



Optimize Your Restart To Barbell Training: A Complete Guide



An entire program to restart barbell training after a long layoff. Get stronger & address injuries better than you ever thought possible.

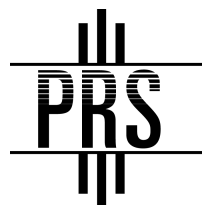
Optimize Your Restart Guide

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Hi! I'm Dr. Rori Alter, PT, SSC, PRSCC and feel strongly about optimizing movement and programming to achieve your goals, reduce your injury risk and support your longevity in the sport of barbell strength training and powerlifting. I've designed this Guide to help beginner lifters start training and seasoned lifters reintroduce barbell training in a safe and effective manner after extended layoffs. This Guide will help you get as much as you can out of the beginner phase of training and seamlessly transition you to intermediate programming.



How To Effectively Re-Start Training After Taking One Or More Months Off

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Introduction: How To Use The Program

If you're just starting to barbell train or an elite-level powerlifter who's taken more than a month off structured barbell programming, it doesn't matter. You're all in the same boat. Having not trained with a barbell for 3-4 months or having just started out within the last few months, means you're a novice in terms of how you respond to the stress of the barbell. For a more in-depth discussion on this, read [THIS](#) article.

Don't stress! This is actually a good thing, so hear us out!

Here's what to keep in mind:

1. Less is more: Doing the minimal effective dose (MED) of training will allow you to make progress without spending hours in the gym and with less exposure to injury. This also enables you to increase your training stimuli over time without your training sessions getting out of control.
2. Avoid doing too much, too soon, too fast as this is how injuries most likely occur.
3. Quiet that internal voice that says you have to get really strong really fast. This is not the time to let your ego guide your training and don't let other people's programs or rate of progress influence your decisions or how you feel about yourself.
4. If you had a training layoff: Even though it took you a long time to get to the level you were at, it won't take that long to get back there!

Choosing Your Starting Loads:

As mentioned above, we want to start with the MED, avoid doing too much, too soon, too fast, and take advantage of our beginner gains for as long as possible. As such the starting weight for each lift for the:

- New lifter should be a load that is easy to move, doesn't slow down significantly by the last rep, and allows you to focus on technique.
- Experienced lifter returning after a layoff, begin with loads in the 60-65% or RPE 6-7 range for the first day of training.

How To Effectively Re-Start Training After Taking One Or

More Months Off

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Introduction: How To Use The Program

The Program Layout:

As in **THIS** article, we recommend a simple, low variability, volume, and frequency program to help you focus on technique, adapt to training, and keep your session relatively short. This will allow you to integrate training into your life so it doesn't *rule* your life, as well as add to the program when you need more to continue progressing.

The program consists of 2 workouts composed of the **back squat (SQ)**, **bench press (BP)**, **deadlift (DL)** and **overhead press (OHP)** (and you can throw some accessory work & conditioning in if you really want to) that alternate every session. The format is laid out below. Please read the entire Guide before beginning the program! We cannot stress how important it is to refine your technique so PLEASE join our FREE Facebook group for 8 free weekly form checks forever! **Join [HERE!](#)**

DAY 1 WORKOUT A SQ 5 reps x 3 sets BP 5 reps x 3 sets DL 5 reps x 1 set Core	DAY 2 WORKOUT B SQ 5 reps x 3 sets + X OHP 5 reps x 3 sets DL 5 reps x 1 set + X Bi/tri superset	DAY 3 WORKOUT A SQ 5 reps x 3 sets + X BP 5 reps x 3 sets + X DL 5 reps x 1 set + X Core
Conditioning		
DAY 1 WORKOUT B SQ 5 reps x 3 sets + X OHP 5 reps x 3 sets + X DL 5 reps x 1 set + X Bi/tri superset	DAY 2 WORKOUT A SQ 5 reps x 3 sets + X BP 5 reps x 3 sets + X DL 5 reps x 1 set + X Core	DAY 3 WORKOUT B SQ 5 reps x 3 sets + X OHP 5 reps x 3 sets + X DL 5 reps x 1 set + X Bi/tri superset

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How To Progress:

The best way to progress a program for optimal results and injury risk reduction is have a coach making training decisions for you. However, we know that isn't always possible so we recommend tracking Rate of Perceived Exertion (RPE) for each working set (excluding warm-ups). For details on RPE please see **THIS** article and the next page.

