

80-Day Cycle Assistance Lifts

Days 1-20:

Heavy Bench:

Board Press, DB Bench - 5 x X
Rotator Cuff - 4 x 12

Light Squat:

Front Squats - 4 x 6
Side Bends, Russian Twists - 4 x 12

Heavy Deadlifts:

Platform Deadlifts - 2 x X
Barbell Holds - 2 x 30 sec.
Lat Pulls and Rows - 4 x 12

Heavy Squats:

Pause Squats - 2 x X
4-Way Hip - 4 x 12
Back Extentions, Ab Curls - 4 x 12

Light Bench:

DB Incline, Close Grip Bench - 4 x 6
Rotator Cuff - 4 x 12

Light Deadlift:

Conventional DLs - 2 x 6
Conventional Platform DLs - 2 x 6
Lat Pulls and Rows - 4 x 12

Days 21-40:

Heavy Bench:

Board Press, DB Bench - 5 x X
Rotator Cuff - 4 x 10

Light Squat:

Front Squats - 4 x 5
Side Bends, Russian Twists - 4 x 10

Heavy Deadlifts:

Platform Deadlifts - 2 x X
Barbell Holds - 2 x 30 sec.
Lat Pulls and Rows - 4 x 10

Heavy Squats:

Pause Squats - 2 x X
4-Way Hip - 4 x 10
Back Extensions, Ab Curls - 4 x 10

Light Bench:

DB Incline, Close Grip Bench - 4 x 5
Rotator Cuff - 4 x 10

Light Deadlift:

Conventional DLs - 2 x 5
Conventional Platform DLs - 2 x 5
Lat Pulls and Rows - 4 x 10

Days 41-60:

Heavy Bench:

Board Press - 3 x X

Rotator Cuff - 4 x 8

Light Squat:

Side Bends, Russian Twists - 4 x 8

Heavy Deadlifts:

Platform Deadlifts - 2 x X

Barbell Holds - 2 x 30 sec.

Heavy Squats:

Pause Squats - 2 x X

Back Extensions, Ab Curls - 4 x 8

Light Bench:

Rotator Cuff - 4 x 10

Light Deadlift:

Conventional DLs - 2 x 4

Conventional Platform DLs - 2 x 4

Days 61-80: No Assistance Work

*** "X" Means to do the same amount of reps used in the main lift working sets.