



12 WEEK TRAINING PROGRAM

6 DAY SPLIT



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This program is a 12-week, 6-day split, designed to increase strength and build muscle through programming and hypertrophy style training systems. The bench, squat and deadlift (main lifts) sets are based off a percentage of your 1-rep max (1RM). *You should know your 1-rep max for these lifts prior to starting the program. This is a high volume/high frequency program and may need to be adjusted based off your experience and body's ability to recover. The 12-week program will be broken down into 3 mesocycles with a 1-rep max test out at the end of the 12 weeks.

*Below is the template for each 4-week mesocycle based off your projected 1RM as you progress through the 3 phases.

*While you are not testing your true 1RM until after the 12 weeks, there will be 90% AMRAP testing once a mesocycle.

Mesocycle Main Lift Percentage Chart

| <u>WEEK 1</u> | <u>WEEK 2</u> | <u>WEEK 3</u> | <u>WEEK 4</u> |
|---|---|---|---|
| <p>Main Lifts: 5 reps x 4 sets + AMRAP (As many reps as possible)</p> <p>Set 1: 65% 1RM x 5 reps Set 2: 70% 1RM x 5 reps Set 3: 75% 1RM x 5 reps Set 4: 80% 1RM x 5 reps Set 5: AMRAP - 70% 1RM</p> | <p>Main Lifts: 3 reps x 4 sets</p> <p>Set 1: 75% 1RM x 3 reps Set 2: 80% 1RM x 3 reps Set 3: 85% 1RM x 3 reps Set 4: 90% 1RM x 3 reps</p> | <p>Main Lifts: Test Week (90% AMRAP) (Use projected 1RM)</p> <p>Set 1: 50% x 10 reps Set 2: 60% x 5 reps Set 3: 70% x 3 reps Set 4: 80% x 1 rep Set 5: 85% x 1 rep Set 6: 90% x AMRAP</p> | <p>Main Lifts: Speed Work (Short Rest/Explosive Power)</p> <p>Set 1: 70% 1RM x 3 reps Set 2: 70% 1RM x 3 reps Set 3: 70% 1RM x 3 reps Set 4: 70% 1RM x 3 reps Set 5: 70% 1RM x 3 reps Set 6: 70% 1RM x 3 reps Set 7: 70% 1RM x 3 reps</p> |



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EACH MESOCYCLE TEMPLATE

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---|---------|-----------|----------|--------|----------|
| OFF | WEEK 1 (Main Lifts: 5 reps x 4 sets + AMRAP) | | | | | |
| OFF | WEEK 2 (Main Lifts: 3 reps x 4 sets) | | | | | |
| OFF | WEEK 3 (TEST Week with 10,5,3,1,1,AMRAP rep scheme) | | | | | |
| OFF | WEEK 4 (Speed work with 70% 1RM) | | | | | |

After each mesocycle you select a projected 1RM for the next 4 week cycle. This new 1RM will set your percentages for working sets leading up to the next TESTING WEEK (Week 3).

