

SUNDEE FUNDEE STRENGTH SERIES

8-Week First Margarita Strength Plan

An advanced, barbell-forward plan built around squat, bench, deadlift, and Olympic-pull practice. Use the blank set boxes as your gym log, then enter the session later in Sundeefundee.

8

WEEKS

3

DAYS / WEEK

60

MINUTES / DAY

ADV

DIFFICULTY

Use it in the gym.

Print this plan, check off each workout, write down your actual sets, then log the session in Sundeefundee to adapt the next one around cycle phase, recovery, energy, and soreness.

GENERATED FOR SHARING
sundeefundee.com



How To Run It

ADVANCED

How To Use The Print Log

- Train three days per week. Keep at least one rest day between heavy barbell sessions when possible.
- Write your actual load and reps in the blank set boxes. Use the Notes column for percent work, rest, and substitutions.
- Later, enter the session in Sundee Fundee so the app can retain your history and help you plan the next session.

60-Minute Session Flow

- 10 min warm-up: raise temperature, then ramp to your first working set.
- 40 min strength: log each set in the blank boxes. Rest fully on the main lift.
- 10 min accessories + cool-down: keep quality high, stop before bar speed or form slips.

Why Log It In The App?

The PDF is your field notebook. Sundee Fundee is your training record: it tracks progress, remembers loads, and helps you keep decisions conservative when recovery, energy, or soreness changes.

Week 1: Build Work Capacity ADVANCED

Weekly Stimulus

Moderate loads. Crisp reps. Leave 1-3 reps in reserve.

DAY	FOCUS	PRIMARY STIMULUS
Day 1	Squat Focus	Heavy squat work with pulling assistance and strict pressing.
Day 2	Bench Focus	Bench strength with upper-back work and an Olympic-pull variation.
Day 3	Deadlift Focus	Deadlift strength with squat variation and shoulder health work.

Progression

Add 2.5-5 lb when all sets stay crisp. Keep form clean before adding load.

Recovery Rule

If sleep or soreness is off, keep the main lift but drop one accessory exercise.

App Loop

Log the paper notes later so Sundeefundee can keep your training history organized.

Week 1 Day 1: Squat Focus & Pulling Power

60 MIN

Stimulus

Heavy squat work plus pulling support and strict pressing.

Tips

- Ramp your warm-up sets gradually. Save energy for working sets.
- Rest fully on the main lift. Keep accessories crisp, not exhausting.
- Stop if pain changes mechanics; substitute conservatively.

Substitutions

- Squat: front squat, box squat, or leg press.
- Hinge: Romanian deadlift or hip hinge machine.
- Press: dumbbell overhead press or machine press.
- Row: chest-supported row or cable row.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Bike + dynamic warm-up	10 min					Ramp to your first working set.
<input type="checkbox"/>	A	Back Squat	3 x 5					Rest 2 min.
<input type="checkbox"/>	B	Romanian Deadlift	2 x 8					Rest 2 min.
<input type="checkbox"/>	C	Overhead Press	2 x 5					Rest 2 min.
<input type="checkbox"/>	D	Barbell Row	2 x 8					Rest 2 min.
<input type="checkbox"/>	Finish	Cooldown walk + breathing	10 min					Leave the gym feeling better than you arrived.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 1 Day 2: Bench Focus & Olympic Pulls

60 MIN

Stimulus

Bench strength plus upper-back work and an Olympic pull variation.

Tips

- Ramp your warm-up sets gradually. Save energy for working sets.
- Rest fully on the main lift. Keep accessories crisp, not exhausting.
- Stop if pain changes mechanics; substitute conservatively.

Substitutions

- Bench: dumbbell bench or machine press.
- Pull: high pull, clean pull, or row variation.
- Triceps: dips, pushdowns, or close-grip push-up.
- Row/pull-up: lat pulldown or cable row.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Bike + dynamic warm-up	10 min					Ramp to your first working set.
<input type="checkbox"/>	A	Bench Press	3 x 5					Rest 2 min.
<input type="checkbox"/>	B	Snatch Pull	3 x 3					Rest 2 min.
<input type="checkbox"/>	C	Close Grip Bench Press	2 x 8					Rest 2 min.
<input type="checkbox"/>	D	Dumbbell Row	2 x 8					Rest 2 min.
<input type="checkbox"/>	Finish	Cooldown walk + breathing	10 min					Leave the gym feeling better than you arrived.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 1 Day 3: Deadlift Focus & Accessory

60 MIN

Stimulus

Deadlift strength plus squat variation and shoulder health work.

