

Nugent Rotational System

The Rotation:

Notes: This cycle could theoretically go on as long as you wanted it to. However, if you aren't making gains, switch gears, try something else. Like Dan John says, everything works for 6 weeks. Be a critical thinker/athlete!

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lift		Shoulder Press		Deadlift		Squat	
Rep Pattern		5-5-5-5-5		3-3-3-3-3		1-1-1-1-1	
Notes		Around 70% of 1 RM		Around 80% of 1 RM		Around 90% of 1 RM	
Accessory Lifts		Pull-ups Dips		Good mornings Dumbbell Row		Pistols, TRX Lower body work	
Lift		Shoulder Press		Deadlift		Variety Day	
Rep Pattern		3-3-3-3-3		1-1-1-1-1			
Notes		Around 80% of 1 RM		Around 90% of 1 RM		Practice TGU, KB swings, Mobility work	
Accessory Lifts		Pull-ups Dips		Good mornings Dumbbell Row			
Lift		Shoulder Press		Variety Day		Squat	
Rep Pattern		1-1-1-1-1				5-5-5-5-5	
Notes		Around 90% of 1 RM		Practice TGU, KB swings, Mobility work		Around 70% of 1 RM	
Accessory Lifts		Pull-ups Dips				Pistols, TRX Lower body work	
Lift		Variety Day		Deadlift		Squat	
Rep Pattern				5-5-5-5-5		3-3-3-3-3	
Notes		Practice TGU, KB swings, Mobility work		Around 70% of 1 RM		Around 80% of 1 RM	
Accessory Lifts				Good mornings Dumbbell Row		Pistols, TRX Lower body work	

Terms:	
AMRAP	As many rounds as possible
BS	Back squat
DL	Deadlift
FS	Front squat
KB	Kettlebell
RM	Rep Max
SP	Shoulder Press
TGU	Turkish Getup

Guidelines
1. rotate your lifts and your rep schemes
2. backfill your weights when possible. For example, if you did a 5-5-5-5-5 deadlift and pulled 300, 325, 330, 330, and 330, the next time you pull 5-5-5-5-5, you aim for 325, 330, 330, 330, and 330, backfilling the first two pulls with eventually 330.
3. Find a way to determine your 1 rep max's on a fairly routine basis. Once you are able to complete a series for an entire set (see #2), think about testing. <ul style="list-style-type: none"> a. One way to do this is to follow Jim Wendler's advice and add a max rep attempt then do a little math (see "A Little Math") b. Another way is to google "One Rep Max Calculator" and do that :)

A Little Math
Theoretical Max = (Weight X Reps X 0.0333) + Weight