

SQUAT



**LEVEL UP SERIES
BY COLLIN WHITNEY**

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INTRODUCTION

ABOUT THIS TRAINER

There is nothing worse than being stuck on a training plateau for long periods of time. Plateaus are inevitable and, unfortunately, everyone hits them. I've hit my share that I thought I would never get past. After learning more and experimenting with various methods over the years, I believe that I now have a great understanding of what is needed in order to break through current plateaus.

Transitioning into higher volume and increased frequency is always a good start when preparing to break the plateau. This program will have you doing just that, allowing your body to gradually adjust to the change. This program will also include plenty of exercise variation and accessory exercises that support the primary movements needed to put you in the position to break your PRs and LEVEL UP!

COACH BIO: COLLIN WHITNEY

Collin Whitney is both a Strength Coach and Elite Powerlifter in the USAPL. Collin has attained his Personal Trainer certification from the American Council on Exercise and became a USAPL Certified Club Coach while pursuing his Bachelor's of Science in Kinesiology (Exercise Science) from The Pennsylvania State University. Despite having a multifaceted athletic background, including sports like basketball and rugby, he ultimately found his home in the world of Powerlifting during his training in the Air Force. Collin has very quickly become a top competitor in the USAPL. He has achieved an elite total in the 105kg weight class, broken numerous state records, and has both competed and won competitions at the highest level including USAPL Raw Nationals and The Arnold Sports Festival. Collin began to share his knowledge and love for strength training by coaching athletes and individuals from around the world. Ranging from novice to elite powerlifters, collegiate athletes, and also military/law enforcement personnel.

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COLLIN'S DISCOUNT CODE "WSP20"




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ABBREVIATIONS

ACC	ACCESSORY	OPT	OPTIONAL
B	BENCH	RDL	ROMANIAN DEADLIFT
BB	BARBELL	S	SQUAT
CG	CLOSE GRIP	SLDL	STIFF LEGGED DEADLIFT
DB	DUMBBELL	SS	SUPERSET
DL	DEADLIFT	TR	TOTAL REPS
LP	LONG PAUSE	V	VARIATION
OHP	OVERHEAD PRESS	WG	WIDE GRIP

KEY

HYPERTROPHY	
STRENGTH	
POWER	

RPE CHART

		REPS				
RPE		1	2	3	4	5
	10	100%	96%	92%	89%	86%
	9.5	98%	94%	91%	88%	85%
	9	96%	92%	89%	86%	84%
	8.5	94%	91%	88%	85%	82%
	8	92%	89%	86%	84%	81%
	7.5	91%	88%	85%	82%	80%
	7	89%	86%	84%	81%	79%

PROG- RAM

LEVEL UP SERIES

SQUATS

WEEK 1

DAY 1	SETS	REPS	T.R.	%RPE
SQUAT*	6	6	36	70%
ACC 1-LEG PRESS	4	15	60	RPE 8
ACC 2-SS-LEG EXTENSION / CURL	5	12	60	RPE 8

* AMRAP LAST SET - RPE 9 - NOT FAILURE

DAY 2	SETS	REPS	T.R.	%RPE
SQUAT (V)-FRONT*	3	8	24	REP 7
ACC 1-BACK EXTENSION**	3	10	30	RPE 8

* BE PROGRESSIVE WITH WORKING SETS IF YOU CAN
 ** YOU COULD ALSO SUBSTITUTE IN REVERSE HYPERS

THIS DAY CAN BE ADDED INTO ONE OF YOUR OTHER TRAINING DAYS - PREFERABLY DEADLIFT DAY

WEEK 2

DAY 1	SETS	REPS	T.R.	%RPE
SQUAT*	7	5	35	72%
ACC 1-LEG PRESS	4	15	60	RPE 8
ACC 2-SS-LEG EXTENSION / CURL	4	15	60	RPE 8

* AMRAP LAST SET - RPE 9 - NOT FAILURE

DAY 2	SETS	REPS	T.R.	%RPE
SQUAT (V)-FRONT*	3	8	24	REP 7
ACC 1-BACK EXTENSION**	3	10	30	RPE 8

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WEEK 3

DAY 1	SETS	REPS	T.R.	%RPE
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SQUAT - TOP SETS*	2	3	6	85%
SQUAT **	3	5	15	72%
ACC 1-SQUAT (V)-PAUSE	3	3	9	RPE 7
ACC 2-SS-LEG EXTENSION / CURL	4	15	60	RPE 8