Tips

- Ramp your warm-up sets gradually. Save energy for working sets.
- Rest fully on the main lift. Keep accessories crisp, not exhausting.
- Stop if pain changes mechanics; substitute conservatively.

Substitutions

- Deadlift: trap-bar pull, Romanian deadlift, or block pull.
- Olympic pull: clean pull or high pull.
- Squat: pause squat or goblet squat.
- Shoulders: face pull or band-pull-aparts.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Bike + dynamic warm-up	10 min					Ramp to your first working set.
<input type="checkbox"/>	A	Deadlift	4 x 5					Rest 2 min.
<input type="checkbox"/>	B	Clean Pull	3 x 3					Rest 2 min.
<input type="checkbox"/>	C	Pause Squat	2 x 5					Rest 2 min.
<input type="checkbox"/>	D	Face Pull	1 x 15					Rest 2 min.
<input type="checkbox"/>	Finish	Cooldown walk + breathing	10 min					Leave the gym feeling better than you arrived.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 2: Build Work Capacity ADVANCED

Weekly Stimulus

Moderate loads. Crisp reps. Leave 1-3 reps in reserve.

DAY	FOCUS	PRIMARY STIMULUS
Day 1	Squat Focus	Heavy squat work with pulling assistance and strict pressing.
Day 2	Bench Focus	Bench strength with upper-back work and an Olympic-pull variation.
Day 3	Deadlift Focus	Deadlift strength with squat variation and shoulder health work.

Progression

Add 2.5-5 lb when all sets stay crisp. Keep form clean before adding load.

Recovery Rule

If sleep or soreness is off, keep the main lift but drop one accessory exercise.

App Loop

Log the paper notes later so Sundeefundee can keep your training history organized.

Week 2 Day 1: Squat Focus & Pulling Power

60 MIN

Stimulus

Heavy squat work plus pulling support and strict pressing.

Tips

- Ramp your warm-up sets gradually. Save energy for working sets.
- Rest fully on the main lift. Keep accessories crisp, not exhausting.
- Stop if pain changes mechanics; substitute conservatively.

Substitutions

- Squat: front squat, box squat, or leg press.
- Hinge: Romanian deadlift or hip hinge machine.
- Press: dumbbell overhead press or machine press.
- Row: chest-supported row or cable row.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Bike + dynamic warm-up	10 min					Ramp to your first working set.
<input type="checkbox"/>	A	Back Squat	3 x 5					Rest 2 min.
<input type="checkbox"/>	B	Deficit Deadlift	2 x 5					Rest 2 min.
<input type="checkbox"/>	C	Overhead Press	2 x 5					Rest 2 min.
<input type="checkbox"/>	D	Pendlay Row	2 x 5					Rest 2 min.
<input type="checkbox"/>	Finish	Cooldown walk + breathing	10 min					Leave the gym feeling better than you arrived.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 2 Day 2: Bench Focus & Olympic Pulls

60 MIN

Stimulus

Bench strength plus upper-back work and an Olympic pull variation.

Tips

- Ramp your warm-up sets gradually. Save energy for working sets.
- Rest fully on the main lift. Keep accessories crisp, not exhausting.
- Stop if pain changes mechanics; substitute conservatively.

