

12 Week Dr. Squat Wave Cycle

<u>Week</u>	<u>Core Lifts</u>	<u>Assistance Lifts</u>
1	5 x 2 @ 85%	4 x 6, 4 x 12
2	5 x 3 @ 85%	4 x 6, 4 x 12
3	5 x 4 @ 85%	4 x 6, 4 x 12
4	5 x 2 @ 80%	4 x 5, 4 x 10
5	5 x 5 @ 85%	4 x 5, 4 x 10
6	5 x 6 @ 85%	4 x 5, 4 x 10
7	5 x 2 @ 80%	4 x 4, 4 x 8
8	3 x 2 @ 90%	4 x 4, 4 x 8
9	3 x 3 @ 90%	4 x 4, 4 x 8
10	5 x 2 @ 80%	
11	3 x 2 @ 95%	
12	3 x 2 @ 100%	

Day 1: Bench, bench assists

Day 2: Squats, squat assists, upper back and core

Day 3: Light bench—5 x 2 @ 80%, bench assists

Day 4: Deadlift, deadlift assists, upper back and core

Bench Assists: Board press, band bench, close-grip bench, reverse-grip bench, weighted dips, DB press, incline press, decline press
Shoulders: front raises, plate raises rotator cuff

Squat Assists: Pause squats, band squats, front squats, split squats, 4-way hip

Deadlift Assists: Platform DLs, band deadlifts, rack pulls, barbell holds

Upper Back: lat pulldowns, DB rows, lat rows, pullups

Core Work: ab curls, back extentions, Russian twists, side bends