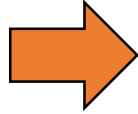


Beginner Loading Schemes							
MAIN SCHEMES	BES1	$\frac{6}{65\% \text{ WS}}$ 1	$\frac{6}{75\% \text{ WS}}$ 1	$\frac{6}{85\% \text{ WS}}$ 1	$\frac{6}{90\% \text{ WS}}$ 1	$\frac{6}{\text{WS}}$ 1	Explosive
	BES1x	$\frac{3+3}{65\% \text{ WS}}$ 1	$\frac{3+3}{75\% \text{ WS}}$ 1	$\frac{3+3}{85\% \text{ WS}}$ 1	$\frac{3+3}{90\% \text{ WS}}$ 1	$\frac{3+3}{\text{WS}}$ 1	Explosive
	BES2	$\frac{4}{70\% \text{ WS}}$ 1	$\frac{4}{82.5\% \text{ WS}}$ 1	$\frac{4}{92.5\% \text{ WS}}$ 2	$\frac{4}{\text{WS}}$ 1		Explosive
	BES2x	$\frac{2+2}{70\% \text{ WS}}$ 1	$\frac{2+2}{82.5\% \text{ WS}}$ 1	$\frac{2+2}{92.5\% \text{ WS}}$ 2	$\frac{2+2}{\text{WS}}$ 1		Explosive
	BS1	$\frac{7}{65\% \text{ WS}}$ 1	$\frac{7}{75\% \text{ WS}}$ 1	$\frac{7}{85\% \text{ WS}}$ 1	$\frac{7}{90\% \text{ WS}}$ 1	$\frac{7}{\text{WS}}$ 1	3 Second Eccentric
	BS2	$\frac{5}{75\% \text{ WS}}$ 1	$\frac{5}{85\% \text{ WS}}$ 1	$\frac{5}{90\% \text{ WS}}$ 1	$\frac{5}{95\% \text{ WS}}$ 1	$\frac{5}{\text{WS}}$ 1	3 Second Eccentric
ON RAMP & TAPER SCHEMES	BES1T1 (70%)	$\frac{6}{70\% \text{ WS}}$ 1	$\frac{5}{85\% \text{ WS}}$ 2	$\frac{5}{97.5\% \text{ WS}}$ 1			Explosive
	BES1T2 (55%)	$\frac{6}{70\% \text{ WS}}$ 1	$\frac{6}{85\% \text{ WS}}$ 1	$\frac{5}{97.5\% \text{ WS}}$ 1			Explosive
	BES1T3 (45%)	$\frac{5}{70\% \text{ WS}}$ 1	$\frac{5}{80\% \text{ WS}}$ 1	$\frac{5}{90\% \text{ WS}}$ 1			Explosive
	BES1T4 (40%)	$\frac{6}{70\% \text{ WS}}$ 1	$\frac{6}{85\% \text{ WS}}$ 1				Explosive
	BES1xT1 (70%)	$\frac{3+3}{70\% \text{ WS}}$ 1	$\frac{3+2}{85\% \text{ WS}}$ 2	$\frac{3+2}{97.5\% \text{ WS}}$ 1			Explosive
	BES1xT2 (55%)	$\frac{3+3}{70\% \text{ WS}}$ 1	$\frac{3+2}{85\% \text{ WS}}$ 1	$\frac{3+2}{97.5\% \text{ WS}}$ 1			Explosive
	BES1xT3 (45%)	$\frac{5}{70\% \text{ WS}}$ 1	$\frac{3+2}{80\% \text{ WS}}$ 1	$\frac{3+2}{90\% \text{ WS}}$ 1			Explosive
	BES1xT4 (40%)	$\frac{3+3}{70\% \text{ WS}}$ 1	$\frac{3+3}{85\% \text{ WS}}$ 1				Explosive
	BES2T1 (70%)	$\frac{3}{70\% \text{ WS}}$ 1	$\frac{3}{82.5\% \text{ WS}}$ 1	$\frac{4}{87.5\% \text{ WS}}$ 1	$\frac{4}{92.5\% \text{ WS}}$ 1		Explosive
	BES2T2 (55%)	$\frac{3}{70\% \text{ WS}}$ 1	$\frac{3}{82.5\% \text{ WS}}$ 1	$\frac{3}{87.5\% \text{ WS}}$ 1	$\frac{3}{92.5\% \text{ WS}}$ 1		Explosive
	BES2T3 (45%)	$\frac{3}{70\% \text{ WS}}$ 1	$\frac{3}{82.5\% \text{ WS}}$ 1	$\frac{3}{87.5\% \text{ WS}}$ 1			Explosive
	BES2T4 (40%)	$\frac{3}{70\% \text{ WS}}$ 1	$\frac{3}{82.5\% \text{ WS}}$ 1	$\frac{3}{82.5\% \text{ WS}}$ 1			Explosive
