

TPLAN 4.2, COLIN MCBRIDE

Seven program days, 105 movements, generated from week-data.js, the week the app runs. Week 1 of the block as written; the loading progression at the end carries weeks 2 and 3.

DAY 1 SUN LOWER BODY, POWER AND SQUAT

Timed sprint tests run every other week from Sun Oct 4, 2026. The best time goes to a coach to approve.

TRAIN, 85 minutes, 15 movements. Blocks: Warm up, Primer, Main lift, Accessories.

CODE	EXERCISE	BLOCK TAG	CATEGORY	SETS	REPS	REP UNIT	EACH SIDE	LOAD	UNIT	VELOCITY	SUPERSET	RAMP
01	Incline Walk	WARM UP	CARDIO	1	6	MIN		5	%			
02	Foam Roll	WARM UP	RECOVERY	6	30	SEC						
03	Hands and Knees Hip Rotation	PRIMER	MOBILITY	2	8	REPS	YES					
04	Dynamic Lunge with Rotation	PRIMER	MOBILITY	2	10	REPS	YES					
05	10-Yard Sprint, timed test	PRIMER	POWER	3	10	YD						
06	60-Yard Sprint, timed test	PRIMER	POWER	2	60	YD						
07	Altitude Drop	PRIMER	POWER	3	5	REPS						
08	Med-Ball Rotational Scoop Toss	PRIMER	ROTATION	4	5	REPS	YES	10	LB			
09	Hang Clean High Pull	MAIN LIFT	POWER	4	3	REPS		145	LB	YES		5 @ 75, 3 @ 115
10	Front Squat (A) / Back Squat (B) 3 x 5 @ 210	MAIN LIFT	SQUAT	4	5	REPS		160	LB	YES		5 @ 75, 3 @ 115
11	Bulgarian Split Squat	ACCESSORY	SQUAT	3	8	REPS	YES	40	LB			
12	Trap Bar Jump	ACCESSORY	POWER	3	3	REPS		95	LB	YES		
13	Hip Thrust, strength (A) / Hip Thrust, explosive (B) 3 x 5 @ 205	ACCESSORY	HINGE	4	8	REPS		235	LB			
14	Nordic Hamstring Curl, band assisted	ACCESSORY	HINGE	3	5	REPS						
15	Lateral Bound	ACCESSORY	POWER	3	5	REPS	YES					

DAY 2 MON UPPER BODY, PUSH STRENGTH

TRAIN, 65 minutes, 17 movements. Blocks: Warm up, Primer, Main lift, Accessories, Cool down.

CODE	EXERCISE	BLOCK TAG	CATEGORY	SETS	REPS	REP UNIT	EACH SIDE	LOAD	UNIT	VELOCITY	SUPERSET	RAMP
01	Incline Walk	WARM UP	CARDIO	1	5	MIN		5	%			
02	Foam Roll	WARM UP	RECOVERY	6	30	SEC						
03	Shoulder Dislocation, band	PRIMER	MOBILITY	2	15	REPS		Red band	BAND			
04	Banded Pull-Apart	PRIMER	SCAP	2	20	REPS		Red band	BAND			
05	MB Chest Pass	PRIMER	POWER	2	5	REPS		10	LB			
06	Protracted Push-Up	PRIMER	PRESS	2	12	REPS						
07	Prone T / Y / I / W	PRIMER	SCAP	2	10	REPS	YES	2.5	LB			
08	Bench Press	MAIN LIFT	PRESS	4	5	REPS		200	LB	YES		5 @ 95, 3 @ 150, 2 @ 180
09	Close-Grip Landmine Press	MAIN LIFT	PRESS	4	8	REPS		70	LB	YES		
A1	Incline DB Bench	ACCESSORY	PRESS	3	12	REPS		55	LB		S1 A1	
A2	Seated Cable Row	ACCESSORY	PULL	3	12	REPS		100	LB		S1 A2	
B1	Weighted Chin-Up	ACCESSORY	PULL	3	5	REPS		25	LB		S2 A1	
B2	Close-Grip Floor Press	ACCESSORY	PRESS	3	8	REPS		155	LB		S2 A2	
14	Incline DB Curl, 3s up 3s down	ACCESSORY	PULL	3	8	REPS		30	LB			
15	Hanging Knee Raise	ACCESSORY	CORE	3	12	REPS						
16	Internal and External Band Rotation	COOL DOWN	SCAP	2	15	REPS		Red band	BAND			
17	Band Pull-Apart, overhead	COOL DOWN	SCAP	2	15	REPS		Red band	BAND			

DAY 3 TUE ACTIVE RECOVERY AND HITTING A

TRAIN, 39 minutes, 17 movements. Blocks: Warm up, Primer, Accessories, Hitting.

