

Program: A realistic program

This program was made using streprogen, the Python strength program generator. The latest version can be found at <https://pypi.python.org/pypi/streprogen/>.

Program parameters

Parameter	Value
duration	8
reps_per_exercise	25
avg_intensity	75
reps_scalers	0.8, 1, 1.2, 0.8, 0.8, 1.2, 1, 0.8
intensity_scalers	0.9, 1, 0.9, 1, 1, 1, 1, 1
units	

Exercise information

Exercise	Start	End	Reps min	Reps max	Weekly increase
Monday					
Squats	95	111	3	8	2.0%
Chins (light)	100	117	3	8	2.0%
Military press	50	58	3	8	1.9%
Wednesday					
Deadlifts	120	140	3	8	1.9%
Bench	70	82	3	8	2.0%
Chin ups	100	117	3	8	2.0%
Dips	4 x 10 @ bodyweight				
Friday					
Squats	85	99	3	8	1.9%
Chins (light)	100	117	3	8	2.0%
Military press	50	58	3	8	1.9%

Program

Week 1

Monday

Exercise	Sets / reps		
Squats	7 x 67.5	7 x 67.5	7 x 67.5
Chins (light)	7 x 70	7 x 70	6 x 75
Military press	7 x 35	7 x 35	7 x 35

Wednesday

Exercise	Sets / reps		
Deadlifts	7 x 85	7 x 85	6 x 90
Bench	7 x 50	7 x 50	6 x 52.5
Chin ups	7 x 70	7 x 70	6 x 75
Dips	4 x 10 @ bodyweight		

Friday

Exercise	Sets / reps		
Squats	7 x 60	7 x 60	6 x 62.5
Chins (light)	7 x 70	7 x 70	7 x 70
Military press	7 x 35	7 x 35	6 x 37.5

Week 2

Monday

Exercise	Sets / reps			
Squats	7 x 70	6 x 75	6 x 75	5 x 80
Chins (light)	7 x 75	6 x 77.5	6 x 77.5	5 x 82.5
Military press	7 x 37.5	6 x 40	6 x 40	5 x 42.5

Wednesday

Exercise	Sets / reps			
Deadlifts	7 x 87.5	6 x 95	6 x 95	5 x 100
Bench	7 x 52.5	6 x 55	6 x 55	5 x 57.5
Chin ups	7 x 75	7 x 75	6 x 77.5	5 x 82.5
Dips	4 x 10 @ bodyweight			

Friday

Exercise	Sets / reps			
Squats	7 x 62.5	7 x 62.5	6 x 67.5	5 x 70
Chins (light)	7 x 75	7 x 75	6 x 77.5	5 x 82.5
Military press	7 x 37.5	7 x 37.5	6 x 40	5 x 42.5

Week 3

Monday

Exercise	Sets / reps			
Squats	8 x 65	8 x 65	7 x 70	5 x 77.5
Chins (light)	8 x 70	7 x 72.5	7 x 72.5	6 x 77.5
Military press	8 x 35	8 x 35	7 x 37.5	6 x 37.5

Wednesday

Exercise	Sets / reps				
Deadlifts	8 x 82.5	7 x 87.5	7 x 87.5	6 x 92.5	
Bench	8 x 47.5	8 x 47.5	7 x 50	6 x 55	
Chin ups	8 x 70	7 x 72.5	6 x 77.5	5 x 82.5	5 x 82.5
Dips	4 x 10 @ bodyweight				

Friday

Exercise	Sets / reps				
Squats	7 x 62.5	7 x 62.5	6 x 65	6 x 65	5 x 70
Chins (light)	8 x 70	7 x 72.5	6 x 77.5	6 x 77.5	5 x 82.5
Military press	8 x 35	8 x 35	7 x 37.5	6 x 37.5	

Week 4

Monday

Exercise	Sets / reps			
Squats	6 x 75	5 x 80	5 x 80	4 x 82.5
Chins (light)	5 x 82.5	5 x 82.5	5 x 82.5	5 x 82.5
Military press	6 x 40	5 x 42.5	5 x 42.5	4 x 45

Wednesday

Exercise	Sets / reps			
Deadlifts	6 x 95	5 x 100	5 x 100	4 x 105
Bench	6 x 55	5 x 57.5	5 x 57.5	4 x 62.5
Chin ups	5 x 82.5	5 x 82.5	5 x 82.5	5 x 82.5
Dips	4 x 10 @ bodyweight			

