

WSB/3x3/Coan

If you will read the original WSB/3x3 routine first it will give you the background information for the WSB philosophy and you will also be able to see how this program has evolved over the last two years. You will find bands, chains, boxes, multi grips and stances, and 8x3 for bench, which are WSB principles. Most of the squat and DL work follows principles of Ed Coan, which I have followed for years. The last three weeks you will see heavy singles and doubles, in gear, which is the influence of the 3x3 system. I used this routine to get ready for the Central Missouri USAPL meet and was happy with the outcome. The one thing I would change is to incorporate more SLDL, arched back good mornings, and reverse hyper ext. My hamstring and lower back muscle groups were not up to par for heavy competition DLs.

	Bench	Squat	Deadlift
#1	8x3 45% Green Bands 2 Grips 5 sets of Tris	3x3 65% 12" Box Competition Stance 3 Sec Pause Squat 57% x3 Step Ups 3 Sets	8x3 60% 2 Stances 8 sets Upper Back
#2	8x3 50% Green Bands 2 Grips 9 sets of Upper Back Tri Work	3x3 68% 12" Box Competition Stance 3 Sec Pause Squat 60% x3 Reverse Hypers 3 Sets	8x3 65% 2 Stances 8 sets Upper Back Hamstrings 6 sets
#3	4x3 45% Green Bands 4x3 55% Green Bands 2 Grips Chambered Bar 3x5	3x3 72% 12" Box Competition Stance 3 Sec Pause Squat 64% x3 Step Ups 3 Sets	6x3 73% Competition Stance Partial DL 82% x2
#4	2x2 50% Green Bands 2x2 54% 2x2 59% 3 Grips Wide Grip Bench 3x5	3x3 76% 12" Box Competition Stance 3 Sec Pause Squat 67% x3	5x3 77% Competition Stance Extra Tri Work Lower Back & Hams

#5	2x3 54% Chains 2x3 59% 1x3 63% 2 Grips 2 & 3 BD Press 4x5	3x2 80% No Box Loose Suit and Wraps Competition Stance	3x3 66% Competition Stance Partial Pulls 86% x1 92% x1 Upper Back Work
#6	2x2 56% Chains 2x2 61% 2x1 65% 2 grips 2 & 3 BD Presses 4x3	2x2 86% No Box Loose Suit and Wraps Competition Stance	3x3 70% Competition Stance Lower Back & Hams Shoulder Tri Work
#7	1x2 83% 1x2 89% Loose Bench Shirt 3BD Press 2x2-3 2BD RG Press 1x5 RG-Reverse Grip	2x1 91% No Box Loose Suit and Wraps Competition Stance	Partial Pulls 90% x1 95%x1 Upper Back Work Extra Chest Work
#8	1x1 87% 1x1 94% Moderate Bench Shirt 3BD Press 2x2-3 2BD RG Press 1x5	1x1 94% 1x1 97% Competition Suit & Wraps Competition Stance	3x3 77% 1x1 86% 1x1 91% Competition Pulls DL Suit Upper Back Work
#9	1x1 91% 1x1 97% Moderate Bench Shirt	3x3 60% 1x1 83% Walk Outs 1x1 100% 1x1 105%	1x1 93% 1x1 96% Competition Pulls DL Suit
# 10	Wed Light DB Workout	Sat Competition	