

2+2 Progression Flow Chart

Lift: _____

Week 1 will have different loads as you ID what is appropriate for that lift at that volume.

Each week after the load will stay the same.

Shaded boxes indicate not attempting the 2+2 as perceived effort is high enough. If you attempt a 2+2 and pass you will simply scratch out that row.

Upon completion of final row increase loading by 5% and start back at the top progression

Round 1	Round 2	Round 3	Round 4
8x _____ ID Load	8x _____ ID Load	8x _____ ID Load	8x _____ ID Load
8x _____	8x _____	8x _____	8x _____
8x _____	8x _____	10x _____	10x _____
9x _____	9x _____	9x _____	9x _____
9x _____	9x _____	11x _____	11x _____
10x _____	10x _____	10x _____	10x _____
10x _____	10x _____	12x _____	12x _____
11x _____	11x _____	11x _____	11x _____
11x _____	11x _____	13x _____	13x _____
12x _____	12x _____	12x _____	12x _____

A more detailed version is below.

2+2 Progression Flow Chart

Base: Work through 4-5 rounds and ID a load you assume you can do for all rounds, record

8x155

8x165

8x175

8x185

P1: Execute the prescribed number of rounds at that load

8x185

8x185

8x185

8x185

P2: If you feel confident apply the 2+2, if it's hard stay here for the next session

8x185

8x185

10x185

10x185

P3: Since you passed the 2+2 your new volume is 9x. You can do 4x9 or apply the 2+2.

<i>9x185</i>	or	<i>9x185</i>
<i>9x185</i>		<i>9x185</i>
<i>9x185</i>		<i>11x185</i>
<i>9x185</i>		<i>11x185</i>

P4: If you pass your new volume is 10x. You can do 4x10 or apply the 2+2

<i>10x185</i>	or	<i>10x185</i>
<i>10x185</i>		<i>10x185</i>
<i>10x185</i>		<i>12x185</i>
<i>10x185</i>		<i>12x185</i>

P5: if you pass your new volume is 11x. You can do 4x11 or apply the 2+2

<i>11x185</i>	or	<i>11x185</i>
<i>11x185</i>		<i>11x185</i>
<i>11x185</i>		<i>13x185</i>
<i>11x185</i>		<i>13x185</i>

Final Progression: If you pass the 2+2 then your new volume is 12x. You will not apply the 2+2 here, just do 4x12. If you succeed then you will start the progression over but 5% heavier.

12x185

12x185

12x185

12x185