

Sample Intermediate 4-day, 2x/week Movement Strength Program Overview

	Squat: 4-6 rep range	Bench: 4-6 rep range	Deadlift: 3-5 rep range	Bench: 8-12 rep range
Main volume Acc volume	5 sets 4 sets upper pull	5 sets 3 sets upper push	5 sets 3 sets lower	4 sets 3 sets upper push 4 sets upper pull
Main Lift	Wave loading 4-6 rep range	Wave loading 4-6 rep range	Wave loading 3-5 rep range	Wave loading 8-12 rep range
Accessories	Double progression 6-8 rep range	Double progression 6-8 rep range	Double progression 6-8 rep range	Double progression 8-12 rep range

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Victor M. Corman



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