How To Effectively Re-Start Training After Taking One Or More Months Off

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Introduction: How To Use The Program

How To Progress Continued:

You'll be tracking the **AVERAGE RPE** for the working sets for each lift and each lift will progress at its own rate. When the average RPE for the working sets of an individual lift is 8.5 for 3 sessions in a row then move to the next rep scheme progression listed in this guide for that particular lift.

If you've never used RPE or struggled with it in the past, please read [THIS](#) article and see the two charts below.

RATING OF PERCEIVED EXERTION

RPE	REPS LEFT IN TANK	QUALITY	NOVICE DESCRIPTOR
10	None, all out grind, failed rep	Super slow, may stop, ugly	Max Effort
9.5	Maybe 1 rep	Super slow, has a sticking point, ugly	Very Hard
9	Definitely 1 rep		
8.5	Definitely 1, maybe 2	Slows down on last 2 reps, may stick on last rep	Hard
8	Definitely 2	Slows down on last 2 reps	
7.5	Definitely 2, maybe 3	Slows down on last 1-2 reps	Sort of Hard
7	Definitely 3	Slows down slightly on last rep	
6.5	Definitely 3, maybe 4	All reps speedy	Easy
6	Definitely 4		

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RATING OF PERCEIVED EXERTION

RPE	TECHNIQUE	PHYSIOLOGICAL SIGNS	SOUND
10	Sig. form deviation on most reps	Red, eyes bulging, hands blanching on most reps	Grunting on all reps, heavy breathing after set
9.5	Mod. form deviation on last 2-3 reps	Red, eyes bulging, hands blanching on last 2-3 reps	Grunting on last 2-3 reps, heavy breathing after set
9	3 reps		
8.5	Mild form deviation on last 1-2 reps	Face starts to get red on last 1-2 reps	May grunt on last 1-2 reps, breaths moderately after set
8			
7.5	Possibly mild form deviation on last rep	Face might get red on last 1-2 reps	May grunt on last rep, may experience mild inc. in breathing after set
7			
6.5	Perfect form	Face usually does not get red	Breathing is usually not impaired
6			

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Warming Up For Injury Risk Reduction & Training

Success

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The 15 Minute Warm-Up

One of the biggest mistakes we see barbell athletes make that is associated with chronic pain, acute injuries, lackluster performance, and failure to achieve goals is...

Not appropriately warming up!

The goal of the barbell warm-up is to be time and cost efficient, help reduce injury risk, prepare you for training, and improve your performance. While the research on barbell training specific warm-ups is null, generalize sport performance research suggests that Dynamic Warm-Up approaches are superior to Static & Passive approaches (think foam rolling, theraguns, mobility bands and lacrosse balls) and as such, we're going to recommend our 15 Minute Dynamic Warm-Up Approach that:

1. Saves you time & money on silly, ineffective implements
2. Increases the elasticity & contractility of your muscles
3. Prepares your respiratory & cardiovascular system for the demands of your work sets or competition
4. Increases your reaction time and coordination to keep you moving smoothly and safely under heavy load
5. And prepares you mentally for high level performance

The Warm-Up:

Step 1: Spend 5-10 minutes warming up your cardiovascular system. This can be done on a piece of cardio equipment like a bike, treadmill, elliptical or rower, or done with something like running in place, going for a short walk, or light jump rope if the other implements aren't available. This should be LIGHT and you should be able to talk the whole time. The goal is warm your body temperature up and increase your respiratory rate a bit. You should not be breathing heavily or sweating profusely from this.

Step 2: Perform dynamic stretches for your upper and lower body that move your joints and muscles through large, non-sport-specific ranges of motion. This should only take an additional 3-5 minutes at most. [CLICK HERE](#) for our recommended dynamic stretches.

Step 3: Get under the barbell and gradually increase the load while tapering the reps towards your work set. This should take an additional 5-10 minutes, shouldn't wind you or fatigue you, and adequately prepares you to spend your energy performing well on your working sets. For the FREE PRS Barbell Warm-Up App that walks you through the barbell warm-up how we'd recommend, [CLICK HERE](#). It's free for everyone! Your first barbell lift will adequately warm your body up for the rest of your lifts and nothing special needs to be done when moving on to the next lift!

Progressing The Novice Squat

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Novice Squat Progression

Over 30, other health condition or injuries

Under 30, healthy, no injuries

5 reps x 3 sets across

injuries

Maintain rep scheme & add a light day on Day 2 of each week

5 reps x 2 sets across @ 80% Day 1

Maintain rep scheme & add a light day on Day 2 of each week

5 reps x 2 sets across @ 80% Day 1

3 reps x 5 sets across

Continues with Light Day and rules above.

