TWELVE WEEK PROGRAM

A plan for *Client.* Four days a week. Nothing wasted.

Written for a working diver who has been an athlete his whole life. Not a beginner plan, not a bodybuilder plan. Built around the way Client *already moves.*

CLIENT	SPLIT	DAYS	SESSION
Client	Upper / Lower	Four	60–90 min

> *“ Train for the long season, not the short one. The work stays the same in July and in January.*

ROB MURPHY · COACH

HAMPTONS, NY

THE WEEK · DAYS ONE AND TWO

Monday & Tuesday.

Warm up five minutes on a bike or rower until you break a light sweat. Do two lighter ramp-up sets on the first lift of the day, then the working sets in the table. The Effort column tells you where to stop each set: 2 in the tank means end the set with two clean reps still in you. 1 in the tank means end it with one.

DAY ONE · UPPER

Push forward. Pull back.

HORIZONTAL BIAS

LIFT	SETS × REPS	EFFORT
Barbell bench press	4 × 6–8	2 in the tank
Feet planted, elbows around forty five degrees, bar to the low chest, one clean touch.		
Chest-supported row	4 × 8–10	2 in the tank
Pull to the low ribs, pause a beat, do not shrug the weight up.		
Seated dumbbell press	3 × 8–10	2 in the tank
Ribs down, do not flare the low back to press heavier.		
Lat pulldown, wide grip	3 × 10–12	2 in the tank
Lead with the elbows, feel the lats, do not lean back.		
Pec deck	2 × 12–15	1 in the tank
Face pull, cable	2 × 15	Slow
EZ-bar curl	2 × 10–12	1 in the tank

What I am watching for. *Bar path on the bench. If it drifts toward your face on the last rep, you are done. Rack it.*

DAY TWO · LOWER

Squat day. Own the depth.

QUAD BIAS

LIFT	SETS × REPS	EFFORT
Back squat	4 × 5–7	2 in the tank
Depth first, then load. Same depth every rep or the set is over.		
Romanian deadlift	3 × 8–10	3 in the tank
Push the hips back, bar close to the legs, feel the hamstrings load.		
Leg press	3 × 10–12	2 in the tank
Feet mid-platform, knees track over the toes, do not bounce out of the hole.		
Walking lunge, dumbbells	3 × 10 / leg	2 in the tank
Front knee stays over the front foot, chest tall.		
Seated leg curl	3 × 10–12	1 in the tank
Standing calf raise	3 × 10–12	Full stretch
Hanging knee raise	3 × 10	Controlled

What I am watching for. *Depth. Half squats build half legs. If you can not hit parallel with your working weight, drop the weight.*

Thursday & Friday.

Same warm-up. Same rule on the working sets. Three minutes rest on the heavy lifts, ninety seconds on everything after. Time it.

DAY THREE · UPPER

Press up. Pull down.

VERTICAL BIAS

LIFT	SETS × REPS	EFFORT
Standing overhead press	4 × 5–7	2 in the tank
Squeeze the glutes, ribs down, bar over the mid-foot at lockout.		
Weighted pull-up or lat pulldown	4 × 6–8	2 in the tank
Full hang at the bottom, chest to the bar at the top. No kip.		
Incline dumbbell press	3 × 8–10	2 in the tank
Bench at about thirty degrees. Any steeper is a shoulder press.		
Single-arm dumbbell row	3 × 10 / side	2 in the tank
Do not rotate the torso to lift more. Row the dumbbell, not your body.		
Dumbbell lateral raise	3 × 12–15	1 in the tank
Triceps rope pushdown	3 × 10–12	1 in the tank
Hammer curl	2 × 10–12	1 in the tank

> **What I am watching for.** *Lockout on the overhead press. Head through, biceps by the ears, or the rep does not count.*

DAY FOUR · LOWER

Hinge day. Move some weight.