CODE	EXERCISE	BLOCK TAG	CATEGORY	SETS	REPS	REP UNIT	EACH SIDE	LOAD	UNIT	VELOCITY	SUPERSET	RAMP
01	Hip CARs	WARM UP	MOBILITY	2	5	REPS	YES					
02	Band Pull-Apart	WARM UP	SCAP	1	15	REPS		Red band	BAND			
03	Internal and External Band Rotation	WARM UP	ARM CARE	2	15	REPS		Red band	BAND			
04	Hip-Lead Dry Swing	PRIMER	ROTATION	2	10	REPS						
05	Seated Rotational MB Throw	PRIMER	ROTATION	2	8	REPS	YES	8	LB			
06	Reverse Throw	PRIMER	ARM CARE	2	6	REPS		7	OZ			
07	Side-Lying DB External Rotation	PRIMER	ARM CARE	2	10	REPS	YES	5	LB			
08	Bird-Dog	ACCESSORY	CORE	2	10	REPS						
09	Side Plank	ACCESSORY	CORE	2	30	SEC	YES					
10	Dead Bug	ACCESSORY	CORE	2	12	REPS						
11	90/90 Hip Switch	ACCESSORY	MOBILITY	1	10	REPS	YES					
12	Quadruped T-Spine Rotation	ACCESSORY	MOBILITY	1	8	REPS	YES					
13	Steady State Cardio, zone 2	ACCESSORY	CARDIO	1	25	MIN						
14	Outside-Third Tee, center field intent	HITTING	HITTING	1	10	SWING						
15	Outside-Third Tee, right center intent	HITTING	HITTING	1	10	SWING						
16	Outside-Third Tee, pull side with full hip rotation	HITTING	HITTING	1	10	SWING						
17	Fence Drill, backside	HITTING	HITTING	1	10	SWING						

DAY 4 WED POSTERIOR CHAIN, TRAP BAR DEADLIFT

TRAIN, 74 minutes, 18 movements. Blocks: Warm up, Primer, Main lift, Accessories, Throwing / arm care.

CODE	EXERCISE	BLOCK TAG	CATEGORY	SETS	REPS	REP UNIT	EACH SIDE	LOAD	UNIT	VELOCITY	SUPERSET	RAMP
01	Incline Walk	WARM UP	CARDIO	1	10	MIN		5	%			
02	Foam Roll	WARM UP	RECOVERY	6	30	SEC						
03	Hands and Knees Hip Rotation	PRIMER	MOBILITY	2	8	REPS	YES					
04	Dynamic Lunge with Rotation	PRIMER	MOBILITY	2	10	REPS	YES					
05	Shoulder Dislocation, band	PRIMER	MOBILITY	2	15	REPS		Red band	BAND			
06	Banded Lateral Walk	PRIMER	ACTIVATION	2	10	REPS	YES	Red band	BAND			
07	Cable Pull-Through	PRIMER	HINGE	2	10	REPS		60	LB			
08	Trap Bar Deadlift	MAIN LIFT	HINGE	5	3	REPS		260	LB	YES		5 @ 135, 3 @ 200, 2 @ 235
09	Overhand Barbell Row	ACCESSORY	PULL	3	8	REPS		135	LB			
10	Med-Ball Lateral Shot-Put	ACCESSORY	ROTATION	3	5	REPS	YES	8	LB			
A1	Weighted Pull-Up	ACCESSORY	PULL	3	8	REPS		15	LB		S1 A1	
A2	Kettlebell Swing	ACCESSORY	HINGE	3	10	REPS		70	LB		S1 A2	
B1	Reverse Hyper	ACCESSORY	HINGE	2	15	REPS		45	LB		S2 A1	
B2	Banded Face Pull	ACCESSORY	SCAP	2	15	REPS		Black band	BAND		S2 A2	
15	Lateral Sled Drag	ACCESSORY	POWER	2	20	YD	YES	70	LB			
16	Cable Curl, 3s up 3s down	ACCESSORY	PULL	3	10	REPS		50	LB			
17	Hammer Pronation	ARM CARE	ARM CARE	3	10	REPS		10	LB			
18	Internal and External Band Rotation	ARM CARE	ARM CARE	2	15	REPS		Red band	BAND			

DAY 5 THU ACTIVE RECOVERY AND HITTING B

TRAIN, 50 minutes, 20 movements. Blocks: Warm up, Primer, Accessories, Hitting.