	BES2xT1 (70%)	$\frac{1+2}{70\% \text{ WS}}$ 1	$\frac{1+2}{82.5\% \text{ WS}}$ 1	$\frac{2+2}{87.5\% \text{ WS}}$ 1	$\frac{2+2}{92.5\% \text{ WS}}$ 1		Explosive
	BES2xT2 (55%)	$\frac{1+2}{70\% \text{ WS}}$ 1	$\frac{1+2}{82.5\% \text{ WS}}$ 1	$\frac{1+2}{87.5\% \text{ WS}}$ 1	$\frac{1+2}{92.5\% \text{ WS}}$ 1		Explosive
	BES2xT3 (45%)	$\frac{1+2}{70\% \text{ WS}}$ 1	$\frac{1+2}{82.5\% \text{ WS}}$ 1	$\frac{1+2}{87.5\% \text{ WS}}$ 1			Explosive
	BES2xT4 (40%)	$\frac{1+2}{70\% \text{ WS}}$ 1	$\frac{1+2}{82.5\% \text{ WS}}$ 1	$\frac{1+2}{82.5\% \text{ WS}}$ 1			Explosive
	BS1T1 (70%)	$\frac{6}{75\% \text{ WS}}$ 1	$\frac{6}{82.5\% \text{ WS}}$ 1	$\frac{6}{90\% \text{ WS}}$ 1	$\frac{7}{97.5\% \text{ WS}}$ 1		3 Second Eccentric
	BS1T2 (55%)	$\frac{6}{75\% \text{ WS}}$ 1	$\frac{6}{87.5\% \text{ WS}}$ 1	$\frac{7}{97.5\% \text{ WS}}$ 1			3 Second Eccentric
	BS1T3 (45%)	$\frac{5}{75\% \text{ WS}}$ 1	$\frac{5}{85\% \text{ WS}}$ 1	$\frac{6}{92.5\% \text{ WS}}$ 1			3 Second Eccentric
	BS1T4 (40%)	$\frac{4}{75\% \text{ WS}}$ 1	$\frac{5}{82.5\% \text{ WS}}$ 1	$\frac{5}{87.5\% \text{ WS}}$ 1			3 Second Eccentric
	BS2T1 (70%)	$\frac{4}{75\% \text{ WS}}$ 1	$\frac{4}{85\% \text{ WS}}$ 1	$\frac{5}{90\% \text{ WS}}$ 1	$\frac{5}{95\% \text{ WS}}$ 1		3 Second Eccentric
	BS2T2 (55%)	$\frac{4}{75\% \text{ WS}}$ 1	$\frac{5}{85\% \text{ WS}}$ 1	$\frac{5}{95\% \text{ WS}}$ 1			3 Second Eccentric
	BS2T3 (45%)	$\frac{3}{75\% \text{ WS}}$ 1	$\frac{3}{85\% \text{ WS}}$ 1	$\frac{5}{90\% \text{ WS}}$ 1			3 Second Eccentric
	BS2T4 (40%)	$\frac{3}{75\% \text{ WS}}$ 1	$\frac{3}{90\% \text{ WS}}$ 1	$\frac{4}{85\% \text{ WS}}$ 1			3 Second Eccentric
Hypertrophy Schemes	BH1	$\frac{12}{80\% \text{ WS}}$ 2	$\frac{12}{\text{WS}}$ 3				4 Second Eccentric
	BH2	$\frac{10}{80\% \text{ WS}}$ 2	$\frac{10}{\text{WS}}$ 3				4 Second Eccentric
	BH1T1 (70%)	$\frac{10}{80\% \text{ WS}}$ 2	$\frac{11}{\text{WS}}$ 2				4 Second Eccentric
	BH1T2 (55%)	$\frac{11}{80\% \text{ WS}}$ 1	$\frac{11}{\text{WS}}$ 2				4 Second Eccentric
	BH1T3 (45%)	$\frac{9}{80\% \text{ WS}}$ 1	$\frac{9}{\text{WS}}$ 2				4 Second Eccentric
	BH1T4 (40%)	$\frac{8}{80\% \text{ WS}}$ 1	$\frac{8}{\text{WS}}$ 2				4 Second Eccentric
	BH2T1 (70%)	$\frac{9}{80\% \text{ WS}}$ 2	$\frac{9}{\text{WS}}$ 2				4 Second Eccentric
	BH2T2 (55%)	$\frac{9}{80\% \text{ WS}}$ 1	$\frac{9}{\text{WS}}$ 2				4 Second Eccentric
	BH2T3 (45%)	$\frac{8}{80\% \text{ WS}}$ 1	$\frac{8}{\text{WS}}$ 2				4 Second Eccentric
	BH2T4 (40%)	$\frac{7}{80\% \text{ WS}}$ 1	$\frac{7}{\text{WS}}$ 2				4 Second Eccentric

