

# The 'Punch The Clock' Workout

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 [gym-talk.com/the-punch-the-clock-workout/](https://gym-talk.com/the-punch-the-clock-workout/)

## WEEK 1

### Monday

Squat 3 x 10

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Push 50-150 reps

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Pull 50-150 reps

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### Tuesday

Bench 3 x 10

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Push 50-150 reps

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Pull 50-150 reps

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Upper Back Work 50-150 reps

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### Thursday

Deadlift 3 x 10

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Push 50-150 reps

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Pull 50-150 reps

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### Friday

Overhead Press 3 x 10

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Push 50-150 reps

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Pull 50-150 reps

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Upper Back Work 50-150 reps

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## WEEK 2

### Monday

Squat 4 x 10

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Push	50-150 reps
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Pull	50-150 reps
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## Tuesday

Bench	4 x 10
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Push	50-150 reps
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Pull	50-150 reps
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Upper Back Work	50-150 reps
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## Thursday

Deadlift	4 x 5
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Push	50-150 reps
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Pull	50-150 reps
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## Friday

Overhead Press	4 x 10
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Push	50-150 reps
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Pull	50-150 reps
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Upper Back Work	50-150 reps
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## WEEK 3

### Monday

Squat	5 x 10
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Push	50-150 reps
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Pull	50-150 reps
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### Tuesday

Bench	5 x 10
Push	50-150 reps
Pull	50-150 reps
Upper Back Work	50-150 reps

## Thursday

Deadlift	5 x 5
Push	50-150 reps
Pull	50-150 reps

## Friday

Overhead Press	5 x 10
Push	50-150 reps
Pull	50-150 reps
Upper Back Work	50-150 reps