

Program Structure

How to set up your training week by week.

Undulation

Undulation is based on slowly increasing resistance over time but in a very specific way. Even though I start all programs at 60% of your maxes, this is my favorite type of programming.

This style of setting up a program is based on how the central nervous system works overtime.

If we push our selves to lift heavier and heavier could (will) strain our spinal cord and brain over time.

This system helps prevent overreaching, this is taxing your CNS and can lead to injury, lack of hormone release like growth hormone. This will also lead to increases of stress hormones.

This is a small progression at the start with a de-load week before going heavy.

Undulation by 10%

Based On Maxes

Week 1 – 60%

Week 2 – 70%

Week 3 – 50%

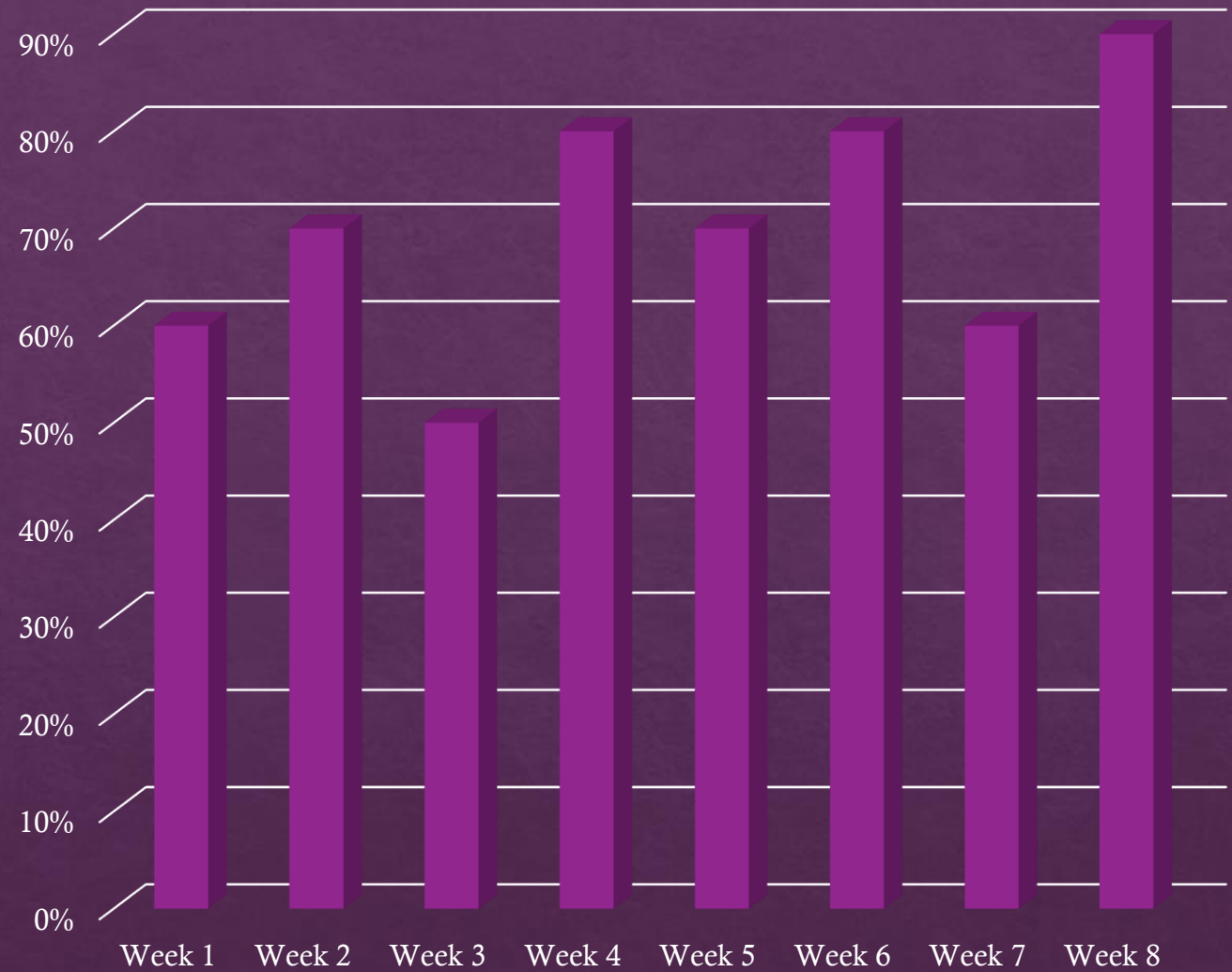
Week 4 – 80%

Week 5 – 70%

Week 6 - 80%

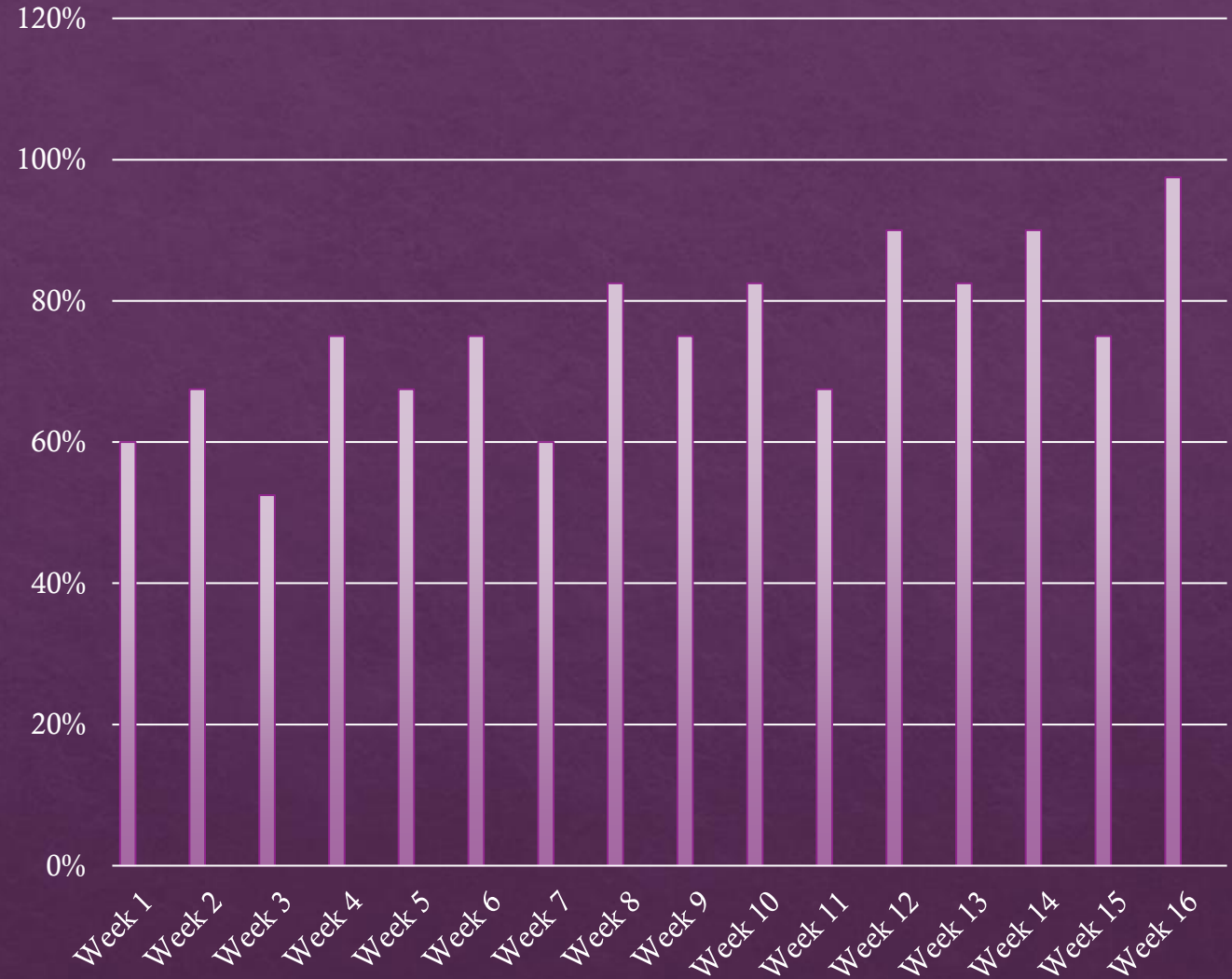
Week 7 – 60%

Week 8 – 90%



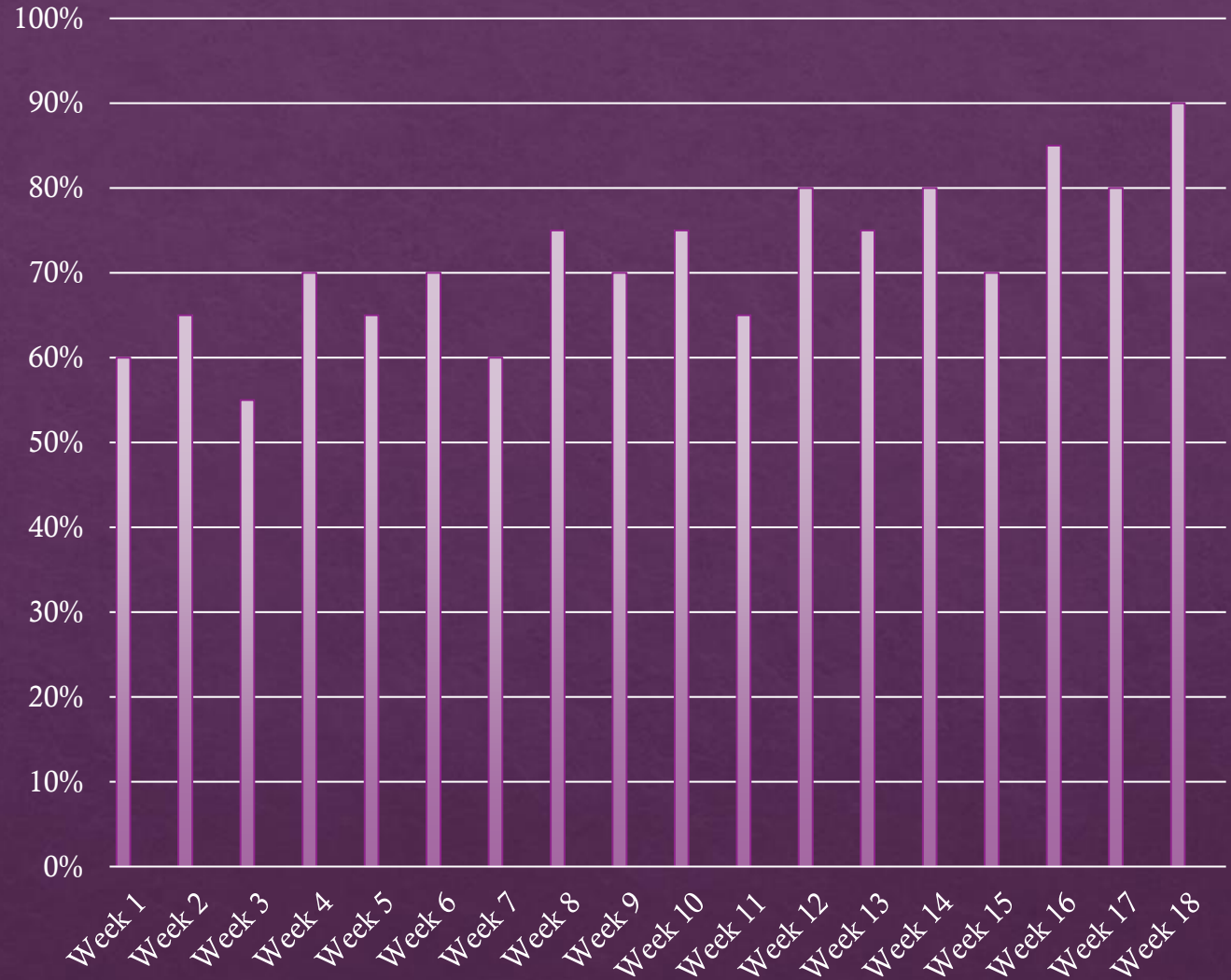
Undulation by 7.5% Based On Max

- Week 1 – 60%
- Week 2 – 67.5%
- Week 3 – 52.7%
- Week 4 - 75%
- Week 5 – 67.5%
- Week 6 – 75%
- Week 7 – 60%
- Week 8 – 82.5%
- Week 9 – 75%
- Week 10 – 82.5%
- Week 11 – 67.5%
- Week 12 – 90%
- Week 13 – 82.5%
- Week 14 – 90%
- Week 15 – 75%
- Week 16 – 97.5%



Undulation by 5% Based On Maxes

- Week 1 – 60%
- Week 2 – 65%
- Week 3 – 55%
- Week 4 – 70%
- Week 5 – 65%
- Week 6 – 70%
- Week 7 – 60%
- Week 8 – 75%
- Week 9 - 70%
- Week 10 – 75%
- Week 11 – 65%
- Week 12 – 80%
- Week 13 – 75%
- Week 14 – 80%
- Week 15 – 70%
- Week 16 – 85%
- Week 17 – 80%
- Week 18 – 90%



Stair Progression

Increasing slowly

Stair Progression

This type of programming is great for people starting out on their journey. This form of programming is a small and consistent way of increasing progression overload.