5 reps x 1 set
-10% x 5 reps x 2 sets

3 reps x 1 set
-10% x 3 reps x 4 sets

3 reps x 1 set
-5% x 3 reps x 3 sets

Now your squat should transition to intermediate programming

Progressing The Novice Squat

Weekly Formatting Adjustments

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Under 30, healthy, no injuries

Day 1: 5 reps x 3 sets across	Day 2: 5 reps x 3 sets across (+X D1)	Day 3: 5 reps x 3 sets across (+X D2)
Day 1: 5 reps x 3 sets across (+X D3LW)	Day 2: 5 reps x 2 sets across (@80% D1)	Day 3: 5 reps x 3 sets across (+X D1)
Day 1: 5 reps x 1 (+X D3LW) 5 reps x 2 sets @ -10%	Day 2: 5 reps x 2 sets across (@80% D1)	Day 3: 5 reps x 1 (+X D1) 5 reps x 2 sets @ -10%
Day 1: 3 reps x 1 (+X D3LW) 3 reps x 3 sets @ -5%	Day 2: 5 reps x 2 sets across (@80% D1)	Day 3: 3 reps x 1 (+X D1) 3 reps x 3 sets @ -5%

Over 30, other health condition or injuries

Day 1: 5 reps x 3 sets across	Day 2: 5 reps x 3 sets across (+X D1)	Day 3: 5 reps x 3 sets across (+X D2)
Day 1: 5 reps x 3 sets across (+X D3LW)	Day 2: 5 reps x 2 sets across (@80% D1)	Day 3: 5 reps x 3 sets across (+X D1)
Day 1: 3 reps x 5 sets across (+X D3LW)	Day 2: 5 reps x 2 sets across (@80% D1)	Day 3: 3 reps x 5 sets across (+X D1)
Day 1: 3 reps x 1 (+X D3LW) 3 reps x 4 sets @ -10%	Day 2: 5 reps x 2 sets across (@80% D1)	Day 3: 3 reps x 1 (+X D1) 3 reps x 4 sets @ -10%

Progressing The Intermediate Squat

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Intermediate Squat Program

Day 1

Under 30

5 reps x 5 sets
@ 70% of average load
from last 3 workouts

Over 30

5 reps x 4 sets
@ 70% of average load
from last 3 workouts

Progressions:

- If RPE is 7.5 avg or less +10lb for males and +5lb for females.
- If avg RPE is higher than 7.5 but not more than 8.5 then increase +5lb per session
- Use RPE criteria from Novice Phase to progress from here.
- No resets. Can repeat weight 1 x.
- Reps per set is dropped by 1 rep every time there are 2 workouts in a row averaging 9+ RPE until reps are at 3 per set.
- At that point the next progression is top set with 3 or 4 drop sets depending on their # of sets @ -5/-10% for under/over 40.

Day 2

5 reps x 2 sets
@ 90% of Day 1

Progressions:

- Light day is progressed at whatever increment Day 1 is progressed.

Day 3

Under 30

3 reps x 3 sets
@ 85% of average load
from last 3 workouts

Over 30

3 reps x 3 sets
@ 80% of average load
from last 3 workouts

Progressions:

- If RPE is 8 avg or less +10lb for males and +5lb for females.
- If avg RPE is higher than 8.5 but not more than 9 then increase +5lb (male)+2.5lb (female) per session
- Use RPE criteria from Novice Phase to progress from here.
- No resets. Can repeat weight 1 x.
- Rep scheme is dropped to top set with 2 drop sets when there are 2 workouts in a row averaging 9+ RPE (@-5% for under/@-10% for over 40.

Progressing The Novice Bench Press/Overhead Press

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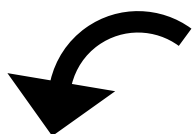
Novice Bench/OHP Progression

Over 30, other health condition or injuries

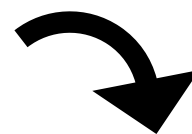
Under 30, healthy, no injuries

5 reps x 3 sets across

injuries



3 reps x 5 sets across

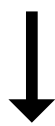


5 reps x 1 set
-10% x 5 reps x 2 sets



3 reps x 1 set/3 reps x 4 sets across @:
-Under 39: -5%
-Over 40: -10%

3 reps x 1 set/3 reps x 4 sets across @ -5%



1x1/ 3 reps x 5 sets across @:
-Under 39: -5%
-Over 40: -10%

1x1; 3 reps x 5 sets across @-5%



Now your BP or OHP should transition to intermediate programming



Progressing The Novice Bench Press/Overhead Press

Weekly Formatting Adjustments

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Under 30, healthy, no injuries