Substitutions

- Bench: dumbbell bench or machine press.
- Pull: high pull, clean pull, or row variation.
- Triceps: dips, pushdowns, or close-grip push-up.
- Row/pull-up: lat pulldown or cable row.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Bike + dynamic warm-up	10 min					Ramp to your first working set.
<input type="checkbox"/>	A	Bench Press	3 x 5					Rest 2 min.
<input type="checkbox"/>	B	Snatch High Pull	3 x 3					Rest 2 min.
<input type="checkbox"/>	C	Spoto Press	2 x 5					Rest 2 min.
<input type="checkbox"/>	D	Pull-Up	2 x 8					Rest 2 min. Bodyweight.
<input type="checkbox"/>	Finish	Cooldown walk + breathing	10 min					Leave the gym feeling better than you arrived.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 2 Day 3: Deadlift Focus & Accessory

60 MIN

Stimulus

Deadlift strength plus squat variation and shoulder health work.

Tips

- Ramp your warm-up sets gradually. Save energy for working sets.
- Rest fully on the main lift. Keep accessories crisp, not exhausting.
- Stop if pain changes mechanics; substitute conservatively.

Substitutions

- Deadlift: trap-bar pull, Romanian deadlift, or block pull.
- Olympic pull: clean pull or high pull.
- Squat: pause squat or goblet squat.
- Shoulders: face pull or band-pull-aparts.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Bike + dynamic warm-up	10 min					Ramp to your first working set.
<input type="checkbox"/>	A	Deadlift	4 x 5					Rest 2 min.
<input type="checkbox"/>	B	Hang Clean	3 x 3					Rest 2 min.
<input type="checkbox"/>	C	Front Squat	2 x 5					Rest 2 min.
<input type="checkbox"/>	D	Nordic Curl	2 x 8					Rest 2 min. Bodyweight.
<input type="checkbox"/>	Finish	Cooldown walk + breathing	10 min					Leave the gym feeling better than you arrived.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 3: Build Work Capacity ADVANCED

Weekly Stimulus

Moderate loads. Crisp reps. Leave 1-3 reps in reserve.

DAY	FOCUS	PRIMARY STIMULUS
Day 1	Squat Focus	Heavy squat work with pulling assistance and strict pressing.
Day 2	Bench Focus	Bench strength with upper-back work and an Olympic-pull variation.
Day 3	Deadlift Focus	Deadlift strength with squat variation and shoulder health work.

Progression

Add 2.5-5 lb when all sets stay crisp. Keep form clean before adding load.

Recovery Rule

If sleep or soreness is off, keep the main lift but drop one accessory exercise.

App Loop

Log the paper notes later so Sundeefundee can keep your training history organized.

Week 3 Day 1: Squat Focus & Pulling Power

60 MIN

Stimulus

Heavy squat work plus pulling support and strict pressing.

Tips

- Ramp your warm-up sets gradually. Save energy for working sets.
- Rest fully on the main lift. Keep accessories crisp, not exhausting.
- Stop if pain changes mechanics; substitute conservatively.

Substitutions

- Squat: front squat, box squat, or leg press.
- Hinge: Romanian deadlift or hip hinge machine.
- Press: dumbbell overhead press or machine press.
- Row: chest-supported row or cable row.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Bike + dynamic warm-up	10 min					Ramp to your first working set.
<input type="checkbox"/>	A	Back Squat	3 x 5					Rest 2 min.
<input type="checkbox"/>	B	Block Pull	2 x 5					Rest 2 min.
<input type="checkbox"/>	C	Overhead Press	2 x 5					Rest 2 min.
<input type="checkbox"/>	D	Meadows Row	2 x 8					Rest 2 min.
<input type="checkbox"/>	Finish	Cooldown walk + breathing	10 min					Leave the gym feeling better than you arrived.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 3 Day 2: Bench Focus & Olympic Pulls

60 MIN

Stimulus

Bench strength plus upper-back work and an Olympic pull variation.

Tips

- Ramp your warm-up sets gradually. Save energy for working sets.
- Rest fully on the main lift. Keep accessories crisp, not exhausting.
- Stop if pain changes mechanics; substitute conservatively.

