:

20 burpees
row 400m
20 burpees
row 400m

Week 4:**Monday:**

Back squat:
3x2 @ 80%

Front squat:
3x1 @ 80%

50 situps

Tuesday:

Rest

Wednesday:

Test new back squat
Test new push press max

Thursday:

Rest

Friday:

Test front squat max
Test deadlift max

Week 5:**Monday**

Back squat:
4x5 @ 80%

Shoulder press:
4x5 @ 80%

Pullups:
3x8

Tuesday:

Tabata squats

Tabata pushups(chest to ground, arms locked out at top)

Tabata lunges (walking lunges, knees touch ground)

Tabata situps(touch chest to knees every time)

Tabata burpees

Wednesday:

Front squat:

5x5 @ 80%

Deadlift: (double overhand grip)

3x2 @ 90%

Box jumps: (max height)

3x5

Thursday:

Rest

Friday:

Back squat:

7x2 @ 85%

Push press behind neck:

4x4 @ 85%

RDL: (snatch grip w/ straps)

3x6 @ 120lbs

Saturday:

20 burpees, 1 situp

19 burpees, 2 situps

18 burpees, 3 situps

17 burpees, 4 situps

etc.....

3 burpees, 18 situps

2 burpees, 19 situps

1 burpees, 20 situps

Week 6:

Monday:

Back squat:

5x3 @ 85%

Shoulder press:

5x3 @ 85%

Pullups:

3x8

Tuesday:

Tabata squats

Tabata pushups(chest to ground, arms locked out at top)

Tabata lunges (walking lunges, knees touch ground)

Tabata situps(touch chest to knees every time)

Tabata burpees

Wednesday:

Front squat:

5x4 @ 84%

Deadlift: (double overhand grip)

3x2 @ 90%

Jumping back squats:

3x4 @ 45% (of back squat)

Thursday:

Rest

Friday:

Back squat:

6x2 @ 90%

Saturday:

4 rounds:

20 burpees

400m run

(Rest 2-3 mins between rounds)

Week 7:

Monday:

Back squat:
4x3 @ 75%

Bench press:
5x3 @ 75%

Tuesday:

Row 2000m
100 situps

Wednesday:

Front squat:
4x3 @ 75%

Push press:
3x3 @ 75%

Thursday:

Rest

Friday:

Deadlifts:
5x3 @ 75%

Box jumps:
3x5

Saturday:

20 burpees
row 400m
20 burpees
row 400m

Week 8:

Monday:

Back squat:
3x1 @ 90%

Front squat:
3x1 @ 90%

50 situps

Tuesday:

Rest

Wednesday:

Test new back squat

Test new push press max

Thursday:

Rest

Friday:

Test front squat max

Test deadlift max