

**1-10 RPE Scale**

1-2	Rest-Easy
3-4	Moderate
5-7	Hard
8-9	Really Hard
10	Maximal

BB - Barbell	MB - Med balls		
BTW - Between	AMRAP - As many reps/rounds as possible		
DB - Dumbbell	PR - Personal Record		
KB - Kettlebell	Trap - Trap Bar		
RDL - Romanian Deadlift			
<b>Day 1 (LEGS &amp; SHOULDERS)</b>			
WEEK 1	WEEK 2	WEEK 3	WEEK 4

# February

<b>Day 2 (CHEST &amp; BACK)</b>			
WEEK 1	WEEK 2	WEEK 3	WEEK 4

<b>ETOWN : BOWERS TRAINING PROGRAM 1</b>			
<b>PR TRACKER</b>			
SQUAT	BENCH	DEADLIFT	
<b>Day 3 (TOTAL BODY)</b>			
WEEK 1	WEEK 2	WEEK 3	WEEK 4

<b>POWER</b>	<b>Rest 60s Btw Sets</b>							
	<b>KB SWINGS</b>							
	FEET OUTSIDE HIPS. WRIST MAKE CONTACT WITH THIGHS.							
	8		8		8		8	
	8	No tempo	8	No tempo	8	No tempo	8	No tempo

<b>POWER</b>	<b>Rest 60s Btw Sets</b>							
	<b>MB OVERHEAD SLAMS</b>							
	RAISE MB OVERHEAD. SNAP HIPS DOWN. SLAM MB.							
	12		15		20		15	
	12	No tempo	15	No tempo	20	No tempo	15	No tempo

<b>POWER</b>	<b>Rest 60s Btw Sets</b>							
	<b>BOX JUMPS</b>							
	FEET HIP WIDTH APART. DRIVE ARMS AND HIPS LAND TALL ON BOX							
	5		5		4		3	
	5	No tempo	5	No tempo	4	No tempo	3	No tempo

<b>STRENGTH</b>	<b>No Rest Btw Exercises, 90s Btw Tri-Set</b>							
	<b>1A: SQUAT Circle one: (DB / KB / BB)</b>							
	FEET OUTSIDE HIPS. FEET STAY FLAT! KEEP UPRIGHT CHEST. SHOULDERS COME UP FIRST							
	12		12		10		8	
	12	2-1-1 Tempo	10	2-1-1 Tempo	10	2-1-1 Tempo	8	2-1-1 Tempo

<b>STRENGTH</b>	<b>No Rest Btw Exercises, 90s Btw Tri-Set</b>							
	<b>1A: FLAT BENCH PRESS (DB or BB)</b>							
	KEEP ELBOWS AT A 45° BACK FLAT INTO BENCH. NO ARCH							
	12		10		10		8	
	12	2-1-1 Tempo	10	2-1-1 Tempo	10	2-1-1 Tempo	8	2-1-1 Tempo

<b>STRENGTH</b>	<b>No Rest Btw Exercises, 90s Btw Tri-Set</b>							
	<b>1A: DEADLIFTS Circle one ( BB / Trap / KB )</b>							
	FLAT BACK. SIT ON HEELS. DRIVE HIPS & SHOULDERS. FINISH PILLAR POS.							
	12		12		10		8	
	12	1-1-2 Tempo	10	1-1-2 Tempo	10	1-1-2 Tempo	8	1-1-2 Tempo

<b>CORE &amp; AUXILIARY</b>	<b>No Rest Btw Exercises, 60s Btw Tri-Set</b>							
	<b>2A: BB RDL's</b>							
	MEASURE THUMBS OUTSIDE HIPS. SOFT KNEES. TRACE BAR TO SHIN. FINISH PILLAR POS.							
	8		8		6		6	
	8	2-1-1 Tempo	6	2-1-1 Tempo	6	2-1-1 Tempo	6	2-1-1 Tempo

<b>CORE &amp; AUXILIARY</b>	<b>No Rest Btw Exercises, 60s Btw Tri-Set</b>							
	<b>2A: PUSH UPS</b>							
	KEEP ELBOWS TIGHT TO SIDES. ARMS AT A 45°							
	10-15		10-20		10-25		10-15	
	10-15	1-1-1 Tempo	10-20	1-1-1 Tempo	10-25	1-1-1 Tempo	10-15	1-1-1 Tempo

