

Day 1	Week 1 (Deload)				Week 2				Week 3				Week 4			
Exercise	Sets	Reps	Load	RIR	Sets	Reps	Load	RIR	Sets	Reps	Load	RIR	Sets	Reps	Load	RIR
Bench Press	3		80%	1-2	3		82.5%	1-2	3		85%	1-2	3		87.5%	1-2
Lat Pulldown	3		3000	1-2	4		3000	1-2	4		3000	1-2	4		3000	1-2
Cable Flys	3		3000	0-1	4		3000	0-1	4		3000	0-1	4		3000	0-1
Seated Row	3		3000	1-2	4		3000	1-2	4		3000	1-2	4		3000	1-2
Triceps Pushdown	3		3500	0-1	3		3500	0-1	3		3500	0-1	3		3500	0-1
DB Curl	3		12.5KG	0-1	3		12.5KG	0-1	3		12.5KG	0-1	3		12.5KG	0-1

Day 2	Week 1 (Deload)				Week 2				Week 3				Week 4			
Exercise	Sets	Reps	Load	RIR	Sets	Reps	Load	RIR	Sets	Reps	Load	RIR	Sets	Reps	Load	RIR
Back Squat	3		80%	1-2	3		82.5%	1-2	3		85%	1-2	3		87.5%	1-2
Back Extension	3		2500	1-2	4		2500	1-2	4		2500	1-2	4		2500	1-2
Belt Squat	3		7500	1-2	4		7500	1-2	4		7500	1-2	4		7500	1-2
Bench Press	3		80%	1-2	3		82.5%	1-2	3		85%	1-2	3		87.5%	1-2
Lat Pulldown	3		4500	1-2	4		4500	1-2	4		4500	1-2	4		4500	1-2
Cable Flys	3		2500	0-1	4		2500	0-1	4		2500	0-1	4		2500	0-1
Seated Row	3		4500	1-2	4		4500	1-2	4		4500	1-2	4		4500	1-2
Triceps Pushdown	3		3000	0-1	3		3000	0-1	3		3000	0-1	3		3000	0-1
DB Curl	3		10KG	0-1	3		10KG	0-1	3		10KG	0-1	3		10KG	0-1

Day 4	Week 1 (Deload)				Week 2				Week 3				Week 4			
Exercise	Sets	Reps	Load	RIR	Sets	Reps	Load	RIR	Sets	Reps	Load	RIR	Sets	Reps	Load	RIR
Back Squat	3		80%	1-2	3		82.5%	1-2	3		85%	1-2	3		87.5%	1-2
Back Extension	3		2500	1-2	4		2500	1-2	4		2500	1-2	4		2500	1-2
Belt Squat	3		7500	1-2	4		7500	1-2	4		7500	1-2	4		7500	1-2
Calf Raise	3		12.5KG	0-1	3		12.5KG	0-1	3		12.5KG	0-1	3		12.5KG	0-1

Strength Periodization Template

CO Houle

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the 'CO Houle' text.

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Table of Contents Strength Periodization Template

1. Understanding the eBook Strength Periodization Template
 - The Rise of Digital Reading Strength Periodization Template
 - Advantages of eBooks Over Traditional Books
2. Identifying Strength Periodization Template
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Strength Periodization Template
 - User-Friendly Interface
4. Exploring eBook Recommendations from Strength Periodization Template
 - Personalized Recommendations

- Strength Periodization Template User Reviews and Ratings
- Strength Periodization Template and Bestseller Lists
- 5. Accessing Strength Periodization Template Free and Paid eBooks
 - Strength Periodization Template Public Domain eBooks
 - Strength Periodization Template eBook Subscription Services
 - Strength Periodization Template Budget-Friendly Options
- 6. Navigating Strength Periodization Template eBook Formats
 - ePub, PDF, MOBI, and More
 - Strength Periodization Template Compatibility with Devices
 - Strength Periodization Template Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Strength Periodization Template
 - Highlighting and Note-Taking Strength Periodization Template
 - Interactive Elements Strength Periodization Template
- 8. Staying Engaged with Strength Periodization Template
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Strength Periodization Template
- 9. Balancing eBooks and Physical Books Strength Periodization Template
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Strength Periodization Template
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Strength Periodization Template
 - Setting Reading Goals Strength Periodization Template
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Strength Periodization Template
 - Fact-Checking eBook Content of Strength Periodization Template

- Distinguishing Credible Sources

13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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