Friday

Exercise	Sets / reps			
Squats	6 x 67.5	5 x 70	5 x 70	4 x 75
Chins (light)	6 x 77.5	5 x 82.5	5 x 82.5	4 x 87.5
Military press	6 x 40	5 x 42.5	5 x 42.5	4 x 45

Week 5

Monday

Exercise	Sets / reps			
Squats	6 x 80	5 x 85	5 x 85	4 x 87.5
Chins (light)	6 x 82.5	5 x 87.5	5 x 87.5	4 x 92.5
Military press	6 x 42.5	5 x 45	5 x 45	4 x 47.5

Wednesday

Exercise	Sets / reps			
Deadlifts	6 x 100	6 x 100	5 x 105	4 x 112.5
Bench	6 x 57.5	5 x 62.5	5 x 62.5	4 x 65
Chin ups	6 x 82.5	5 x 87.5	5 x 87.5	4 x 92.5
Dips	4 x 12 @ bodyweight + 10kg			

Friday

Exercise	Sets / reps			
Squats	6 x 70	5 x 75	5 x 75	4 x 80
Chins (light)	6 x 82.5	5 x 87.5	5 x 87.5	4 x 92.5
Military press	6 x 42.5	5 x 45	5 x 45	4 x 47.5

Week 6

Monday

Exercise	Sets / reps					
Squats	6 x 80	6 x 80	6 x 80	5 x 85	4 x 90	3 x 95
Chins (light)	7 x 80	6 x 85	5 x 90	5 x 90	4 x 95	3 x 100
Military press	7 x 40	6 x 42.5	6 x 42.5	5 x 45	4 x 47.5	3 x 50

Wednesday

Exercise	Sets / reps					
Deadlifts	7 x 95	6 x 102.5	5 x 107.5	5 x 107.5	4 x 112.5	3 x 120
Bench	6 x 60	6 x 60	6 x 60	5 x 62.5	4 x 67.5	3 x 70
Chin ups	7 x 80	6 x 85	5 x 90	5 x 90	4 x 95	3 x 100
Dips	4 x 12 @ bodyweight + 10kg					

Friday

Exercise	Sets / reps					
Squats	7 x 67.5	6 x 72.5	5 x 75	5 x 75	4 x 80	3 x 85
Chins (light)	7 x 80	6 x 85	5 x 90	5 x 90	4 x 95	3 x 100
Military press	7 x 40	6 x 42.5	5 x 45	5 x 45	4 x 47.5	3 x 50

Week 7

Monday

Exercise	Sets / reps			
Squats	7 x 75	6 x 80	6 x 80	5 x 85
Chins (light)	7 x 80	6 x 82.5	6 x 82.5	5 x 87.5
Military press	7 x 40	6 x 42.5	6 x 42.5	5 x 45

Wednesday

Exercise	Sets / reps			
Deadlifts	7 x 95	6 x 100	6 x 100	5 x 105
Bench	7 x 55	6 x 57.5	6 x 57.5	5 x 62.5
Chin ups	7 x 80	6 x 82.5	6 x 82.5	5 x 87.5
Dips	4 x 12 @ bodyweight + 10kg			

Friday

Exercise	Sets / reps			
Squats	7 x 67.5	6 x 70	6 x 70	5 x 75
Chins (light)	7 x 80	6 x 82.5	6 x 82.5	5 x 87.5
Military press	7 x 40	6 x 42.5	6 x 42.5	5 x 45

Week 8

Monday

Exercise	Sets / reps			
Squats	7 x 77.5	6 x 82.5	5 x 87.5	
Chins (light)	7 x 82.5	6 x 87.5	6 x 87.5	
Military press	7 x 40	6 x 42.5	5 x 45	

Wednesday

Exercise	Sets / reps		
Deadlifts	7 x 97.5	6 x 105	5 x 110
Bench	7 x 57.5	6 x 62.5	5 x 65
Chin ups	7 x 82.5	6 x 87.5	5 x 92.5
Dips	4 x 12 @ bodyweight + 10kg		

Friday

Exercise	Sets / reps		
Squats	8 x 65	6 x 75	4 x 82.5
Chins (light)	8 x 77.5	6 x 87.5	4 x 97.5
Military press	7 x 40	6 x 42.5	5 x 45