Substitutions

- Bench: dumbbell bench or machine press.
- Pull: high pull, clean pull, or row variation.
- Triceps: dips, pushdowns, or close-grip push-up.
- Row/pull-up: lat pulldown or cable row.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Bike + dynamic warm-up	10 min					Ramp to your first working set.
<input type="checkbox"/>	A	Bench Press	3 x 5					Rest 2 min.
<input type="checkbox"/>	B	Snatch Pull	3 x 3					Rest 2 min.
<input type="checkbox"/>	C	Board Press	2 x 5					Rest 2 min.
<input type="checkbox"/>	D	Incline Dumbbell Press	2 x 8					Rest 2 min.
<input type="checkbox"/>	Finish	Cooldown walk + breathing	10 min					Leave the gym feeling better than you arrived.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 3 Day 3: Deadlift Focus & Accessory

60 MIN

Stimulus

Deadlift strength plus squat variation and shoulder health work.

Tips

- Ramp your warm-up sets gradually. Save energy for working sets.
- Rest fully on the main lift. Keep accessories crisp, not exhausting.
- Stop if pain changes mechanics; substitute conservatively.

Substitutions

- Deadlift: trap-bar pull, Romanian deadlift, or block pull.
- Olympic pull: clean pull or high pull.
- Squat: pause squat or goblet squat.
- Shoulders: face pull or band-pull-aparts.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Bike + dynamic warm-up	10 min					Ramp to your first working set.
<input type="checkbox"/>	A	Deadlift	4 x 5					Rest 2 min.
<input type="checkbox"/>	B	Jerk Practice	2 x 3					Rest 2 min.
<input type="checkbox"/>	C	Pause Squat	3 x 5					Rest 2 min.
<input type="checkbox"/>	D	Farmer's Carry	2 x 1					Rest 2 min.
<input type="checkbox"/>	Finish	Cooldown walk + breathing	10 min					Leave the gym feeling better than you arrived.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 4: Build Work Capacity ADVANCED

Weekly Stimulus

Moderate loads. Crisp reps. Leave 1-3 reps in reserve.

DAY	FOCUS	PRIMARY STIMULUS
Day 1	Squat Focus	Heavy squat work with pulling assistance and strict pressing.
Day 2	Bench Focus	Bench strength with upper-back work and an Olympic-pull variation.
Day 3	Deadlift Focus	Deadlift strength with squat variation and shoulder health work.

Progression

Add 2.5-5 lb when all sets stay crisp. Keep form clean before adding load.

Recovery Rule

If sleep or soreness is off, keep the main lift but drop one accessory exercise.

App Loop

Log the paper notes later so Sundeefundee can keep your training history organized.

Week 4 Day 1: Squat Focus & Pulling Power

60 MIN

Stimulus

Heavy squat work plus pulling support and strict pressing.

Tips

- Ramp your warm-up sets gradually. Save energy for working sets.
- Rest fully on the main lift. Keep accessories crisp, not exhausting.
- Stop if pain changes mechanics; substitute conservatively.

Substitutions

- Squat: front squat, box squat, or leg press.
- Hinge: Romanian deadlift or hip hinge machine.
- Press: dumbbell overhead press or machine press.
- Row: chest-supported row or cable row.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Bike + dynamic warm-up	10 min					Ramp to your first working set.
<input type="checkbox"/>	A	Back Squat	3 x 5					Rest 2 min.
<input type="checkbox"/>	B	Romanian Deadlift	2 x 8					Rest 2 min.
<input type="checkbox"/>	C	Overhead Press	3 x 5					Rest 2 min.
<input type="checkbox"/>	D	Barbell Row	2 x 8					Rest 2 min.
<input type="checkbox"/>	Finish	Cooldown walk + breathing	10 min					Leave the gym feeling better than you arrived.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 4 Day 2: Bench Focus & Olympic Pulls

60 MIN

Stimulus

Bench strength plus upper-back work and an Olympic pull variation.

Tips

- Ramp your warm-up sets gradually. Save energy for working sets.
- Rest fully on the main lift. Keep accessories crisp, not exhausting.
- Stop if pain changes mechanics; substitute conservatively.