This is a simple way of just lifting heavier each week or increasing volume.

Stair Progression Based On Maxes By 10%

- Week 1 – 60%
- Week 2 – 70%
- Week 3 – 80%
- Week 4 – 90%



Stair Progression Based On Maxes By 7.5%

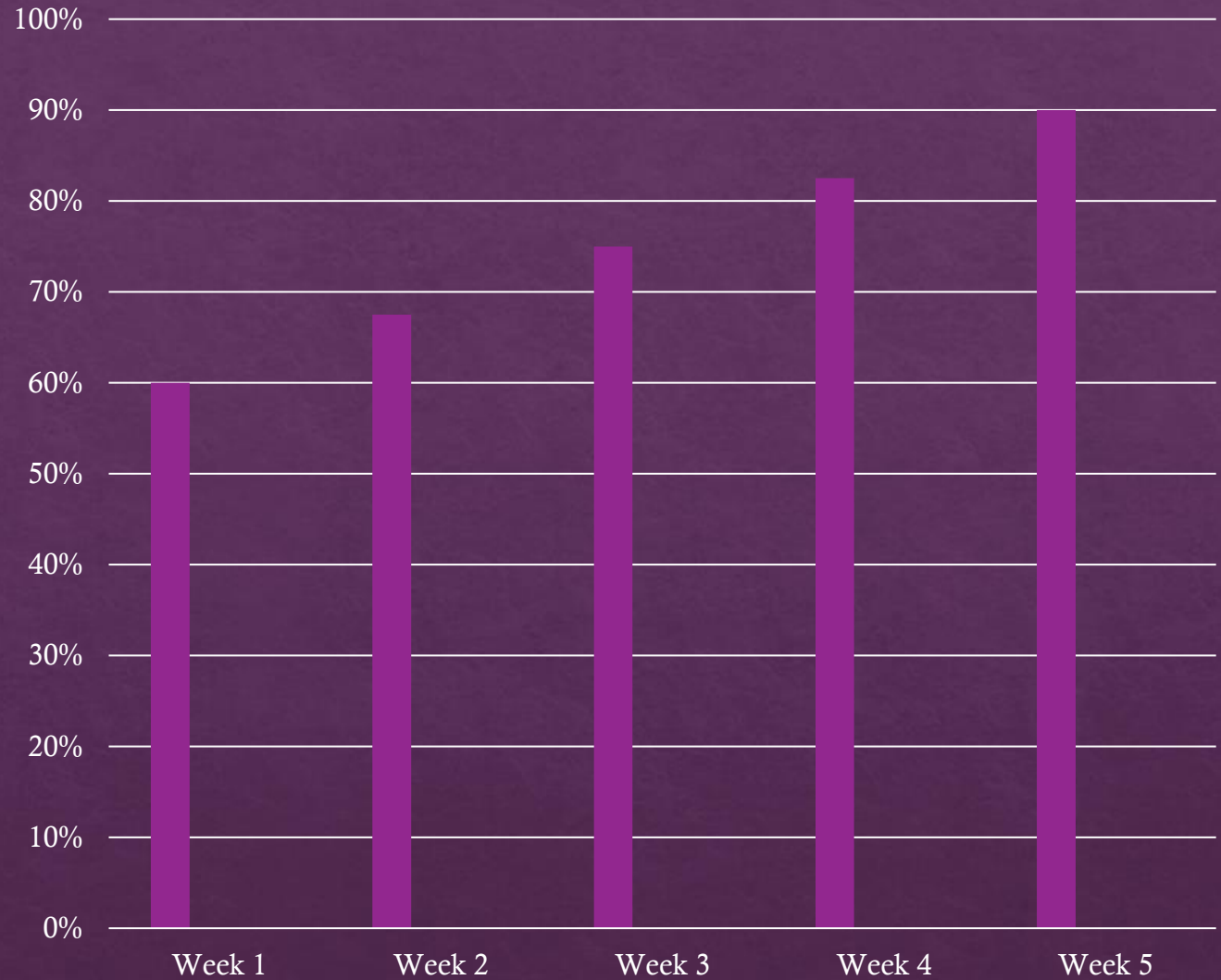
Week 1 – 60%

Week 2 – 67.5%

Week 3 – 75%

Week 4 – 82.5%

Week 5 – 90%



Stair Progression Based On Maxes By 5%

Week 1 – 60%

Week 2 – 65%

