



# **12 WEEK - 6 DAY SPLIT**

### EACH MESOCYCLE TEMPLATE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OFF		V	VEEK 1 (Main Lifts: 5 r	eps x 4 sets + AMRAF	?)	
OFF			WEEK 2 (Main Lift	s: 3 reps x 4 sets)		
OFF		WEEK	3 (TEST Week with 10	,5,3,1,1,AMRAP rep so	cheme)	
OFF			WEEK 4 (Speed wo	ork with 70% 1RM)		

After each mesocycle you select a projected 1RM for the next 4 week cycle. This new 1RM will set your percentages for working sets leading up to the next TESTING WEEK (Week 3).





#### WWW.NICKBAREFITNESS.COM

#### Chest/Tricep - Bench Focus

This workout consists of the respective weeks main lift (bench press) followed by volume/accessory exercises for chest/tricep development. A generous amount of warm up exercises/sets should be performed prior to beginning the main lift program.

EXERCISE	<u>REPS</u>	<u>SETS</u>	NOTES				
Bench Press	(Respective Weel	(s Training %)	*Refer to the pr	evious page for	your % of 1RM program	ming for the mesocy	rcle you are in.
Incline Dumbell Press	10-12	4					
Cable Flys or Machine Fly	12-15	4					
Floor Press	10-12	4					
Overhead Tricep Extension	12-15	4	*Single arm du	mbbell or cable.			
Tricep Cable Pushdown	12-15	4	*Superset these	e two exercises.			
Dips	AMRAP	4					





#### WWW.NICKBAREFITNESS.COM

Back/Bicep - Hypertrophy Focus

This workout is strictly a hypertrophy programmed workout with NO main lifts involved. It focuses on back and bicep development.

EXERCISE	REPS	<u>SETS</u>	<u>NOTES</u>					
Pull-Ups	AMRAP	4	*Superset these	e two exercises.				
Lat Pull Down	10-12	4						
Dumbbell One Arm Row	10-12	4						
Pendlay Row (Barbell)	10-12	4						
Reverse Seated Lat Pull Down	12-15	4	*Sit on lat pull d	own turned awa	y from weight st	ack, lighten weig	ht and focus on	lat contraction.
Dumbbell Curl	12-15	4						
Preacher Curl	12-15	4	*Superset these	e two exercises.				
Reverse EZ Bar Curl	12-15	4						





#### WWW.NICKBAREFITNESS.COM

#### Legs- Squat Focus

This workout consists of the respective weeks main lift (squat) followed by volume/accessory exercises for leg development. A generous amount of warm up exercises/sets should be performed prior to beginning the main lift program.

EXERCISE	REPS	<u>SETS</u>	NOTES				
Squat	(Respective Week	ks Training %)	*Refer to the p	revious page for	your % of 1RM programmir	ig for the mesocycle y	ou are in.
Barbell or Dumbbell Lunge	10 each leg	4					
Stiff Leg Deadlifts	10-12	4	Focus on hams	string contractior	and squeeze glutes.		
Hamstring Curl	10-12	4					
Leg Extensions	10-12	4					
Calf Raises	15-20	6					





#### WWW.NICKBAREFITNESS.COM

Shoulders/Arms - Hypertrophy Focus

This workout is strictly a hypertrophy programmed workout with NO main lifts involved. It focuses on shoulders and arms development.

EXERCISE	<u>REPS</u>	<u>SETS</u>	<u>NOTES</u>			
Barbell Overhead Press	8-10	4	*Superset these	e three exercises		1
Arnold Press	10-12	4				
Seated Dumbell Press	10-12	4				
Side Lateral Raises	12-15	4	*Superset these	e two exercises.		
Front Plate Raises	12-15	4				
Facepulls (cable rope attachment)	15-20	4				
Dumbbell Shrugs	12-15	4				
Barbell Curls	12-15	6	*Superset these	e two exercises.		
Close Grip Bench Press	12-15	6				





#### WWW.NICKBAREFITNESS.COM

#### Back/Chest- Deadlift Focus

This workout consists of the respective weeks main lift (deadlift) followed by volume/accessory exercises for back and chest development. A generous amount of warm up exercises/sets should be performed prior to beginning the main lift program.

EXERCISE	<u>REPS</u>	<u>SETS</u>	<u>NOTES</u>							
Deadlift	(Respective Weeks Training %)		*Refer to the previous page for your % of 1RM programming for the mesocycle you are in.							
Low Cable Rows	10-12	4								
Pull-Ups	AMRAP	4								
Dumbbell Chest Press	8-10	4								
Incline Barbell Press	10-12	4								
Dumbbell Incline Fly	12-15	4								





#### WWW.NICKBAREFITNESS.COM

Legs - Hypertrophy Focus

This workout is strictly a hypertrophy programmed workout with NO main lifts involved. It focuses on leg development.

EXERCISE	<u>REPS</u>	<u>SETS</u>	NOTES		
Front Squats	8-10	4			
Jefferson Squats	12-15	4			
Leg Extension	10-12	4			
Leg Extension (one-leg)	8-10	4	*Superset thes	e two exercises.	
Leg Extension	8-10	4			
Barbell Hip Thrust	10-12	4			
Leg Press (one-leg)	10-12	4			
Calf Raises	15-20	6			