CODE	EXERCISE	BLOCK TAG	CATEGORY	SETS	REPS	REP UNIT	EACH SIDE	LOAD	UNIT	VELOCITY	SUPERSET	RAMP
01	Band Pull-Apart	WARM UP	SCAP	1	15	REPS		Red band	BAND			
02	Trunk Rotation	WARM UP	MOBILITY	1	10	REPS	YES					
03	Internal and External Band Rotation	WARM UP	ARM CARE	2	15	REPS		Red band	BAND			
04	Walking Rotational MB Toss	PRIMER	ROTATION	2	5	REPS	YES	10	LB			
05	Water Bag Overhead Hold, tall	PRIMER	CORE	3	20	SEC		25	LB			
06	Water Bag Pelvic Turn, half-kneeling	PRIMER	ROTATION	2	6	REPS	YES	25	LB			
07	Water Bag Delivery Turns	PRIMER	ROTATION	3	4	REPS	YES	25	LB			
08	Roll-In Throw	PRIMER	ARM CARE	2	6	REPS		5	OZ			
09	Pivot Pickoff	PRIMER	ARM CARE	2	5	REPS		5	OZ			
10	Side-Lying DB External Rotation	PRIMER	ARM CARE	2	10	REPS	YES	5	LB			
11	Bird-Dog	ACCESSORY	CORE	2	10	REPS						
12	Side Plank	ACCESSORY	CORE	2	30	SEC	YES					
13	Dead Bug	ACCESSORY	CORE	2	12	REPS						
14	90/90 Hip Switch	ACCESSORY	MOBILITY	1	10	REPS	YES					
15	Quadruped T-Spine Rotation	ACCESSORY	MOBILITY	1	8	REPS	YES					
16	Steady State Cardio, zone 2	ACCESSORY	CARDIO	1	25	MIN						
17	Front Toss, hip lead into contact	HITTING	HITTING	1	15	SWING						
18	Front Toss, inside pitch, clear the hips	HITTING	HITTING	1	10	SWING						
19	Front Toss, outside pitch, drive the oppo gap	HITTING	HITTING	1	10	SWING						
20	Rear Elbow Slot Tee, 120 deg at load	HITTING	HITTING	1	10	SWING						

DAY 6 FRI DYNAMIC UPPER POWER AND ROTATION

TRAIN, 69 minutes, 17 movements. Blocks: Warm up, Primer, Main lift, Accessories, Throwing / arm care.

CODE	EXERCISE	BLOCK TAG	CATEGORY	SETS	REPS	REP UNIT	EACH SIDE	LOAD	UNIT	VELOCITY	SUPERSET	RAMP
01	Incline Walk	WARM UP	CARDIO	1	10	MIN		5	%			
02	Foam Roll	WARM UP	RECOVERY	6	30	SEC						
03	Shoulder Dislocation, band	PRIMER	MOBILITY	2	15	REPS		Red band	BAND			
04	Banded Face Pull	PRIMER	SCAP	2	15	REPS		Black band	BAND			
05	Push-Up to T	PRIMER	PRESS	2	8	REPS	YES					
06	Plyo Push-Up	PRIMER	POWER	3	5	REPS						
07	MB Rotational Throw	PRIMER	ROTATION	3	5	REPS	YES	8	LB			
08	MB Torso Turn	PRIMER	ROTATION	2	8	REPS	YES	10	LB			
09	Barbell Push Press	MAIN LIFT	PRESS	5	3	REPS		125	LB	YES		5 @ 65, 3 @ 95
A1	Landmine Push Press	ACCESSORY	PRESS	3	8	REPS	YES	95	LB		S1 A1	
A2	Explosive Row	ACCESSORY	PULL	3	8	REPS		115	LB		S1 A2	
12	Suitcase Carry	ACCESSORY	GRIP	3	40	YD	YES	80	LB			
B1	Hammer Curl, 3s up 3s down	ACCESSORY	PULL	3	6	REPS		35	LB		S2 A1	
B2	Spider Preacher Curl	ACCESSORY	PULL	3	10	REPS		55	LB		S2 A2	
15	Internal and External Band Rotation	ARM CARE	ARM CARE	2	15	REPS		Red band	BAND			
16	Wrist Weight Pronation Swing, 70 percent	ARM CARE	ARM CARE	2	10	REPS						
17	Jaeger Band Deceleration Pull	ARM CARE	ARM CARE	2	15	REPS						

DAY 7 SAT FULL REST

REST, 30 minutes, 1 movements. Blocks: Cool down.

