

6 week mid-summer Linemen Plan

Monday	Week 1	Week 2
SHOULDER SERIES		
DB Standing T.Y.I Raise w/ Thumbs Up	2x8 each	2x10 each
CORE SERIES		
Bridge series (Right / Prone / Left)	2x:15 each	2x:20 each
Trap Bar Deadlift	Warm-Up, 4x5	Warm-Up, 4x4
Barbell Bench Press	2x12, 2x10	2x10, 2x8
ROMANIAN DEAD LIFT (RDL)	3x12	3x10
INVERTED ROW	2x12, 2x10	2x10, 2x8

Wednesday	Week 1	Week 2
SHOULDER SERIES		
DB L.W.I Press w/ Thumbs Up	2x8 each	2x10 each
CORE SERIES		
Dead Bug Series (R/R, L/L, R/L, L/R, All 4)	2x:08 each	2x:10 each
DUMBBELL SUMO SQUAT	Warm-Up, 2x8, 2x6	Warm-Up, 2x6, 2x5
Dips x 30 total reps	As many sets as required	As many sets as required
HYPEREXTENSION x 30 Total Reps	As many sets as required	As many sets as required
Pull-Ups x 50 total reps	As many sets as required	As many sets as required

Friday	Week 1	Week 2
SHOULDER SERIES		
DB Lying T.Y.I Raise w/ Thumbs Up	2x8 each	2x12 each
CORE SERIES		
1-Leg Lowering (Middle/Diagonal/Lateral)	2x3 each	2x4 each
POWER CLEAN SHRUG	Warm-Up, 4x5	Warm-Up, 4x4
INCLINE BENCH PRESS	2x12, 2x10	2x10, 2x8
bench setting @ 30deg		
GLUTE HAM RAISE	3x10	3x12
TWO-ARM DB ROW	1x15, 1x12, 1x10, 1x8	1x12, 10, 1x8, 1x6

bench setting at 30deg incline

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Monday	Week 3	Week 4
SHOULDER SERIES		
DB Standing T.Y.I Raise w/ Thumbs Up	2x10 each	2x12 each
CORE SERIES		
Bridge series (Right / Prone / Left)	2x:25 each	2x:30 each
HANG SHRUG	Warm-Up, 2x4, 2x3	Warm-Up, 4x3
BARBELL BENCH PRESS	2x10, 2x8 each	2x8, 2x6 each
ROMANIAN DEAD LIFT (RDL)	3x10	3x8
INVERTED ROW	4x10	4x8

Wednesday	Week 3	Week 4
SHOULDER SERIES		
DB L.W.I Press w/ Thumbs Up	2x10 each	2x12 each
CORE SERIES		
Dead Bug Series (R/R, L/L, R/L, L/R, All 4)	2x:10 each	2x:12 each
BARBELL FRONT SQUAT	Warm-Up, 2x8, 2x6	Warm-Up, 2x6, 2x5
DIPS x 30 total reps	As many sets as required	As many sets as required
REVERSE HYPER x 30 Total Reps	As many sets as required	As many sets as required
CHIN-UPS x 40 total reps	As many sets as required	As many sets as required

Friday	Week 3	Week 4
SHOULDER SERIES		
DB Lying T.Y.I Raise w/ Thumbs Up	2x10 each	2x12 each
CORE SERIES		
1-Leg Lowering (Middle/Diagonal/Lateral)	2x4 each	2x5 each
HIGH PULL	Warm-Up, 4x3	Warm-Up, 4x3
INCLINE BENCH	2x10, 2x8	2x8, 2x6
GLUTE HAM RAISE	3x6	3x8
TWO-ARM DB ROW	4x8	4x6
TWO-ARM DB ROW	1x15, 1x12, 1x10, 1x8	1x12, 10, 1x8, 1x6

bench setting at 30deg incline

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Monday	Week 5	Week 6
SHOULDER SERIES		
DB Standing T.Y.I Raise w/ Thumbs Up	2x12 each	2x15 each
CORE SERIES		
Bridge series (Right / Prone / Left)	2x:30 each	2x:40 each
HIGH PULL	Warm-Up, 4x3	Warm-Up, 2x3, 2x2
BARBELL BENCH PRESS	2x10, 2x8	2x8, 2x6
ROMANIAN DEAD LIFT (RDL)	3x8	3x6
INVERTED ROW	4x10	4x8

Wednesday	Week 5	Week 6
SHOULDER SERIES		
DB L.W.I Press w/ Thumbs Up	2x12 each	2x15 each
CORE SERIES		
Dead Bug Series (R/R, L/L, R/L, L/R, All 4)	2x:12 each	2x:15 each
BARBELL FRONT SQUAT	Warm-Up, 2x5, 2x4	Warm-Up, 2x4, 2x3
WEIGHTED DIPS x30 TOTAL REPS	As many sets as required	As many sets as required
SUPERMAN SERIES	3x3 each	3x4 each
all four / upper / opposite R&L / opposite L&R		
controlled movement - pause at top for 1sec		
PULL-UPS x 40 total reps	As many sets as required	As many sets as required

Friday	Week 5	Week 6
DB Lying T.Y.I Raise w/ Thumbs Up	2x12 each	2x15 each
CORE SERIES		
1-Leg Lowering (Middle/Diagonal/Lateral)	2x5 each	2x6 each
POWER CLEAN	Warm-Up, 4x3	Warm-Up, 4x2
INCLINE BENCH	2x10, 2x8	2x8, 2x6
GLUTE HAM RAISE	3x8	3x10
TWO-ARM DB ROW	2x6, 2x5	4x5
TWO-ARM DB ROW	1x15, 1x12, 1x10, 1x8	1x12, 10, 1x8, 1x6