<b>CORE &amp; AUXILIARY</b>	<b>No Rest Btw Exercises, 60s Btw Tri-Set</b>							
	<b>2A: SPLIT SQUAT LUNGES (INPLACE)</b>							
	KEEP ARMS BY SIDES. NARROW BASE. CHEST UP.							
	8		8		6		6	
	8	1-1-1 Tempo	6	1-1-1 Tempo	6	1-1-1 Tempo	6	1-1-1 Tempo

<b>COND RPE</b>	<b>2B: 3-WAY SHOULDER RAISE (Y's / T's / W's)</b>							
	ELBOWS STRAIGHT ON Y's & T's. THUMBS UP. W's ELBOWS BENT. THUMBS UP							
	8		8		10		10	
	8	1-1-1 Tempo	8	1-1-1 Tempo	10	1-1-1 Tempo	10	1-1-1 Tempo
	8		8		10		10	

<b>COND RPE</b>	<b>2B: HALF KNEELING 1-ARM CABLE ROW</b>							
	RIGHT KNEE ON GROUND WEIGHT IN RIGHT HAND. PULL HAND TO SIDE							
	10		10		8		8	
	10	1-1-2 Tempo	10	1-1-2 Tempo	8	1-1-2 Tempo	8	1-1-2 Tempo
	10		8		8		8	

<b>COND RPE</b>	<b>2B: DB NEUTRAL GRIP ROW</b>							
	STAGGERED STANCE. 1 HAND ON BENCH. ROW FROM THE TIP OF SHOE TO THE BACK OF HIP.							
	8		8		6		6	
	8	1-1-2 Tempo	6	1-1-2 Tempo	6	1-1-2 Tempo	6	1-1-2 Tempo
	8		6		6		6	

<b>COND RPE</b>	<b>2C: PLANK</b>							
	HANDS FLAT. ELBOWS UNDER SHOULDER. FLAT BACK							
	30		30		30		30	
	30	time	30	time	30	time	30	time
	30		30		30		30	

<b>COND RPE</b>	<b>2C: SIDE PLANK</b>							
	HAND FLAT. ELBOW UNDER SHOULDER. KEEP HIPS HIGH							
	20		25		30		30	
	20	time	25	time	30	time	30	time
	20		25		30		30	

<b>COND RPE</b>	<b>2C: KB PULL THROUGH</b>							
	PUSH UP POS. WIDE FEET. KB ON LEFT SIDE. REACH WITH RIGHT HAND DRAG KB TO OUT SIDE							
	20		25		30		30	
	20	time	25	time	30	time	30	time
	20		25		30		30	

TREAD MILL RUN: 10-15 MINUTES.... 30	TREAD MILL RUN: 10-15 MINUTES.... 30	TREAD MILL RUN: 10-15 MINUTES.... 30	TREAD MILL RUN: 10-15 MINUTES.... 30	KEISER BIKE: 20 SEC ON : 20 SEC OFF 6 ROUNDS	KEISER BIKE: 20 SEC ON : 20 SEC OFF 8 ROUNDS	KEISER BIKE: 25 SEC ON : 25 SEC OFF 6 ROUNDS	KEISER BIKE: 20 SEC ON : 25 SEC OFF 8 ROUNDS	STEP MILL or BIKE or TREADMILL: LIGHT CARDIO 8-12 MINUTES	STEP MILL or BIKE or TREADMILL: LIGHT CARDIO 10-12 MINUTES	STEP MILL or BIKE or TREADMILL: LIGHT CARDIO 12-15 MINUTES	STEP MILL or BIKE or TREADMILL: LIGHT CARDIO 8-12 MINUTES
BASE PACE...30 SEC	BASE PACE...30 SEC	BASE PACE...30 SEC	BASE PACE...30 SEC	RESISTANCE: 8-10 WATTS 200+	RESISTANCE: 8-10 WATTS 200+	RESISTANCE: 8-10 WATTS 200+	RESISTANCE: 8-10 WATTS 200+				
PUSH PACE...30 SEC	PUSH PACE...30 SEC	SEC ALL OUT PACE...30 SEC	WALK-JOG								

**Exercise Tutorials:**