CODE	EXERCISE	BLOCK TAG	CATEGORY	SETS	REPS	REP UNIT	EACH SIDE	LOAD	UNIT	VELOCITY	SUPERSET	RAMP
01	Light Walking	COOL DOWN	RECOVERY	1	20	MIN						

LOADING PROGRESSION

TPLAN 4.2 runs a three week block. Week 1 (Accumulation) is the plan as written. Week 2 (Intensification) adds 5 lb to the six primary lifts. Week 3 (Deload) is the deload: the plan's own deload table for the primaries, and sets to 60 percent with loads to 82.5 percent for everything else that is lifted. Warm up, arm care, hitting and cool down run as written every week. Every cell is what the app serves in that week.

MOVEMENT	WEEK 1 ACCUMULATION	WEEK 2 INTENSIFICATION	WEEK 3 DELOAD	RAMP (WEEK 1)	NOTES
D1 Incline Walk	6 min @ 5% incline	6 min @ 5% incline	6 min @ 5% incline		As written every week.
D1 Med-Ball Rotational Scoop Toss	4 x 5 @ 10 lb	4 x 5 @ 10 lb	2 x 5 @ 10 lb		Deload only: sets to 60 percent, load to 82.5 percent.
D1 Hang Clean High Pull	4 x 3 @ 145 lb	4 x 3 @ 150 lb	4 x 2 @ 120 lb	5 @ 75, 3 @ 115	App-prescribed weekly values, including any A/B exercise change.
D1 Front Squat	4 x 5 @ 160 lb	3 x 5 @ 215 lb	1 x 3 @ 160 lb	5 @ 75, 3 @ 115	Week 3: prescribed 3-rep max RETEST, not a reduced-load set.
D1 Bulgarian Split Squat	3 x 8 @ 40 lb	3 x 8 @ 40 lb	2 x 8 @ 35 lb		Deload only: sets to 60 percent, load to 82.5 percent.
D1 Trap Bar Jump	3 x 3 @ 95 lb	3 x 3 @ 95 lb	2 x 3 @ 95 lb		Deload only: sets to 60 percent, load to 82.5 percent.
D1 Hip Thrust, strength	4 x 8 @ 235 lb	3 x 5 @ 205 lb	2 x 8 @ 195 lb		App-prescribed weekly values, including any A/B exercise change.
D2 Incline Walk	5 min @ 5% incline	5 min @ 5% incline	5 min @ 5% incline		As written every week.
D2 Shoulder Dislocation, band	2 x 15, Red band	2 x 15, Red band	1 x 15, Red band		Deload only: sets to 60 percent, load to 82.5 percent.
D2 Banded Pull-Apart	2 x 20, Red band	2 x 20, Red band	1 x 20, Red band		Deload only: sets to 60 percent, load to 82.5 percent.
D2 MB Chest Pass	2 x 5 @ 10 lb	2 x 5 @ 10 lb	1 x 5 @ 10 lb		Deload only: sets to 60 percent, load to 82.5 percent.
D2 Prone T / Y / I / W	2 x 10 @ 2.5 lb	2 x 10 @ 2.5 lb	1 x 10 @ 2.5 lb		Deload only: sets to 60 percent, load to 82.5 percent.
D2 Bench Press	4 x 5 @ 200 lb	4 x 5 @ 205 lb	1 x 3 @ 225 lb	5 @ 95, 3 @ 150, 2 @ 180	Week 3: prescribed 3-rep max RETEST, not a reduced-load set.
D2 Close-Grip Landmine Press	4 x 8 @ 70 lb	4 x 8 @ 70 lb	2 x 8 @ 60 lb		Deload only: sets to 60 percent, load to 82.5 percent.
D2 Incline DB Bench	3 x 12 @ 55 lb	3 x 12 @ 55 lb	2 x 12 @ 45 lb		Deload only: sets to 60 percent, load to 82.5 percent.
D2 Seated Cable Row	3 x 12 @ 100 lb	3 x 12 @ 100 lb	2 x 12 @ 85 lb		Deload only: sets to 60 percent, load to 82.5 percent.
D2 Weighted Chin-Up	3 x 5 @ 25 lb	3 x 5 @ 25 lb	2 x 5 @ 25 lb		Deload only: sets to 60 percent, load to 82.5 percent.
D2 Close-Grip Floor Press	3 x 8 @ 155 lb	3 x 8 @ 155 lb	2 x 8 @ 130 lb		Deload only: sets to 60 percent, load to 82.5 percent.
D2 Incline DB Curl, 3s up 3s down	3 x 8 @ 30 lb	3 x 8 @ 30 lb	2 x 8 @ 25 lb		Deload only: sets to 60 percent, load to 82.5 percent.
D2 Internal and External Band Rotation	2 x 15, Red band	2 x 15, Red band	2 x 15, Red band		As written every week.
D2 Band Pull-Apart, overhead	2 x 15, Red band	2 x 15, Red band	2 x 15, Red band		As written every week.