Substitutions

- Bench: dumbbell bench or machine press.
- Pull: high pull, clean pull, or row variation.
- Triceps: dips, pushdowns, or close-grip push-up.
- Row/pull-up: lat pulldown or cable row.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Bike + dynamic warm-up	10 min					Ramp to your first working set.
<input type="checkbox"/>	A	Bench Press	3 x 5					Rest 2 min.
<input type="checkbox"/>	B	Snatch Pull	3 x 3					Rest 2 min.
<input type="checkbox"/>	C	Dumbbell Bench Press	2 x 8					Rest 2 min.
<input type="checkbox"/>	D	Face Pull	1 x 15					Rest 2 min.
<input type="checkbox"/>	Finish	Cooldown walk + breathing	10 min					Leave the gym feeling better than you arrived.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 4 Day 3: Deadlift Focus & Accessory

60 MIN

Stimulus

Deadlift strength plus squat variation and shoulder health work.

Tips

- Ramp your warm-up sets gradually. Save energy for working sets.
- Rest fully on the main lift. Keep accessories crisp, not exhausting.
- Stop if pain changes mechanics; substitute conservatively.

Substitutions

- Deadlift: trap-bar pull, Romanian deadlift, or block pull.
- Olympic pull: clean pull or high pull.
- Squat: pause squat or goblet squat.
- Shoulders: face pull or band-pull-aparts.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Bike + dynamic warm-up	10 min					Ramp to your first working set.
<input type="checkbox"/>	A	Deadlift	4 x 5					Rest 2 min.
<input type="checkbox"/>	B	Clean Pull	3 x 3					Rest 2 min.
<input type="checkbox"/>	C	Front Squat	2 x 5					Rest 2 min.
<input type="checkbox"/>	D	Glute Ham Raise	2 x 8					Rest 2 min.
<input type="checkbox"/>	Finish	Cooldown walk + breathing	10 min					Leave the gym feeling better than you arrived.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 5: Increase Intensity

ADVANCED

Weekly Stimulus

Heavier doubles and triples. Rest longer. Avoid grinders until test week.

DAY	FOCUS	PRIMARY STIMULUS
Day 1	Squat Focus	Heavy squat work with pulling assistance and strict pressing.
Day 2	Bench Focus	Bench strength with upper-back work and an Olympic-pull variation.
Day 3	Deadlift Focus	Deadlift strength with squat variation and shoulder health work.

Progression

Add load only if bar speed stays high. If a set grinds, hold weight next week.

Recovery Rule

If readiness is low, keep intensity but reduce one set on the main lift.

App Loop

Log the paper notes later so Sundeefundee can keep your training history organized.

Week 5 Day 1: Squat Focus & Pulling Power

60 MIN

Stimulus

Heavy squat work plus pulling support and strict pressing.

Tips

- Ramp your warm-up sets gradually. Save energy for working sets.
- Rest fully on the main lift. Keep accessories crisp, not exhausting.
- Stop if pain changes mechanics; substitute conservatively.

Substitutions

- Squat: front squat, box squat, or leg press.
- Hinge: Romanian deadlift or hip hinge machine.
- Press: dumbbell overhead press or machine press.
- Row: chest-supported row or cable row.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Bike + dynamic warm-up	10 min					Ramp to your first working set.
<input type="checkbox"/>	A	Back Squat	4 x 3					Rest 2 min.
<input type="checkbox"/>	B	Pause Deadlift	3 x 3					Rest 2 min.
<input type="checkbox"/>	C	Overhead Press	3 x 3					Rest 2 min.
<input type="checkbox"/>	D	Barbell Row	2 x 5					Rest 2 min.
<input type="checkbox"/>	Finish	Cooldown walk + breathing	10 min					Leave the gym feeling better than you arrived.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 5 Day 2: Bench Focus & Olympic Pulls

60 MIN

Stimulus

Bench strength plus upper-back work and an Olympic pull variation.

Tips

- Ramp your warm-up sets gradually. Save energy for working sets.
- Rest fully on the main lift. Keep accessories crisp, not exhausting.
- Stop if pain changes mechanics; substitute conservatively.

