



BIG AND STRONG: 8 WEEK ADVANCED STRENGTH BUILDING WORKOUT

Workout Summary

Main Goal: Increase Strength

Training Level: Advanced

Days Per Week: 5 Days

Program Duration: 8 Weeks

[Click here for the full workout!](#)

Equipment: Barbell, Cables, Dumbbells, Machines, Other

Target Gender: Male & Female

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Workout 1: Push Power Day

Exercise	Sets	Reps	Rest
Military Press	5	3 - 5	3 min
Incline Bench Press	4	3 - 5	3 min
Dumbbell Bench Press	3	5	2 min
Tricep Dip	3	5	2 min
Overhead EZ Bar Tricep Extension	3	5	2 min

Workout 2: Legs Power Day

Exercise	Sets	Reps	Rest
Front Squat	5	3 - 5	3 min
Pause Back Squat*	4	3 - 5	3 min
Hack Squat or Leg Press	3	5	2 min
Seated Leg Curl	3	5	2 min
Leg Extension	3	5	2 min

**Note: To perform a pause squat, slowly lower into a squat. Once you’re in the lowest position, hold the weight for about two seconds killing any momentum you may have. After two seconds, return to the starting position.*

Workout 3: Pull Power Day

Exercise	Sets	Reps	Rest
Trap Bar or Barbell Rack Pull	5	3 - 5	3 min
Pull Ups	4	3 - 5	3 min
One Arm Dumbbell Row	3	5 Each Side	2 min
Concentration Curl	3	5	2 min
Shrug (with hold)	3	5	2 min

Workout 4: Lower Dynamic Day

Exercise	Sets	Reps	Rest
Speed Front Squat	6	3	30 sec
Speed Pause Squat*	6	3	30 sec
Leg Press	4	4	30 sec
Seated Calf Raise	2	6	30 sec
Lying Leg Raise	2	6	30 sec

**Note: To perform a pause squat, slowly lower into a squat. Once you’re in the lowest position, hold the weight for about two seconds killing any momentum you may have. After two seconds, explode up to the starting position.*

Workout 5: Upper Dynamic Day

Exercise	Sets	Reps	Rest
Speed Barbell Press	6	3	30 sec
Speed Trap Bar or Barbell Rack Pull	6	3	30 sec
Lateral Raise	4	4	30 sec
Barbell Curl	2	6	30 sec
Tricep Extension	2	6	30 sec