MOVEMENT	WEEK 1 ACCUMULATION	WEEK 2 INTENSIFICATION	WEEK 3 DELOAD	RAMP (WEEK 1)	NOTES
D3 Band Pull-Apart	1 x 15, Red band	1 x 15, Red band	1 x 15, Red band		As written every week.
D3 Internal and External Band Rotation	2 x 15, Red band	2 x 15, Red band	2 x 15, Red band		As written every week.
D3 Seated Rotational MB Throw	2 x 8 @ 8 lb	2 x 8 @ 8 lb	1 x 8 @ 8 lb		Deload only: sets to 60 percent, load to 82.5 percent.
D3 Reverse Throw	2 x 6 @ 7 oz	2 x 6 @ 7 oz	1 x 6 @ 7 oz		Deload only: sets to 60 percent, load to 82.5 percent.
D3 Side-Lying DB External Rotation	2 x 10 @ 5 lb	2 x 10 @ 5 lb	1 x 10 @ 5 lb		Deload only: sets to 60 percent, load to 82.5 percent.
D4 Incline Walk	10 min @ 5% incline	10 min @ 5% incline	10 min @ 5% incline		As written every week.
D4 Shoulder Dislocation, band	2 x 15, Red band	2 x 15, Red band	1 x 15, Red band		Deload only: sets to 60 percent, load to 82.5 percent.
D4 Banded Lateral Walk	2 x 10, Red band	2 x 10, Red band	1 x 10, Red band		Deload only: sets to 60 percent, load to 82.5 percent.
D4 Cable Pull-Through	2 x 10 @ 60 lb	2 x 10 @ 60 lb	1 x 10 @ 50 lb		Deload only: sets to 60 percent, load to 82.5 percent.
D4 Trap Bar Deadlift	5 x 3 @ 260 lb	5 x 3 @ 265 lb	1 x 3 @ 300 lb	5 @ 135, 3 @ 200, 2 @ 235	Week 3: prescribed 3-rep max RETEST, not a reduced-load set.
D4 Overhand Barbell Row	3 x 8 @ 135 lb	3 x 8 @ 135 lb	2 x 8 @ 110 lb		Deload only: sets to 60 percent, load to 82.5 percent.
D4 Med-Ball Lateral Shot-Put	3 x 5 @ 8 lb	3 x 5 @ 8 lb	2 x 5 @ 8 lb		Deload only: sets to 60 percent, load to 82.5 percent.
D4 Weighted Pull-Up	3 x 8 @ 15 lb	3 x 8 @ 15 lb	2 x 8 @ 15 lb		Deload only: sets to 60 percent, load to 82.5 percent.
D4 Kettlebell Swing	3 x 10 @ 70 lb	3 x 10 @ 70 lb	2 x 10 @ 60 lb		Deload only: sets to 60 percent, load to 82.5 percent.
D4 Reverse Hyper	2 x 15 @ 45 lb	2 x 15 @ 45 lb	1 x 15 @ 35 lb		Deload only: sets to 60 percent, load to 82.5 percent.
D4 Banded Face Pull	2 x 15, Black band	2 x 15, Black band	1 x 15, Black band		Deload only: sets to 60 percent, load to 82.5 percent.
D4 Lateral Sled Drag	2 x 20 yd @ 70 lb	2 x 20 yd @ 70 lb	1 x 20 yd @ 70 lb		Deload only: sets to 60 percent, load to 82.5 percent.
D4 Cable Curl, 3s up 3s down	3 x 10 @ 50 lb	3 x 10 @ 50 lb	2 x 10 @ 40 lb		Deload only: sets to 60 percent, load to 82.5 percent.
D4 Hammer Pronation	3 x 10 @ 10 lb	3 x 10 @ 10 lb	2 x 10 @ 10 lb		Deload only: sets to 60 percent, load to 82.5 percent.
D4 Internal and External Band Rotation	2 x 15, Red band	2 x 15, Red band	1 x 15, Red band		Deload only: sets to 60 percent, load to 82.5 percent.
D5 Band Pull-Apart	1 x 15, Red band	1 x 15, Red band	1 x 15, Red band		As written every week.
D5 Internal and External Band Rotation	2 x 15, Red band	2 x 15, Red band	2 x 15, Red band		As written every week.
D5 Walking Rotational MB Toss	2 x 5 @ 10 lb	2 x 5 @ 10 lb	1 x 5 @ 10 lb		Deload only: sets to 60 percent, load to 82.5 percent.
D5 Water Bag Overhead Hold, tall	3 x 20 sec @ 25 lb	3 x 20 sec @ 25 lb	2 x 20 sec @ 20 lb		Deload only: sets to 60 percent, load to 82.5 percent.