Day 1: 5 reps x 3 sets across (+D2LW)	Day 2: Alternate Upper Body	Day 3: 5 reps x 3 sets across (+X D1)
Day 1: Alternate Upper Body	Day 2: 5 reps x 3 sets across (+D3LW)	Day 3: Alternate Upper Body
Day 1: 5 reps x 1 set (+X D2LW) 5 reps x 2 sets @ -10%	Day 2: Alternate Upper Body	Day 3: 5 reps x 1 set (+X D1) 5 reps x 2 sets @ -10%
Day 1: Alternate Upper Body	Day 2: 5 reps x 1 set (+X D3LW) 5 reps x 2 sets @ -10%	Day 3: Alternate Upper Body
Day 1: 3 reps x 1 (+X D2LW) 3 reps x 4 sets @ -5%	Day 2: Alternate Upper Body	Day 3: 3 reps x 1 (+X D1) 3 reps x 4 sets @ -5%
Day 1: Alternate Upper Body	Day 2: 3 reps x 1 (+X D3LW) 3 reps x 4 sets @ -5%	Day 3: Alternate Upper Body
Day 1: 1 rep x 1 (+X D2LW) 3 reps x 5 sets @ -5%	Day 2: Alternate Upper Body	Day 3: 1 rep x 1 (+X D1) 3 reps x 5 sets @ -5%
Day 1: Alternate Upper Body	Day 2: 1 rep x 1 (+X D3LW) 3 reps x 4 sets @ -5%	Day 3: Alternate Upper Body

Over 30, other health condition or injuries

Day 1: 5 reps x 3 sets across (+D2LW)	Day 2: Alternate Upper Body	Day 3: 5 reps x 3 sets across (+X D1)
Day 1: Alternate Upper Body	Day 2: 5 reps x 3 sets across (+D3LW)	Day 3: Alternate Upper Body
Day 1: 3 reps x 5 sets across (+X D2LW)	Day 2: Alternate Upper Body	Day 3: 3 reps x 5 sets across (+X D1)
Day 1: Alternate Upper Body	Day 2: 3 reps x 5 sets across (+D3LW)	Day 3: Alternate Upper Body
Day 1: 3 reps x 1 (+X D2LW) 3 reps x 4 sets @ -x%	Day 2: Alternate Upper Body	Day 3: 3 reps x 1 (+X D1) 3 reps x 4 sets @ -x%
Day 1: Alternate Upper Body	Day 2: 3 reps x 1 (+X D3LW) 3 reps x 4 sets @ -x%	Day 3: Alternate Upper Body
Day 1: 1 rep x 1 (+X D2LW) 3 reps x 5 sets @ -x%	Day 2: Alternate Upper Body	Day 3: 1 rep x 1 (+X D1) 3 reps x 5 sets @ -x%
Day 1: Alternate Upper Body	Day 2: 1 rep x 1 (+X D3LW) 3 reps x 4 sets @ -x%	Day 3: Alternate Upper Body

Progressing The Intermediate Bench Press/Overhead Press

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Intermediate Bench Press/Overhead Press Program

Day 1

Bench Press 5 reps x 5 sets
@ 75% of average load
from last 3 workouts

Progressions:

- If RPE is 7.5 avg or less +5lb for males and +2.5lb for females.
- If avg RPE is higher than 7.5 but not more than 8.5 then increase +2.5lb male/2lb female per session
- Use RPE criteria from Novice Phase to progress from here.
- No resets. Can repeat weight 1 x.
- Reps per set is dropped by 1 rep every time there are 2 workouts in a row averaging 8.5 RPE until reps are at 3 per set.
- At that point the next progression is top set with 3 or 4 drop sets depending on their # of sets @ -5/-10% for under/over 30.

Day 2

Overhead Press 5 reps x 5 sets
@ 75% of average load from
last 3 workouts

Progressions:

- If RPE is 7.5 avg or less +5lb for males and +2.5lb for females.
- If avg RPE is higher than 7.5 but not more than 8.5 then increase +2.5lb male/2lb female per session
- Use RPE criteria from Novice Phase to progress from here.
- No resets. Can repeat weight 1 x.
- Reps per set is dropped by 1 rep every time there are 2 workouts in a row averaging 8.5 RPE until reps are at 3 per set.
- At that point the next progression is top set with 3 or 4 drop sets depending on their # of sets @ -5/-10% for under/over 30.