Substitutions

- Bench: dumbbell bench or machine press.
- Pull: high pull, clean pull, or row variation.
- Triceps: dips, pushdowns, or close-grip push-up.
- Row/pull-up: lat pulldown or cable row.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Bike + dynamic warm-up	10 min					Ramp to your first working set.
<input type="checkbox"/>	A	Bench Press	4 x 3					Rest 2 min.
<input type="checkbox"/>	B	Snatch Pull	3 x 3					Rest 2 min.
<input type="checkbox"/>	C	Close Grip Bench Press	2 x 3					Rest 2 min.
<input type="checkbox"/>	D	Pull-Up	2 x 5					Rest 2 min. Bodyweight.
<input type="checkbox"/>	Finish	Cooldown walk + breathing	10 min					Leave the gym feeling better than you arrived.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 5 Day 3: Deadlift Focus & Accessory

60 MIN

Stimulus

Deadlift strength plus squat variation and shoulder health work.

- Tips**
- Ramp your warm-up sets gradually. Save energy for working sets.
 - Rest fully on the main lift. Keep accessories crisp, not exhausting.
 - Stop if pain changes mechanics; substitute conservatively.

- Substitutions**
- Deadlift: trap-bar pull, Romanian deadlift, or block pull.
 - Olympic pull: clean pull or high pull.
 - Squat: pause squat or goblet squat.
 - Shoulders: face pull or band-pull-aparts.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Bike + dynamic warm-up	10 min					Ramp to your first working set.
<input type="checkbox"/>	A	Deadlift	4 x 3					Rest 2 min.
<input type="checkbox"/>	B	Clean	3 x 2					Rest 2 min.
<input type="checkbox"/>	C	Back Squat	2 x 3					Rest 2 min.
<input type="checkbox"/>	D	Ab Rollout	1 x 10					Rest 2 min. Bodyweight.
<input type="checkbox"/>	Finish	Cooldown walk + breathing	10 min					Leave the gym feeling better than you arrived.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 6: Increase Intensity

ADVANCED

Weekly Stimulus

Heavier doubles and triples. Rest longer. Avoid grinders until test week.

DAY	FOCUS	PRIMARY STIMULUS
Day 1	Squat Focus	Heavy squat work with pulling assistance and strict pressing.
Day 2	Bench Focus	Bench strength with upper-back work and an Olympic-pull variation.
Day 3	Deadlift Focus	Deadlift strength with squat variation and shoulder health work.

Progression

Add load only if bar speed stays high. If a set grinds, hold weight next week.

Recovery Rule

If readiness is low, keep intensity but reduce one set on the main lift.

App Loop

Log the paper notes later so Sundeefundee can keep your training history organized.

Week 6 Day 1: Squat Focus & Pulling Power

60 MIN

Stimulus

Heavy squat work plus pulling support and strict pressing.

Tips

- Ramp your warm-up sets gradually. Save energy for working sets.
- Rest fully on the main lift. Keep accessories crisp, not exhausting.
- Stop if pain changes mechanics; substitute conservatively.

Substitutions

- Squat: front squat, box squat, or leg press.
- Hinge: Romanian deadlift or hip hinge machine.
- Press: dumbbell overhead press or machine press.
- Row: chest-supported row or cable row.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Bike + dynamic warm-up	10 min					Ramp to your first working set.
<input type="checkbox"/>	A	Back Squat	4 x 2					Rest 2 min.
<input type="checkbox"/>	B	Deficit Deadlift	3 x 3					Rest 2 min.
<input type="checkbox"/>	C	Overhead Press	3 x 3					Rest 2 min.
<input type="checkbox"/>	D	Pendlay Row	2 x 5					Rest 2 min.
<input type="checkbox"/>	Finish	Cooldown walk + breathing	10 min					Leave the gym feeling better than you arrived.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.

Week 6 Day 2: Bench Focus & Olympic Pulls

60 MIN

Stimulus

Bench strength plus upper-back work and an Olympic pull variation.

Tips

- Ramp your warm-up sets gradually. Save energy for working sets.
- Rest fully on the main lift. Keep accessories crisp, not exhausting.
- Stop if pain changes mechanics; substitute conservatively.