MOVEMENT	WEEK 1 ACCUMULATION	WEEK 2 INTENSIFICATION	WEEK 3 DELOAD	RAMP (WEEK 1)	NOTES
D5 Water Bag Pelvic Turn, half-kneeling	2 x 6 @ 25 lb	2 x 6 @ 25 lb	1 x 6 @ 25 lb		Deload only: sets to 60 percent, load to 82.5 percent.
D5 Water Bag Delivery Turns	3 x 4 @ 25 lb	3 x 4 @ 25 lb	2 x 4 @ 25 lb		Deload only: sets to 60 percent, load to 82.5 percent.
D5 Roll-In Throw	2 x 6 @ 5 oz	2 x 6 @ 5 oz	1 x 6 @ 5 oz		Deload only: sets to 60 percent, load to 82.5 percent.
D5 Pivot Pickoff	2 x 5 @ 5 oz	2 x 5 @ 5 oz	1 x 5 @ 5 oz		Deload only: sets to 60 percent, load to 82.5 percent.
D5 Side-Lying DB External Rotation	2 x 10 @ 5 lb	2 x 10 @ 5 lb	1 x 10 @ 5 lb		Deload only: sets to 60 percent, load to 82.5 percent.
D6 Incline Walk	10 min @ 5% incline	10 min @ 5% incline	10 min @ 5% incline		As written every week.
D6 Shoulder Dislocation, band	2 x 15, Red band	2 x 15, Red band	1 x 15, Red band		Deload only: sets to 60 percent, load to 82.5 percent.
D6 Banded Face Pull	2 x 15, Black band	2 x 15, Black band	1 x 15, Black band		Deload only: sets to 60 percent, load to 82.5 percent.
D6 MB Rotational Throw	3 x 5 @ 8 lb	3 x 5 @ 8 lb	2 x 5 @ 8 lb		Deload only: sets to 60 percent, load to 82.5 percent.
D6 MB Torso Turn	2 x 8 @ 10 lb	2 x 8 @ 10 lb	1 x 8 @ 10 lb		Deload only: sets to 60 percent, load to 82.5 percent.
D6 Barbell Push Press	5 x 3 @ 125 lb	5 x 3 @ 130 lb	4 x 2 @ 105 lb	5 @ 65, 3 @ 95	App-prescribed weekly values, including any A/B exercise change.
D6 Landmine Push Press	3 x 8 @ 95 lb	3 x 8 @ 95 lb	2 x 8 @ 80 lb		Deload only: sets to 60 percent, load to 82.5 percent.
D6 Explosive Row	3 x 8 @ 115 lb	3 x 8 @ 115 lb	2 x 8 @ 95 lb		Deload only: sets to 60 percent, load to 82.5 percent.
D6 Suitcase Carry	3 x 40 yd @ 80 lb	3 x 40 yd @ 80 lb	2 x 40 yd @ 65 lb		Deload only: sets to 60 percent, load to 82.5 percent.
D6 Hammer Curl, 3s up 3s down	3 x 6 @ 35 lb	3 x 6 @ 35 lb	2 x 6 @ 30 lb		Deload only: sets to 60 percent, load to 82.5 percent.
D6 Spider Preacher Curl	3 x 10 @ 55 lb	3 x 10 @ 55 lb	2 x 10 @ 45 lb		Deload only: sets to 60 percent, load to 82.5 percent.
D6 Internal and External Band Rotation	2 x 15, Red band	2 x 15, Red band	1 x 15, Red band		Deload only: sets to 60 percent, load to 82.5 percent.