POSTERIOR CHAIN BIAS

LIFT	SETS × REPS	EFFORT
Conventional deadlift	4 × 3–5	2 in the tank
Reset every rep. No touch-and-go. Bar over mid-foot, lats tight, then push the floor away.		
Front-foot elevated split squat	3 × 8 / leg	2 in the tank
Two-inch plate under the front foot. Sit into the front hip.		
Hip thrust, barbell	3 × 8–10	2 in the tank
Chin tucked, ribs down, full lockout at the top with a hard glute squeeze.		
Leg extension	3 × 12–15	1 in the tank
Pause a beat at the top of every rep. This is where the quads grow.		
Nordic curl or leg curl	3 × 6–10	Slow
Seated calf raise	3 × 12–15	Full stretch
Plank	3 × 45 sec	Tight

> **What I am watching for.** *Setup on the deadlift. If the bar drifts forward off the floor, we reset before you pull another rep.*

HOW TO RUN THIS

The rules of the road.

Weeks one and two.

Find your working weights. Stop every set two clean reps shy of failure and write down what you did. Do not chase a number yet.

Rest.

Three minutes between sets on squats, deadlifts, bench and overhead press. Ninety seconds on everything after. Time it. Do not guess.

Sleep.

Seven and a half hours minimum. Recovery is where the work actually cashes in. Protect it.

Week three onward.

Add a small amount to the main lifts when the last rep of the last set still looks like the first. Five pounds on upper. Ten on lower. That is it.

Food.

To gain a little size without getting soft, eat about two hundred calories over maintenance and keep protein near one gram per pound of bodyweight.

Cardio.

Between diving and the frisbee runs, your conditioning is already handled. Keep both. On the days you do neither, aim for eight to ten thousand steps. No conditioning circuits stapled to lift days.

What we are not doing, and why.

- **No dedicated arm day.** You are hitting biceps and triceps twice a week already. A fifth session steals from recovery and pays you back nothing.
- **No conditioning circuits on top of the lift days.** You already move for a living and you already run. Stacking more on is how good programs get watered down.
- **No supplement stack.** Creatine at five grams a day is the only one worth naming. Protein powder if you can not hit your intake with food. Everything else can wait.

WHAT REAL COACHING ADDS

This is a plan. Coaching is what makes it work.

Every real client gets this program written around their actual gym, their real starting numbers, and the specifics of their week. On weekly check-ins we look at video of the main lifts, adjust loads together, and answer the small questions the day they come up. That is the difference between a plan on paper and a program that actually moves you.

One more thing, and this is what actually separates Due East from an app or a template. My number is in your phone. If something on this plan does not make sense, or something off the plan comes up, food, sleep, a tweak in your shoulder, a question about a lift you saw somewhere, text me. Not a form, not a ticket, not a wait. That direct line is the coaching.

Rob Murphy is not a licensed personal trainer, physical therapist, physician, or registered dietitian. This document is educational and does not replace advice from your physician or clinical team. Consult your medical providers before beginning any training or nutrition program.

TRAINING JOURNAL · TWELVE WEEKS

Client's journal. Twelve weeks. Write it down.

A page a week. Bodyweight, how you feel, the main lift of each day, one honest note. This is the record that turns a plan into a program.

CLIENT	PROGRAM	DURATION	SESSIONS
Client	Upper / Lower	12 weeks	Four / week

> *“ The set you did not write down did not happen. The set you wrote down is the one you learn from.*

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HAMPTONS, NY

HOW TO USE THIS

Fill it in the day you did the work.

This is not a diary. It is a record. Every week has one page. Fill in the top set of each main lift and one line under it the day you did the work. Weight and the sleep, energy, and soreness ratings get filled once at the end of the week. Do the daily notes in the gym or in the car on the drive home. Not two days later from memory.

The main lifts on each day are the ones we build the week around. That is what goes in the box. Accessory work stays in your head or on your phone. If you want to track more, use the last line on each day for it.

Weight goes in on the day you weigh in. Once a week is enough. Same time, same clothes, same day. Do not chase the number in between.

BODYWEIGHT	Once per week only. Sunday morning is a good default. Same day, same time, first thing after the bathroom. Chasing daily weigh-ins is how good weeks look bad. We are watching the trend across twelve weeks.
SLEEP	Rate the week when you close it out, not each morning. Five dots. Three is your average week. Five is the week you actually slept. One is the week you did not.
ENERGY	Same scale. How the sessions felt overall, not the best or worst one.
SORENESS	Same scale. Five is you are wrecked and it is affecting the next session. One is you barely notice it.
MAIN LIFT BOX	Top working set only. Weight in one column, reps in the other. If you missed reps or the bar speed died early, put that in the notes.
ONE LINE AT THE BOTTOM	What worked. What did not. What you want to change next week. One sentence. Not a paragraph.

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THE MAIN LIFTS · TWELVE WEEK LOG

One page, one number per week.

The top working set of the main lift for each day, week by week. Fill in weight × reps. When you flip through this in week twelve, the line should tilt up.

LIFT	W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	W11	W12
Bench press												
Back squat												
Chest-supported row												
Romanian deadlift												
Overhead press												
Weighted pull-up												
Conventional deadlift												
Bodyweight (lb)												

> **Weeks 1–2:** find your working weights. Two clean reps left in the tank when the set ends. Write down what you did. **Week 3 onward:** add five pounds on upper, ten on lower when the last rep of the last set still looks like the first.

SAMPLE · HOW THIS LOOKS FILLED IN

An example week.

Week of *Jul 7*

EXAMPLE **Nothing on this page counts.** This is what a real week looks like when it is filled in. Weight in once, on your weigh-in day. Ratings at the end of the week, not each morning. The set boxes get filled the day you lifted. One honest line at the bottom on Friday or Saturday.

BODYWEIGHT	SLEEP	ENERGY	SORENESS
182.4 LB	●●●●○	●●●○○	●●○○○
SUN AM · SAME DAY, SAME TIME	1 ROUGH · 5 SOLID	1 FLAT · 5 STRONG	1 FINE · 5 WRECKED

MON · UPPER A

Push forward. Pull back.

LIFT	TARGET	SET 1	SET 2	SET 3
Bench press	4 × 6–8	*185 × 8*	*185 × 7*	*185 × 6*
Chest row	4 × 8–10	*70 × 10*	*70 × 10*	*70 × 9*
Seated DB press	3 × 8–10	*55 × 10*	*55 × 9*	*55 × 8*

Notes. Bench felt strong. Left shoulder a touch tight on set 3, backed off cue.

TUE · LOWER A

Squat day. Own the depth.

LIFT	TARGET	SET 1	SET 2	SET 3
Back squat	4 × 5–7	*245 × 7*	*245 × 6*	*245 × 6*
Romanian DL	3 × 8–10	*185 × 10*	*185 × 10*	*185 × 9*
Leg press	3 × 10–12	*4pl × 12*	*4pl × 12*	*4pl × 10*

Notes. Depth clean on all sets. Third squat set moved a little slow, held the weight.

THU · UPPER B

Press up. Pull down.

LIFT	TARGET	SET 1	SET 2	SET 3
Overhead press	4 × 5–7	*125 × 6*	*125 × 6*	*125 × 5*
Weighted pull-up	4 × 6–8	*+25 × 8*	*+25 × 7*	*+25 × 6*
Incline DB press	3 × 8–10	*60 × 10*	*60 × 9*	*60 × 8*

Notes. Frisbee ran long Wed night, felt it in the shoulders on the press.

FRI · LOWER B

Hinge day. Move some weight.

LIFT	TARGET	SET 1	SET 2	SET 3
Conventional DL	4 × 3–5	*315 × 5*	*315 × 5*	*315 × 4*
FFE split squat	3 × 8/leg	*40s × 8*	*40s × 8*	*40s × 8*
Hip thrust	3 × 8–10	*225 × 10*	*225 × 10*	*225 × 9*

Notes. Reset every deadlift, no touch-and-go. Grip started slipping on the last set.

WHAT WORKED. WHAT DID NOT. ONE LINE.

Bench and deadlift moving up. Frisbee Wednesday cooked the shoulders for Thursday press. Move it to Tuesday next week or take it easier.