Day 3

General Strength Trainee
Incline Bench 8 @ RPE 6,7
(+2 repeats) 1st session to establish loads. Then 8 reps x 3 sets +X going forward.

Powerlifter

Bench Press 3 reps x 3 sets
@ 85% of average load from
last 5 workouts

Progressions:

- If RPE is 8 avg or less +5lb for males and +2.5lb for females.
- If avg RPE is higher than 8.5 but not more than 9 then increase +2.5lb males/+2lb females per session
- Use RPE criteria from Novice Phase to progress from here.
- No resets. Can repeat weight 1 x.
- Rep scheme is dropped to top set with 2 drop sets when there are 2 workouts in a row averaging 9 RPE (@-5% for under/@-10% for over 30.

Progressing The Novice Deadlift

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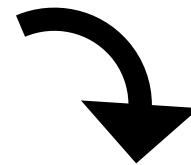
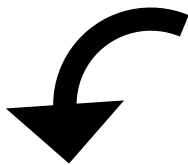
Novice Deadlift Progression

Over 30, other health condition or injuries

Under 30, healthy, no injuries

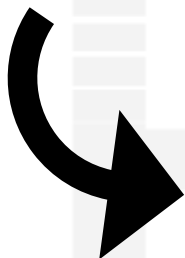
Novice Deadlift Progression

5 reps x 1 set across



3 reps x 1 set/3 reps x 2 sets across @:
-5% for 39 yo & under
-10% for 40+ yo

3 reps x 2 sets across



Alternating each workout with a Supplemental Deadlift (see next page)

3 reps x 1 set/
3 reps x 2 sets @ -10%

Now your deadlift should transition to intermediate programming

Alternate every 3rd workout with Chins or Pull Ups (15 reps total, add 1-2 reps every session)



Now your deadlift should transition to intermediate programming

Supplemental Lift Options:

- Romanian Deadlift
- Pendlay Row
- Power Clean

Progressing The Novice Deadlift

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Novice Supplemental Deadlift Progression

Power Clean Progression:

3 reps x 5 sets across

3 @ 6 (+4 repeats) to establish starting load

+2.5lb per session for males and females

-Transition to next rep scheme when avg.

RPE is 8.5+

-Continue to drop to smallest increment available based on average RPE



2 reps x 6 sets across

-Maintain smallest weight

progression before switch to 2s

-Transition to next rep scheme when

avg. RPE is 8.5+



1 rep x 12 sets across

-Maintain smallest weight progression before switch to 1s

-Ready for intermediate when avg. RPE is 8.5+

-DL may already have progressed to intermediate at this point

-If DL is ready to switch to intermediate than PC is removed

Romanian Deadlift & Pendlay Row

Progressions:

8 reps x 3 sets across

8 @ RPE 6,7 (+2 repeats) to establish starting load

+10lb for males drop to +5lb when avg. RPE is 8+

+5lb for females drop to +2.5lb when avg. RPE is 8+

-Transition to next rep scheme when avg. RPE is 8.5+



6 reps x 3 sets across

-Maintain smallest weight progression before switch to 6s

-Ready for intermediate when avg. RPE is 8.5+

-DL may already have progressed to intermediate at this point

-If DL is ready to switch to intermediate than the supplemental deadlift moves to day 2 by default.

Progressing The Novice Deadlift

Weekly Formatting Adjustments

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Under 30, healthy, no injuries

Day 1: 5 reps x 1 set (+X D3LW)	Day 2: 5 reps x 1 set (+X D1)	Day 3: 5 reps x 1 set (+X D2)
Day 1: 3 reps x 2 sets (+X D3LW)	Day 2: 3 reps x 2 sets (+X D1)	Day 3: 3 reps x 2 sets (+X D2)
Day 1: 3 reps x 1 set (+X D3LW) 3 reps x 2 sets @ -x%	Day 2: 3 reps x 1 set (+X D1) 3 reps x 2 sets @ -x%	Day 3: 3 reps x 1 set (+X D2) 3 reps x 2 sets @ -x%
Day 1: 3 reps x 1 set (+X D3LW) 3 reps x 2 sets @ -x%	Day 2: Supplemental Deadlift 3 reps x 1 set (+X D1) 3 reps x 2 sets @ -x%	Day 3: Supplemental Deadlift