Substitutions

- Bench: dumbbell bench or machine press.
- Pull: high pull, clean pull, or row variation.
- Triceps: dips, pushdowns, or close-grip push-up.
- Row/pull-up: lat pulldown or cable row.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Bike + dynamic warm-up	10 min					Ramp to your first working set.
<input type="checkbox"/>	A	Bench Press	4 x 2					Rest 2 min.
<input type="checkbox"/>	B	Snatch High Pull	3 x 3					Rest 2 min.
<input type="checkbox"/>	C	Spoto Press	3 x 3					Rest 2 min.
<input type="checkbox"/>	D	Dumbbell Row	2 x 5					Rest 2 min.
<input type="checkbox"/>	Finish	Cooldown walk + breathing	10 min					Leave the gym feeling better than you arrived.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

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Week 6 Day 3: Deadlift Focus & Accessory

60 MIN

Stimulus

Deadlift strength plus squat variation and shoulder health work.

Tips

- Ramp your warm-up sets gradually. Save energy for working sets.
- Rest fully on the main lift. Keep accessories crisp, not exhausting.
- Stop if pain changes mechanics; substitute conservatively.

Substitutions

- Deadlift: trap-bar pull, Romanian deadlift, or block pull.
- Olympic pull: clean pull or high pull.
- Squat: pause squat or goblet squat.
- Shoulders: face pull or band-pull-aparts.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Bike + dynamic warm-up	10 min					Ramp to your first working set.
<input type="checkbox"/>	A	Deadlift	4 x 2					Rest 2 min. Optional: +1 set.
<input type="checkbox"/>	B	Clean Pull	3 x 3					Rest 2 min.
<input type="checkbox"/>	C	Pause Squat	3 x 2					Rest 2 min.
<input type="checkbox"/>	D	Face Pull	1 x 15					Rest 2 min.
<input type="checkbox"/>	Finish	Cooldown walk + breathing	10 min					Leave the gym feeling better than you arrived.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

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Week 7: Increase Intensity

ADVANCED

Weekly Stimulus

Heavier doubles and triples. Rest longer. Avoid grinders until test week.

DAY	FOCUS	PRIMARY STIMULUS
Day 1	Squat Focus	Heavy squat work with pulling assistance and strict pressing.
Day 2	Bench Focus	Bench strength with upper-back work and an Olympic-pull variation.
Day 3	Deadlift Focus	Deadlift strength with squat variation and shoulder health work.

Progression

Add load only if bar speed stays high. If a set grinds, hold weight next week.

Recovery Rule

If readiness is low, keep intensity but reduce one set on the main lift.

App Loop

Log the paper notes later so Sundeefundee can keep your training history organized.

Week 7 Day 1: Squat Focus & Pulling Power

60 MIN

Stimulus

Heavy squat work plus pulling support and strict pressing.

Tips

- Ramp your warm-up sets gradually. Save energy for working sets.
- Rest fully on the main lift. Keep accessories crisp, not exhausting.
- Stop if pain changes mechanics; substitute conservatively.

Substitutions

- Squat: front squat, box squat, or leg press.
- Hinge: Romanian deadlift or hip hinge machine.
- Press: dumbbell overhead press or machine press.
- Row: chest-supported row or cable row.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Bike + dynamic warm-up	10 min					Ramp to your first working set.
<input type="checkbox"/>	A	Back Squat	4 x 2					Rest 2 min.
<input type="checkbox"/>	B	Romanian Deadlift	3 x 5					Rest 2 min.
<input type="checkbox"/>	C	Overhead Press	3 x 3					Rest 2 min.
<input type="checkbox"/>	D	Barbell Row	2 x 5					Rest 2 min.
<input type="checkbox"/>	Finish	Cooldown walk + breathing	10 min					Leave the gym feeling better than you arrived.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

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Week 7 Day 2: Bench Focus & Olympic Pulls

60 MIN

Stimulus

Bench strength plus upper-back work and an Olympic pull variation.

Tips

- Ramp your warm-up sets gradually. Save energy for working sets.
- Rest fully on the main lift. Keep accessories crisp, not exhausting.
- Stop if pain changes mechanics; substitute conservatively.

