

	max bs	max fs							
HATCH SQT PROGRAM:									
WEEK 1									
	back sqt		front sqt						
day one	sets/reps	%	wt used	sets/reps	%	wt used			
	1x10	60%	0%	1*5	60%	0			
	1x8	70%	0%	1*5	70%	0			
	1*6	75%	0%	1*5	70%	0			
	1*4	80%	0%	1*5	70%	0			
day 2	1*10	60%	0%	1*5	60%	0			
	1*8	65%	0%	1*5	65%	0			
	1*8	70%	0%	1*5	70%	0			
	1*8	75%	0%	1*5	70%	0			
week 2									
day 1	1*10	60%	0%	1*5	60%	0			
	1*8	65%	0%	1*5	70%	0			
	1*6	70%	0%	1*5	75%	0			
	1*6	75%	0%	1*5	75%	0			
	1*6	80%	0%						
day 2	1*10	60%	0%	1*5	60%	0			
	1*8	70%	0%	1*5	65%	0			
	1*8	75%	0%	1*5	70%	0			
	1*8	80%	0%	1*5	70%	0			
week 3									
day 1	1*8	65%	0%	1*5	60%	0			
	1*8	70%	0%	1*5	70%	0			
	1*6	80%	0%	1*5	75%	0			
	1*6	85%	0%	1*5	80%	0			
day 2	1*10	60%	0%	1*5	60%	0			
	1*10	65%	0%	1*5	65%	0			
	1*8	70%	0%	1*5	70%	0			
	1*8	75%	0%	1*5	70%	0			
week 4									
day1	1*8	65%	0%	1*5	70%	0			
	1*8	70%	0%	1*5	75%	0			
	1*6	80%	0%	1*5	80%	0			
	1*6	85%	0%	1*5	85%	0			
day2	1*8	65%	0%	1*5	60%	0			
	1*8	70%	0%	1*5	65%	0			
	1*8	75%	0%	1*5	70%	0			
	1*8	80%	0%	1*5	70%	0			
week 5									
day 1	1*8	65%	0%	1*5	70%	0			
	1*6	75%	0%	1*4	80%	0			
	1*4	85%	0%	1*3	85%	0			
	1*4	90%	0%	1*3	90%	0			
day 2	1*6	65%	0%	1*5	60%	0			
	1*6	75%	0%	1*5	65%	0			
	1*6	80%	0%	1*5	70%	0			
	1*6	80%	0%	1*5	70%	0			
week 6									
day 1	1*6	70%	0%	1*5	65%	0			
	1*6	80%	0%	1*4	75%	0			
	1*3	90%	0%	1*4	80%	0			
	1*2	95%	0%	1*4	80%	0			
day 2	1*4	75%	0%	1*5	60%	0			
	1*4	80%	0%	1*5	65%	0			
	1*4	80%	0%	1*5	70%	0			
	1*4	80%	0%	1*5	70%	0			
week 7									
day 1	1*5	70%	0%	1*5	65%	0			
	1*5	80%	0%	1*4	75%	0			
	1*2	85%	0%	1*4	80%	0			
	1*3	90%	0%	1*4	85%	0			
	1*1	100%	0%						
day 2	1*4	70%	0%	1*5	60%	0			
	1*4	75%	0%	1*5	65%	0			
	1*4	80%	0%	1*5	70%	0			
	1*4	85%	0%	1*5	70%	0			
week 8									
day 1	1*5	65%	0%	1*5	60%	0			
	1*5	70%	0%	1*5	65%	0			
	1*5	75%	0%	1*5	65%	0			
	1*5	80%	0%	1*5	65%	0			
day 2	2*5	65%	0%	4*5	60%	0			
	3*5	70%	0%						
week 9									
day 1	1*5	60%	0%	1*5	65%	0			
	1*3	70%	0%	1*4	75%	0			
	1*2	80%	0%	1*4	80%	0			
	1*2	90%	0%	1*4	85%	0			
	1*1	95%	0%						
day 2	1*5	65%	0%	4*5	65%	0			
	3*5	75%	0%						
week 10									
day 1	1*5	60%	0%	1*5	60%	0			
	1*5	65%	0%	1*5	65%	0			
	1*5	70%	0%	1*5	70%	0			
	1*5	75%	0%	1*5	70%	0			
day 2	1*5	60%	0%	1*5	60%	0			
	1*5	65%	0%	1*5	65%	0			
	1*5	70%	0%	1*5	70%	0			
	1*5	75%	0%	1*5	70%	0			
week 11									
day 1	1*5	60%	0%	1*5	60%	0			
	1*3	70%	0%	1*5	70%	0			
	1*2	80%	0%	1*5	75%	0			
	1*2	90%	0%	1*5	75%	0			
	1*1	95%	0%						
	1*1	103%	0%						
day 2	1*5	60%	0%	1*5	60%	0			
	1*5	65%	0%	1*5	70%	0			
	1*5	70%	0%	1*5	75%	0			
	1*5	70%	0%	1*5	80%	0			
week 12									
day 1	1*5	60%	0%	1*5	65%	0			
	1*5	70%	0%	1*5	70%	0			
	1*5	75%	0%	1*5	75%	0			
	1*5	75%	0%						
day 2	1*5	60%	0%	1*5	60%	0			
	1*5	70%	0%	1*5	70%	0			
	1*5	75%	0%	1*5	75%	0			
	1*5	75%	0%						