* WORK UP TOP SETS FIRST, SHOULD BE HEAVIEST SETS OF THE DAY

** BE PROGRESSIVE WITH WORKING SETS IF YOU CAN

DAY 2	SETS	REPS	T.R.	%RPE
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SQUAT (V)-FRONT*	4	6	24	REP 7
ACC 1-BACK EXTENSION**	3	10	30	RPE 8

* BE PROGRESSIVE WITH WORKING SETS IF YOU CAN
 ** YOU COULD ALSO SUBSTITUTE IN REVERSE HYPERS

THIS DAY CAN BE ADDED INTO ONE OF YOUR OTHER TRAINING DAYS - PREFERABLY DEADLIFT DAY

DAY 3	SETS	REPS	T.R.	%RPE
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SQUAT (V)-TEMPO*	4	4	16	RPE 7
ACC 1-LEG PRESS-PAUSE	4	10	40	RPE 7
ACC 2-SS-LEG EXTENSION / CURL	4	15	60	RPE 7

* TEMPO-3-1-0

WEEK 4

DAY 1	SETS	REPS	T.R.	%RPE
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SQUAT - TOP SETS*	2	2	4	88%
SQUAT	3	4	12	74%
ACC 1-SQUAT (V)-PAUSE	3	2	6	RPE 8
ACC 2-SS-LEG EXTENSION / CURL	4	15	60	RPE 8

* WORK UP TOP SETS FIRST, SHOULD BE HEAVIEST SETS OF THE DAY

DAY 2	SETS	REPS	T.R.	%RPE
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SQUAT (V)-FRONT*	4	5	20	REP 7
ACC 1-BACK EXTENSION**	3	10	30	RPE 8

* BE PROGRESSIVE WITH WORKING SETS IF YOU CAN
 ** YOU COULD ALSO SUBSTITUTE IN REVERSE HYPERS

THIS DAY CAN BE ADDED INTO ONE OF YOUR OTHER TRAINING DAYS - PREFERABLY DEADLIFT DAY

DAY 3	SETS	REPS	T.R.	%RPE
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SQUAT (V)-TEMPO*	5	3	15	RPE 8
ACC 1-LEG PRESS-PAUSE	4	10	40	RPE 7
ACC 2-SS-LEG EXTENSION / CURL	4	15	60	RPE 7

* TEMPO-3-1-0

WEEK 5

DAY 1	SETS	REPS	T.R.	%RPE
SQUAT - 1ST SET AMRAP*	1			88%
SQUAT	5	2	10	75%
ACC 1-SQUAT (V)-PAUSE	3	1	3	RPE 8
ACC 2-SS-LEG EXTENSION / CURL	4	15	60	RPE 8

* AMRAP UNTIL RPE 9 - NOT FAILURE

DAY 2	SETS	REPS	T.R.	%RPE
SQUAT*	5	1	5	85%
ACC 1-BACK EXTENSION**	3	10	30	RPE 8

* BE PROGRESSIVE WITH WORKING SETS IF YOU CAN
 ** YOU COULD ALSO SUBSTITUTE IN REVERSE HYPERS

THIS DAY CAN BE ADDED INTO ONE OF YOUR OTHER TRAINING DAYS - PREFERABLY DEADLIFT DAY

WEEK 6

DAY 1	SETS	REPS	T.R.	%RPE
SQUAT*	5	1	5	75%
ACC 1-LEG PRESS	4	10	40	RPE 6
ACC 2-SS-LEG EXTENSION / CURL	4	15	60	RPE 6

* DELOAD DAY

RETEST

SQUAT	1	1	1	88%
SQUAT	1	1	1	95%
SQUAT	1	1	1	PR

RE-TEST OVER WEEKEND OR EARLY NEXT WEEK



FOCUS SQ B DL OTHER

DAY W__ D__ DATE __/__/__ TIME __:__

EXERCISE	S1	S2	S3	S4	S5	S6	% / RPE
NOTES							
NOTES							
NOTES							
NOTES							
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NOTES							

GENERAL NOTES

SAVE 20% ON ALL REL PRODUCTS
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