

Welcome to the Think Big team! Please begin by following the steps below to book, I highly rec

STEP 1. 1RMS

	CONSERVATIVE 1RM
SQUAT	240
BENCH	170
DEADLIFT	310

STEP 2. SET & REP PROTOCOL

STRENGTH SETS	MAX EFFORT; MOVE W
HYPERTROPHY SETS	3/1/1 TEMPO REPS,
SPEED SETS	MOVE WE
SUPPLEMENTAL	3/1/1 TEMPO REPS; 5

STEP 3. ASSISTANCE & SUPPLEMENTAL MOVEMENTS

You'll notice that, except for the squat, bench press, & your assistance movements at the beginning of every

STEP 4. DIET & MACROS

	CURRENT	NEW
CALORIES	2000	2200
BODYWEIGHT	200	

STEP 5. SFW

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