August 2026

8-12 rep progression	8/3/2026				8/10/2026				8/17/2026				8/24/2026				8/31/2026			
Monday	Weight	# Sets	# Reps	# Reps Last Set	Weight	# Sets	# Reps	# Reps Last Set	Weight	# Sets	# Reps	# Reps Last Set	Weight	# Sets	# Reps	# Reps Last Set	Weight	# Sets	# Reps	# Reps Last Set
Suitcase squat																				
Romanian deadlift																				
Bench press																				
One arm row																				
Ab rollout																				
Double Farmer's carry																				
	Time	**Min-S**	**Min-F**	**Diff**	**Time**	**Min-S**	**Min-F**	**Diff**	**Time**	**Min-S**	**Min-F**	**Diff**	**Time**	**Min-S**	**Min-F**	**Diff**	**Time**	**Min-S**	**Min-F**	**Diff**
Intensity minutes																				

	8/5/2026				8/12/2026				8/19/2026				8/26/2026				9/2/2026			
Wednesday	Weight	# Sets	# Reps	# Reps Last Set	Weight	# Sets	# Reps	# Reps Last Set	Weight	# Sets	# Reps	# Reps Last Set	Weight	# Sets	# Reps	# Reps Last Set	Weight	# Sets	# Reps	# Reps Last Set
Bulgarian split squat																				
Seated overhead press																				
Pullover																				
Lateral raise																				
Hammer curl																				
Incline crunch curl																				
	Time	**Min-S**	**Min-F**	**Diff**	**Time**	**Min-S**	**Min-F**	**Diff**	**Time**	**Min-S**	**Min-F**	**Diff**	**Time**	**Min-S**	**Min-F**	**Diff**	**Time**	**Min-S**	**Min-F**	**Diff**
Intensity minutes																				

	8/7/2026				8/14/2026				8/21/2026				8/28/2026				9/4/2026			
Friday	Weight	# Sets	# Reps	# Reps Last Set	Weight	# Sets	# Reps	# Reps Last Set	Weight	# Sets	# Reps	# Reps Last Set	Weight	# Sets	# Reps	# Reps Last Set	Weight	# Sets	# Reps	# Reps Last Set
Deadlift																				
Goblet squat																				
Incline bench press																				
Isolation row																				
Crunch situp																				
Double Farmer's carry																				
	Time	**Min-S**	**Min-F**	**Diff**	**Time**	**Min-S**	**Min-F**	**Diff**	**Time**	**Min-S**	**Min-F**	**Diff**	**Time**	**Min-S**	**Min-F**	**Diff**	**Time**	**Min-S**	**Min-F**	**Diff**
Intensity minutes																				