



The 12-Block Starter Library

Beginner intro phase, 4 weeks, 3 days

Who it is for: someone new to barbell training with no known maxes.

Days: A squat and bench. B hinge and press. C squat variation and incline press.

Main lifts (RPE only, no 1RM): Week 1: 2×8 (RPE 6). Week 2: 3×8 (RPE 6 to 7). Week 3: 3×8 (RPE 7). Week 4: 3×6 (RPE 7), heavier.

Day A: goblet or back squat, bench press, seated row, plank 3×30 sec.

Day B: Romanian deadlift, overhead press, lat pulldown, farmer carry 3×20 m.

Day C: box or front squat, incline dumbbell press, one-arm row, hip thrust 3×10.

Progression: when all sets hit the reps at the RPE, add 2.5 kg to upper-body lifts and 5 kg to lower-body lifts next session. After week 4, test a 5-rep set at RPE 8 to give Block 3 its starting numbers.

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Block 2. Return after a break, 3 weeks, 3 days