

PYTHON POWER

PHASE 1: SUBMISSION STRENGTH - DAY 1

EXERCISE	REPS	TEMPO	REST	SETS
1) BENT OVER DB ROWS	6 - 8	1 0 3	2 MIN	3 - 6
2) BENCH STEPOVERS	6 - 8 PER	CONTROL	1 - 2 MIN	2 - 4
3) TOWEL BICEP CURLS	6 - 8	CONTROL	1 - 2 MIN	2 - 5
4) FLAT DB PRESS ON SB	8 - 10	CONTROL	1 - 2 MIN	3 - 5
5) HANGING LEG RAISES	12 - 20 TOTAL	CONTROL	1 - 2 MIN	3

NOTES

- WHEN YOU PERFORM THIS WORKOUT FOR A 5TH TIME, PERFORM THE # OF SETS OUTLINED IN THE 4TH WORKOUT ON THIS SHEET (LAST COLUMN)

EXERCISE	DATE				
1) BENT OVER DB ROWS		3 sets	4 sets	6 sets	4 sets
2) BENCH STEPOVERS		3 sets	4 sets	2 sets	4 sets
3) TOWEL BICEP CURLS		3 sets	4 sets	2 sets	5 sets
4) FLAT DB PRESS ON SB		3 sets	4 sets	5 sets	3 sets
5) HANGING LEG RAISES		3 sets	3 sets	3 sets	3 sets

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PHASE 1: SUBMISSION STRENGTH - DAY 2

EXERCISE	REPS	TEMPO	REST	SETS
1) PAUSING CHINUPS*	4 - 6	2 2 X	2 MIN	4 - 6
2) SKULL CRUSHERS	6 - 8	CONTROL	1 - 1.5 MIN	3 - 5
3) DEADLIFT + ROW	8 - 10	CONTROL	1 MIN	3 - 4
4) REVERSE EZ-BAR CURLS	8 - 10	CONTROL	1 - 2 MIN	3 - 4
5) FLAT JACK SB	8 - 12 TOTAL	CONTROL	1 MIN	3

NOTES

- IF YOU CAN EASILY DO MORE THAN 6 PAUSING CHINUPS, ADD WEIGHT BY USING A BELT OR HOLDING A DB BETWEEN YOUR FEET

EXERCISE	DATE				
1) PAUSING CHINUPS*		3 sets	5 sets	3 sets	6 sets
2) SKULL CRUSHERS		3 sets	3 sets	4 sets	5 sets
3) DEADLIFT + ROW		3 sets	4 sets	3 sets	3 sets
4) REVERSE EZ-BAR CURLS		3 sets	3 sets	4 sets	4 sets
5) BARBELL ROLLOUTS		3 sets	3 sets	3 sets	3 sets