

# WEAK LIFT BLUEPRINT

Find your weak lift in the calculator, then add its **three lifts** to your next training block.



## POSTERIOR CHAIN

fixes a low deadlift

- Rack pull, below the knee **4 × 5**
- Hip thrust **3 × 8**
- Leg curl **3 × 12**

## QUADS

fixes a low front squat

- Pendulum squat **4 × 8**
- Front-foot-elevated split squat **3 × 10**
- Spanish squat **3 × 15**

## UPPER-BODY PRESS

fixes a low bench press

- Close-grip floor press **4 × 6**
- Mid-range pin press **4 × 4-6**
- 1¼ DB press (¼ rep at the bottom) **3 × 8**

## OVERHEAD PRESS

fixes a low overhead press

- Push press **4 × 3**
- Seated DB shoulder press **3 × 10**
- Mid-range pin press, overhead **4 × 4-6**

## UPPER-BACK PULL

fixes a low barbell row

- Chest-supported row, pause at top **3 × 8**
- Single-arm DB row **3 × 12**
- Seated pronated wide-grip row **3 × 6**

## RELATIVE PULLING

fixes a low chin-up

- Chin-up & pull-up variations **4 × 4-6**
- Lat pulldown **3 × 12**
- Barbell curl **3 × 8**

## EXPLOSIVE

fixes a low power clean

- High-hang clean **5 × 3**
- Box jump **4 × 3**
- Broad jump **4 × 3**

## YOUR WEAK LIFT, FIXED

The GP Method builds the full block around your weak lift and retests every cycle, so the next gap never blindsides you.

[METHOD.GROSSENPERFORMANCE.COM](https://method.grossenperformance.com)

Add your three lifts to your training, then **retest in two weeks.**