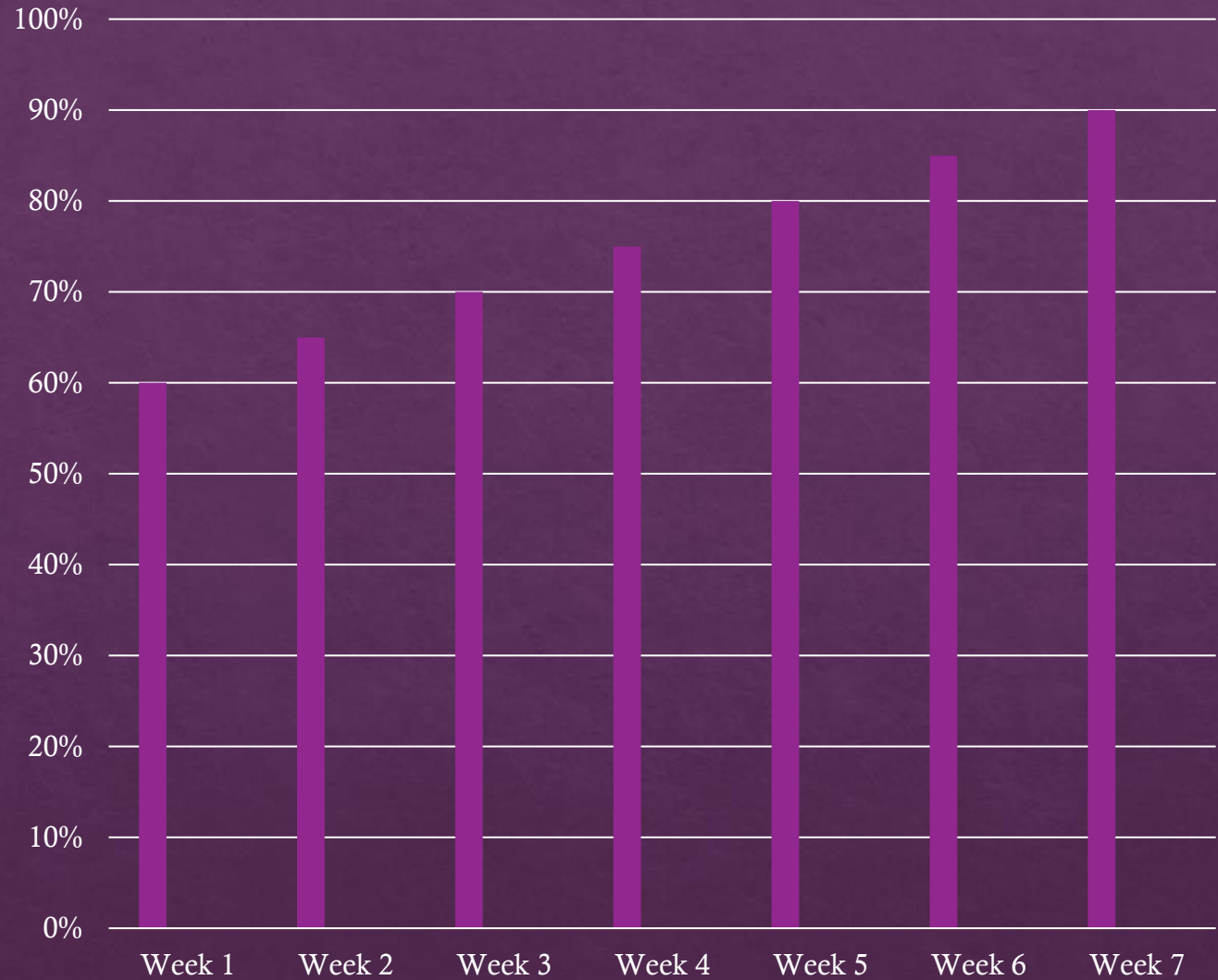
Week 3 – 70%

Week 4 – 75%

Week 5 – 80%

Week 6 – 85%

Week 7 – 90%



De-Loading

De-Loading is a progression of decreasing volume and or intensity. This is best used after peaking, hitting a new max, lifting or training a lot after some time.

This is a very simple idea, so I am only going to show you one example.

De-Load Based On Maxes

Week 1- 80%

Week 2 – 70%

Week 3 – 60%

Week 4 – 50%

