

Lift Big Eat Big
4 week super compensation program
3x/week Beginner program

Week 1:

Monday

Find max for day, Then: Back squat:

4x6 @ 70%

Find max for say, then: Shoulder press:

4x5 @ 70%

Assisted pullups:

3x8

Tuesday:

Rest

Wednesday:

Find max for day, then: Front squat:

6x5 @ 75%

Deadlift: (double overhand grip)

3x3 @ 85%

Box jumps: (max height)

3x5

Thursday:

Rest

Friday:

Find max for day, then: Back squat:

8x3 @ 80%

Find max for day, then: Push press behind neck:

4x5 @ 80%

Stiff leg deadlift: (wide grip w/ straps)

3x6 @ 75lbs

Saturday:

Rest

Week 2:

Monday:

Back squat:

4x6 @ 75%

Shoulder press:

4x5 @ 75%

Pullups:

3x8

Tuesday:

Rest

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:

Rest

Week 3:

Monday:

Back squat:

4x3 @ 65%

Bench press:

5x3 @ 65%

Tuesday:

Rest

Wednesday:

Front squat:

4x3 @ 65%

Push press:

3x3 @ 65%

Thursday:

Rest

Friday:

Deadlifts:

5x3 @ 65%

Box jumps:

3x5

Saturday:

Rest

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