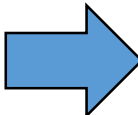
Beginner Loading Schemes											
BES1	6 65% WS	1	6 75% WS	1	6 85% WS	1	6 90% WS	1	6 WS	1	Explosive
BES1x	3+3 65% WS	1	3+3 75% WS	1	3+3 85% WS	1	3+3 90% WS	1	3+3 WS	1	Explosive
BES2	4 70% WS	1	4 82.5% WS	1	4 92.5% WS	2	4 WS	1	4 WS	1	Explosive
BES2x	2+2 70% WS	1	2+2 82.5% WS	1	2+2 92.5% WS	2	2+2 WS	1	2+2 WS	1	Explosive
BH1	12 80% WS	2	12 WS	3	4 Second Eccentric						
BH2	10 80% WS	2	10 WS	3	4 Second Eccentric						
BS1	7 65% WS	1	7 75% WS	1	7 85% WS	1	7 90% WS	1	7 WS	1	3 Second Eccentric
BS2	5 75% WS	1	5 85% WS	1	5 90% WS	1	5 95% WS	1	5 WS	1	3 Second Eccentric
BES1T1 (70%)	6 70%	1	5 85% WS	2	5 97.5% WS	1	Explosive				
BES1T2 (55%)	6 70% WS	1	6 85% WS	1	5 97.5% WS	1	Explosive				
BES1T3 (45%)	5 70% WS	1	5 80% WS	1	5 90% WS	1	Explosive				
BES1T4 (40%)	6 70% WS	1	6 85% WS	1	Explosive						
BES1xT1 (70%)	3+3 70%	1	3+2 85% WS	2	3+2 97.5% WS	1	Explosive				
BES1xT2 (55%)	3+3 70% WS	1	3+2 85% WS	1	3+2 97.5% WS	1	Explosive				
BES1xT3 (45%)	5 70% WS	1	3+2 80% WS	1	3+2 90% WS	1	Explosive				
BES1xT4 (40%)	3+3 70% WS	1	3+3 85% WS	1	Explosive						
BES2T1 (70%)	3 70% WS	1	3 82.5% WS	1	4 87.5% WS	1	4 92.5% WS	1	Explosive		
BES2T2 (55%)	3 70% WS	1	3 82.5% WS	1	3 87.5% WS	1	3 92.5% WS	1	Explosive		
BES2T3 (45%)	3 70% WS	1	3 82.5% WS	1	3 87.5% WS	1	Explosive				
BES2T4 (40%)	3 70% WS	1	3 82.5% WS	1	3 82.5% WS	1	Explosive				

Loading Schemes that will appear on the strength program



Taper/On Ramp Schemes

Less volume of work to either ease into training or peak for competition



of Reps to perform

of sets to perform @ a load

WS = work set (max weight you can lift for the reps)

% of working weight you will use (i.e. load)

3 sec lower (i.e. squat 3 sec from standing to low position)