

SixPack Strength WORKOUT LOG

#1 – Ramp Up

<http://www.sixpacksmackdown.com>



Monday

Box Squats to a heavy double	Warm-up	Warm-up	Warm-up	Warm-up	2	2	2
Deadlift Triples up to a heavy single	3	3	3	3	1	1	1
Bench Press Pyramid	10	8	6	4	3	2	6
4 Set Tri-Set Incline DB Press x 15 Flyes (cable or db) x 10 Pull-Ups x 10 add weight if you need							
Dips 5x10 (add weight)	10	10	10	10	10		
GHD 4x10							
Ab Wheel or Crunches 100 reps							
Lunges 200-400	#						

Date Completed: _____

Body Weight: _____

Workout Location: _____

Notes:

Deadlifts – conventional or sumo... your choice

Week 1- Off 4 mats

Week 2- Off 2 mats

Week 3- from a 1 plate deficit

Week 4- from the floor

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Tuesday

Front Squat 5 count pause up to a heavy single	Warm-up	Warm-up	Warm-up	2	1	1	1
Close Grip Bench 1 sec. pause – triples to heavy single	3	3	3	3	1	1	1
Military Press work up to heavy set of 5	Warm-up	Warm-up	Warm-up		5	5	5
Weighted Pull-Ups 5 x 5-8 reps (add weight if necessary)							
GHD 4x10 hold plates if needed							
Ab Wheels or Crunches	#						
Lunges 200-400m	#						

Date Completed: _____

Body Weight: _____

Workout Location: _____

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Wednesday

Back Squat Work to a MAX	Warm-up	Warm-up	Warm-up	Warm-up	Warm-up	1	1
Power Clean 4x2 OR Speed Deadlift 4x2	2	2	2	2			
Weighted Dips 4x5	5	5	5	5			
Barbell or DB Military 3 x 3-6 reps							
GHD 4x10 hold plates if needed							
Ab Wheels or Crunches	#						
Lunges 200-400m	#						

Date Completed: _____
 Body Weight: _____
 Workout Location: _____
 Notes: _____

Back Squats: use bands if you have them
 - Week 1- 1 mini band per side
 - Week 2 - 2 mini bands per side
 - Week 3- 3 mini bands per side
 - Week 4- No bands

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Thursday

Front Squats Optional – up to a heavy double	Warm-up	Warm-up	Warm-up	Warm-up	Warm-up	2	2
Flat Bench 1 sec. pause up to a heavy single	Warm-up	Warm-up	Warm-up	Warm-up	Warm-up	1	1
Weighted Dips 5x10	10	10	10	10	10		
Tri Set x 4 Wide Lat Pull Down x 12 -rest :30 - Seated or bent over row 6-10 reps							
Finisher 5 sets Pull-Ups 10 reps Dips 10-20 reps							
GHD 4x10 hold plates if needed							
Ab Wheels or Crunches	#						
Lunges 200-400m	#						

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Friday

Back Squats 6x2 Speed Squats	2	2	2	2	2	2	
Military Press 5x3	Warm-up	Warm-up	3	3	3	3	3
High Pulls 4 x 5-8 reps							
6 Set Tri-Set Barbell Skulls 15 reps Lateral Raises 6-8 reps Front Raise 6-8 reps							
GHD 4x10 hold plates if needed							
Ab Wheels or Crunches	#						
Lunges 200-400m	#						

Date Completed: _____

Body Weight: _____

Workout Location: _____

Notes: _____

Back Squats: Use specialty bar if you have it (SSB, Buffalo Bar, etc)

Work on explosion. Use bands if needed, 2 per side.

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Saturday

Active Recovery / Rest Day... You can also choose to work on weaknesses or do one of the workouts below:

Empty Barbell Workout

<https://www.sixpacksmackdown.com/b/sixpacksmackdown/posts/full-body-barbell-workout>

Bodyweight Workout:

100 of each:

Squat}

Pushups

pullups

Abs

GHD

Dips or Bench Dips

400 meters Lunges

Date Completed: _____

Body Weight: _____

Workout Location: _____

Notes:

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Sunday

REST DAY

400 meters lunges

Ghd- 4x10

Abs- 100 reps

Date Completed: _____

Body Weight: _____

Workout Location: _____

Notes: