MPTC Strength Training Template Example

**Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Exercise

Set Reps Tempo RestTUT **Wk1 Wk2 Wk3 Wk4 Wk5 Wk6 Wk7 Wk8 Wk9 Wk10**

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**A1: Poliquin Step Ups**

Set 1 15-20 2010 30s 60

Set 2 15-20 2010 30s 60s

Set 3 15-20 2010 30s 60s

**A2: FFE DB Split Squats**

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Set 1 10-12 3010 30s 60

Set 2 10-12 3010 30s 60

Set 3 10-12 3010 30s 60

**A3: 1 ¼ Rotational Dumbbell Bench Press**

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Set 1 10-12 3010 30s 60

Set 2 10-12 3010 30s 60

Set 3 10-12 3010 30s 60

**A4: Seated Zottman Curls**

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Set 1 10-12 3010 30s 60

Set 2 10-12 3010 30s 60

Set 3 10-12 3010 30s 60

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**A5: Romanian Deadlift**

Set 1 10-12 3010 30s 60

Set 2 10-12 3010 30s 60

Set 3 10-12 3010 30s 60

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**B1: Seated DB External Rotator**

Set 1 10-12 3010 30s 60

Set 2 10-12 3010 30s 60

Set 3 10-12 3010 30s 60

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**B2: Single Arm DB Trap-3 Lift**

Set 1 10-12 3010 30s 60

Set 2 10-12 3010 30s 60

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Set 3 10-12 3010 30s 60

**B3: External Rotator Variations**

Set 1 10-12 3010 30s 60

Set 2 10-12 3010 30s 60

Set 3 10-12 3010 30s 60