

Single's Club

by Chad Waterbury

Original Article Can be Found on T-Nation @ <http://www.t-nation.com>

Day 1	Sets / Reps	Rest	Wt.	Day 8	Sets / Reps	Rest	Wt.
A - BB Back Squats	14 x 1 @ 3RM	60 s		A - BB Back Squats	15 x 1 @ 3RM	60 s	
B - Back Extensions	14 x 1 @ 3RM	60 s		B - Back Extensions	15 x 1 @ 3RM	60 s	
C - Seated Calf Raises	14 x 1 @ 3RM	60 s		C - Seated Calf Raises	15 x 1 @ 3RM	60 s	
Day 2	Cardio			Day 9	Cardio		
Day 3	Sets / Reps	Rest	Wt.	Day 10	Sets / Reps	Rest	Wt.
A1 - Chin-Ups	3 x 18 @ 20RM	60 s		A1 - Chin-Ups	3 x 18 @ 20RM	60 s	+2.5%
A2 - Flat DB Bench Presses	3 x 18 @ 20RM	60 s		A2 - Flat DB Bench Presses	3 x 18 @ 20RM	60 s	+2.5%
B1 - BB Curls	3 x 18 @ 20RM	60 s		B1 - BB Curls	3 x 18 @ 20RM	60 s	+2.5%
B2 - BB Skull Crushers	3 x 18 @ 20RM	60 s		B2 - BB Skull Crushers	3 x 18 @ 20RM	60 s	+2.5%
Day 4	Sets / Reps	Rest	Wt.	Day 11	Sets / Reps	Rest	Wt.
A1 - BB Deadlifts	3 x 18 @ 20RM	90 s		A1 - BB Deadlifts	3 x 18 @ 20RM	90 s	+2.5%
A2 - Standing Calf Raises	3 x 18 @ 20RM	90 s		A2 - Standing Calf Raises	3 x 18 @ 20RM	90 s	+2.5%
B1 - Lying Leg Curls	3 x 18 @ 20RM	90 s		B1 - Lying Leg Curls	3 x 18 @ 20RM	90 s	+2.5%
B2 - Hanging Pikes	3 x 18 @ 20RM	90 s		B2 - Hanging Pikes	3 x 18 @ 20RM	90 s	+2.5%
Day 5	Cardio			Day 12	Cardio		
Day 6	Sets / Reps	Rest	Wt.	Day 13	Sets / Reps	Rest	Wt.
A - Incline BB Bench Presses	14 x 1 @ 3RM	60 s		A - Incline BB Bench Presses	15 x 1 @ 3RM	60 s	
B - Chest-Supported Rows	14 x 1 @ 3RM	60 s		B - Chest-Supported Rows	15 x 1 @ 3RM	60 s	
C - Dips	14 x 1 @ 3RM	60 s		C - Dips	15 x 1 @ 3RM	60 s	
Day 7	Rest			Day 14	Rest		