

Landmine Press Plan

3 days a week, shoulder-friendly pressing. Monday, Wednesday, Friday.

SETS X REPS WK 1 WK 2 WK 3 WK 4

Day A Press A

Landmine press	3 × 8-12				
Goblet squat	3 × 8-12				
Chest-supported dumbbell row	3 × 8-12				
Single-leg Romanian deadlift	3 × 8-10 each leg				
Pallof press	2 × 8-12 each side				

Day B Pull and legs

Dumbbell bench press	3 × 8-12				
Lat pulldown	3 × 8-12				
Barbell hip thrust	3 × 10-12				
Dumbbell step-up	2 × 8-10 each leg				
Side lateral raise	2 × 12-15				

Day C Press B

Single-arm landmine press	3 × 10-12 each arm				
Leg press	3 × 10-12				
One-arm dumbbell row	3 × 8-12				
Lying leg curl	2 × 10-12				
Cable rear delt fly	2 × 12-15				

How to run it: Rest 2 minutes after the first two moves, 60 to 90 seconds after the rest. Press up and slightly forward with your ribs down. End every set with 1 or 2 good reps left, and add weight once every set hits the top of the range.

Let Liftspan run it for you

Scan the code to open this plan in Liftspan. It sets every weight, moves it up as you earn it and works around the joints you flag. Running it is Pro, with a 7-day free trial. Or snap a photo of this page in **Plan, Change program, Import a program**: your first import is free.

