**DUP PROGRAM**

**SET YOUR CURRENT PB'S**

| | |
|---|---|
| Squat Max | 240 |
| Bench Max | 185 |
| Deadlift Max | 300 |
| OHP Max | 110 |

## PUSH

| | | | |
|---|---|---|---|
| **Bench** | 4x8 | | 135 |
| **BB Incline** | 3x12 | | 95 |
| **OHP** | 3x12 | | 55 |
| **DB Fly** | 3x10 | 20lb db | |
| **DB Laterals** | 3x12 | 20lb db | |
| **DB Front Raise** | 3x10 | 20lb db | |
| **DB Bent Over Side Raise** | 3x10 | 10lb db | |
| **Tri Pushdown** | 3x15 | | 27.5 |
| **DB Tri Extension** | 3x10 | 10lb db | |

## PULL

| | | | |
|---|---|---|---|
| **Lat Pulldown** | 4x15 | | 95 |
| **Seated Row** | 3x10 | | |
| **Chin Up** | 3x10 | Green Purple | |
| **Pull Up (wide)** | 3x10 | Green Purple | |
| **Yates Row** | 3x10 | | 95 |
| **BB Shruge** | 3x15 | | 125 |
| **DB Shruge** | 3x40 | 20lb dbs | |
| **BB Curl** | 3x10 | | 45 |
| **Hammer Curl** | 3x15 | 10lb db | |

## LEGS

| | | | |
|---|---|---|---|
| **Squat** | 4x12 | | 135 |
| **Calf raise** | 3x15 | | 135 |
| **Romanian deadlift** | 3x10 | | 115 |
| **Dumbbell lunges** | 3x10 | 20lb db's | |

**DUP PROGRAM**

**SET YOUR CURRENT PB'S**

| | |
|---|---|
| Squat Max | 240 |
| Bench Max | 185 |
| Deadlift Max | 300 |
| OHP Max | 110 |

## Week 1

### PUSH #1

| | | | |
|---|---|---|---|
| **Bench** | 4x12 | | 105 |
| **BB Incline** | 3x12 | | 90 |
| **OHP** | 3x10 | | 70 |
| **DB Fly** | 3x10 | 20lb db | |
| **DB Laterals** | 3x10 | 20lb db | |
| **DB Front Raise** | 3x10 | - | |
| **Tri Pushdown** | 3x10 | | 27.5 |
| **Skull Crusher** | 3x10 | | 45 |
| **DB tricep extensions** | 3x10 | 10lb db | |