Over 30, other health condition or injuries

Day 1: 5 reps x 1 set (+X D3LW)	Day 2: 5 reps x 1 set (+X D1)	Day 3: 5 reps x 1 set (+X D2)
Day 1: 3 reps x 1 set (+X D3LW) 3 reps x 2 sets @ -x%	Day 2: 3 reps x 1 set (+X D1) 3 reps x 2 sets @ -x%	Day 3: 3 reps x 1 set (+X D2) 3 reps x 2 sets @ -x%
Day 1: 3 reps x 1 set (+X D3LW) 3 reps x 2 sets @ -x%	Day 2: Supplemental Deadlift	Day 3: 3 reps x 1 set (+X D1) 3 reps x 2 sets @ -x%
Day 1: Supplemental Deadlift	Day 2: 3 reps x 1 set (+X D1) 3 reps x 2 sets @ -x%	Day 3: Supplemental Deadlift

Progressing The Intermediate Deadlift

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Intermediate Deadlift Program

Day 1

Paused Deadlift

6 @ RPE 6,7 (+2 repeats) 1st session to establish loads. Then 6 reps x 3 sets across +X going forward.

Progressions:

- If RPE is 7.5 avg or less +5lb for males and +2.5lb for females.
- If avg RPE is higher than 7.5 but not more than 8.5 then increase +2.5lb male/2lb female per session
- Use RPE criteria from Novice Phase to progress from here.
- No resets. Can repeat weight 1 x.
- Reps per set is dropped by 1 rep every time there are 2 workouts in a row averaging 8.5 RPE until reps are at 3 per set.
- At that point the next progression is top set with 3 or 4 drop sets depending on their # of sets @ -5/-10% for under/over 30.

Day 2*

Pendlay Row

8 @ RPE 6,7 (+2 repeats) 1st session to establish loads. Then 6 reps x 3 sets across +X going forward.

Chin/Pull Ups

Alternate weekly; 4 AMRAP sets @ 8

Lat Pull Down

12 reps x 4 sets @ 8

Progressions:

- If RPE is 7.5 avg or less +5lb for males and +2.5lb for females.
- If avg RPE is higher than 7.5 but not more than 8.5 then increase +2.5lb male/2lb female per session
- Use RPE criteria from Novice Phase to progress from here.
- No resets. Can repeat weight 1 x.
- Reps per set is dropped by 1 rep every time there are 2 workouts in a row averaging 8.5 RPE until reps are at 3 per set.
- At that point the next progression is top set with 3 or 4 drop sets depending on their # of sets @ -5/-10% for under/over 30.

**P Row for the younger individual with athletic aspirations. Chins/Pull ups for the younger individual who cannot tolerate a bent over movement 3 x per week, LPD for 50+*

Day 3

Under 30

3 reps x 3 sets @ 80% of average load from last 5 workouts

Over 30

3 reps x 1 set @ 80% of average load from last 5 workouts/drop 5% x 3 reps x 2 sets

Progressions:

- If RPE is 8 avg or less +5lb for males and +2.5lb for females.
- If avg RPE is higher than 8.5 but not more than 9 then increase +2.5lb males/+2lb females per session
- Use RPE criteria from Novice Phase to progress from here.
- No resets. Can repeat weight 1 x.
- Rep scheme is dropped to top set with 2 drop sets when there are 2 workouts in a row averaging 8.5 RPE (@-5% for under/@-10% for over 30.

Where To Go From Here

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So you've finished the program or are unsure of what to do next...

It's likely that:

1. You were able to run this program for somewhere between 8 weeks and 6 months if you followed the RPE recommendations and progressions.
2. You've gotten really, really strong and haven't injured yourself once!
3. You are spending 1.5-2 hours in the gym 3 x per week and have plenty of time for activities outside of training.
4. You've improved your technique and feel more confident under the barbell than ever before.

But now progress is slowing down and it's likely you need a more customized program to help you continue to make progress, stay injury free, and keep your training sessions short, sweet, and enjoyable.

At Progressive Rehab & Strength we have a variety of in-person and online coaching options available to help you meet your goals.

We'd love to have the opportunity to discuss your goals and unique situation so please book a FREE coaching consultation with one of the PRS Clinical Coaches today! [\[CLICK HERE TO BOOK YOUR CALL\]](#)

If we collectively feel like the right fit as athlete/coach then ***please use code RETURN20 for 20% off*** your first Weekly Online Barbell and/or Nutrition coaching purchase with us!