

Sample Week

Westside Barbell for Sports (3-Days)

Day 1 (Monday) – Max Effort Upper Body	Day 2 (Wednesday) – Max Effort Lower Body	Day 3 (Friday) – Dynamic Day
Rack Press	Trap Bar Deadlift	Bench Press with Bands
Work up to a max set of 5 reps	Work up to a max set of 5 reps	9 x 3 at 40%. 3 sets of each grip
DB Incline Press	Flywheel Leg Press	Back Squat
2 x 15 (45-seconds rest between sets)	4 x 7	8 x 2 at 40-60%
Weighted Dips	Flywheel Hamstring Curl (Eccentric Method)	Deadlift with Bands
4 x 6	3 x 3 per leg Raise the weight with maximum effort using both legs and lower the weight with one leg	8 x 2 at 40-60%
Triceps Push Down	Semi-Stiff Leg Deadlift – Single Leg	Flywheel Hamstring Curl (Eccentric Method)
2 x 15	3 x 8 per leg	3 x 3 per leg Raise the weight with maximum effort using both legs and lower the weight with one leg
Weighted Chin-Up	Dynamic Step-Up	DB Row
3 x 5	4 x 12 (6 per leg per set)	2 x 15
Prone DB Lateral Raise		
2 x 15		