Substitutions

- Bench: dumbbell bench or machine press.
- Pull: high pull, clean pull, or row variation.
- Triceps: dips, pushdowns, or close-grip push-up.
- Row/pull-up: lat pulldown or cable row.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Bike + dynamic warm-up	10 min					Ramp to your first working set.
<input type="checkbox"/>	A	Bench Press	4 x 2					Rest 2 min.
<input type="checkbox"/>	B	Snatch Pull	3 x 3					Rest 2 min.
<input type="checkbox"/>	C	Board Press	3 x 3					Rest 2 min.
<input type="checkbox"/>	D	Pull-Up	2 x 5					Rest 2 min. Bodyweight.
<input type="checkbox"/>	Finish	Cooldown walk + breathing	10 min					Leave the gym feeling better than you arrived.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

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Week 8: Deload And Test

ADVANCED

Weekly Stimulus

Reduce fatigue early in the week, then test clean singles with long rests.

DAY	FOCUS	PRIMARY STIMULUS
Day 1	Squat Focus	Heavy squat work with pulling assistance and strict pressing.
Day 2	Bench Focus	Bench strength with upper-back work and an Olympic-pull variation.
Day 3	Testing	Deload early, then test clean singles with long rests.

Progression

Deload Days 1-2 should feel easy. Testing day uses small jumps and long rests.

Recovery Rule

If anything hurts or technique changes, end the test and record the best clean single.

App Loop

Log the paper notes later so Sunde Fundee can keep your training history organized.

Week 8 Day 2: Light Bench & Technique

60 MIN

Stimulus

Bench strength plus upper-back work and an Olympic pull variation.

Tips

- Ramp your warm-up sets gradually. Save energy for working sets.
- Rest fully on the main lift. Keep accessories crisp, not exhausting.
- Stop if pain changes mechanics; substitute conservatively.

Substitutions

- Bench: dumbbell bench or machine press.
- Pull: high pull, clean pull, or row variation.
- Triceps: dips, pushdowns, or close-grip push-up.
- Row/pull-up: lat pulldown or cable row.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Bike + dynamic warm-up	10 min					Ramp to your first working set.
<input type="checkbox"/>	A	Bench Press	2 x 5					Rest 2 min.
<input type="checkbox"/>	B	Snatch Pull	2 x 3					Rest 2 min.
<input type="checkbox"/>	C	Close Grip Bench Press	2 x 8					Rest 2 min.
<input type="checkbox"/>	D	Band Pull-Apart	1 x 15					Rest 2 min. Bodyweight.
<input type="checkbox"/>	Finish	Cooldown walk + breathing	10 min					Leave the gym feeling better than you arrived.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

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Week 8 Day 3: Testing Day (Max Effort)

60 MIN

Stimulus

Testing day: build to clean singles with long rests.

Tips

- Ramp your warm-up sets gradually. Save energy for working sets.
- Rest fully on the main lift. Keep accessories crisp, not exhausting.
- Stop if pain changes mechanics; substitute conservatively.

Substitutions

- If you cannot test: perform a heavy single (RPE 8-9) and stop.
- Use alternatives if needed: front squat, close-grip press, trap-bar pull.
- Stop the day when bar speed collapses or technique changes.

DONE	ID	EXERCISE	TARGET	SET 1	SET 2	SET 3	SET 4	NOTES
<input type="checkbox"/>	Warm	Bike + dynamic warm-up	10 min					Ramp to your first working set.
<input type="checkbox"/>	A	Back Squat	4 x 1					Rest 2 min. Optional: +1 set.
<input type="checkbox"/>	B	Bench Press	4 x 1					Rest 2 min. Optional: +1 set.
<input type="checkbox"/>	C	Deadlift	4 x 1					Rest 2 min. Optional: +2 sets.
<input type="checkbox"/>	Finish	Cooldown walk + breathing	10 min					Leave the gym feeling better than you arrived.

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

SORENESS AFTER Low / Med / High

NEXT TIME Increase / Repeat / Reduce

LOG LATER Enter actual weights, reps, substitutions, and notes in Sundee Fundee so your next workout can adapt to your progress, recovery, and schedule.