

No Bench Linear Program

This program should be linear and aim to increase 2.5kg – 5kg per session on the main lifts. (Squat, Deadlift, OHP). The sets and reps can change and allows for plenty of autoregulation for when you feel really good and bad.

Monday

Back Squat	5 x 5
Dumbbell Row	4 x 6
Pullup	4 x 12
Bicep Curl	4 x 6
Stretching	

Tuesday

Sumo Deadlift	5 x 3
Overhead Press	5 x 3
Dumbbell Press	4 x 8
Dips	4 x 8
Ab Exercises	

Thursday

Back Squat	4 x 7
Pullup	4 x 6
Dumbbell Row	3 x 12
Bicep Curl	3 x 12
Stretching	

Friday

Paused Sumo Deadlift	3 x 3
Overhead Press	3 x 7
Conventional Deadlift	2 x 12
Dumbbell Press	4 x 8
Dips	4 x 8
Ab Exercises	

Monday & Tuesday are heavy days.
Thursday & Friday are hypertrophy days.

Ab exercises are typically Ab Wheel Rollouts.
Core Training Advice (https://youtu.be/VFPZgMH_Fo8)