Workout routine to be performed twice a week

Warm-up (w): Perform warm-up sets wherever you see the symbol. The warm-up serves not only to lubricate your joints and increase muscle temperature, but to prime your nervous system to lift bigger weights. The following is a warm-up example if someone is lifting 200 pounds for their work sets:

Warm-up #1: 100 pounds for 10-12 reps. Light stretch.

Warm-up #2: 150 pounds for 5-6 reps. Light stretch.

Warm-up #3: 210 pounds for 1 rep.

*** :** Indicates a need to add weight to that set. Generally adding 5 percent more weight is appropriate when this is indicated.

Speed of Reps:

1-1-2 indicates a quick, explosive lift, brief pause and controlled descent.
2-1-3 indicates a more controlled lift, brief pause and slow controlled descent.

Exercise	Sets	Reps	Rest Between Sets	Speed Of Reps
Squats (w)	4	8, 8, 8, 5*	3 Minutes	Explosive 1-1-2
Deadlifts (w)	4	8, 8, 8, 5*	3 Minutes	Explosive 1-1-2
Flat Bench Press (w)	4	8, 8, 8, 5*	3 Minutes	Explosive 1-1-2
Wide Grip Chins	2	8, 8	2 Minutes	Controlled 2-1-3
Power Clean	3	5, 5, 5	3 Minutes	Explosive 1-1-2
Bent Over Rows	2	8, 8	3 Minutes	Explosive 1-1-2
Standing Calf Raises	2	8, 8	3 Minutes	Controlled 2-1-3
Triceps Press	2	6, 6	2 Minutes	Controlled 2-1-3
Biceps Curls	2	6, 6	2 Minutes	Controlled 2-1-3
Decline Sit Ups	3	Failure	3 Minutes	Controlled 2-1-3

Chart

Exercise	Weight	Reps	notes