

SAMPLE STRENGTH PROGRAM

3 day version



about this program

This program is comprised of 3 total body workouts to be completed weekly. The program as a whole covers every major movement pattern, gives you the option to try various different pieces of equipment, and allows you the freedom to tweak it to your needs.

The workouts themselves include exercises with links to YouTube videos, a suggested range of repetitions, and a suggested range of sets. Additionally, there is further information on how you can structure your workouts as well as how to progress them in the future.

This program does NOT include an exhaustive list of exercises, explain methods of programming, or provide individualized advice. This program serves as a jumping off point to get you started with strength training while providing you with some extra information to keep going beyond this program.

Enjoy and happy training!

definitions

Exercise: Exercises are the movements you'll perform.

Repetitions: A “rep” is a single execution of an exercise. One pushup is one rep, and 10 pushups are 10 reps.

Sets: A “set” is a collection of reps. If your goal is to complete 20 pushups, you might break your workout up into two sets of 10 reps.

10e: complete 10 reps on EACH side

other notes

You can perform these workouts on any days of the week that you prefer. It's best if you can get a day of rest in between each day. If that's not possible, it's better to get the workout in the day after you've completed another than not doing it at all.

If a movement does not feel good or you don't have the equipment to perform it, feel free to swap it out for something different.

Day 1

Exercise	# of Reps	# of Sets
<u>Goblet Squats</u>	10-12	3-4
<u>TRX Row or Bent Row</u>	10-12	3-4
<u>Split Squats</u>	8e-10e	2-3
<u>Overhead Presses</u>	10-12	2-3
<u>Stability Ball Leg Curl</u>	10-12	2-3
<u>Triceps Extensions</u>	10-12	2-3
<u>Tall Plank Kettlebell Drags</u>	8e-10e	2-3
<u>Supermans</u>	10-12	2-3

Day 2

Exercise	# of Reps	# of Sets
<u>Bench Press</u>	10-12	3-4
<u>Reverse Lunges</u>	8e-10e	3-4
<u>Reverse Flyes</u>	10-12	2-3
<u>Hip Thrusts or Bridges</u>	10-12	2-3
<u>Lateral Squats</u>	8e-10e	2-3
<u>Lateral Raises</u>	10-12	2-3
<u>Banded or Cable Rotations</u>	8e-10e	2-3
<u>Front Plank</u>	20-30 sec	2-3

Day 3

Exercise	# of Reps	# of Sets
<u>Deadlifts</u>	10-12	3-4
<u>Lat Pulldowns or Pullups</u>	10-12	3-4
<u>Step Ups</u>	8e-10e	2-3
<u>Incline Bench Press</u>	10-12	2-3
<u>Curtsy Lunges</u>	8e-10e	2-3
<u>Biceps Curls</u>	10-12	2-3
<u>Anti-Rotation Presses</u>	8e-10e	2-3
<u>Tuck Ups</u>	10-12	2-3

choose your preferred structure

Straight Sets

Complete all sets of one exercise before moving on to the next.

This takes the longest to complete, but you might choose it if you're in a busy gym and don't want to take too much time on any given piece of equipment.

Supersets

Pair two exercises together and alternate between the two.

This is a great way to get more work done in less time. You'll want to pair movements that are non-competing and allow you to stay in the same general area of the gym. The workouts in this program are structured so that if you follow from top to bottom, you can pair the exercises together sequentially as they're non-competing.

Tri-Sets or Circuits

Pair 3-4 or more exercises together and complete them as a circuit.

This is the most efficient structure, but generally takes up the most space/equipment.

how to progress

Workouts should not be different every week. If you're constantly changing up your workout, how is your body going to be able to progress and build? Short answer... it won't. For the same reason, workouts should not stay the same forever. If you're completing the same workouts with the same stressors month after month, you won't be providing your body with enough stimulus to change. So, my suggestion would be to keep your exercise choices the same for 4-6 weeks while progressing the load when you can. After those 4-6 weeks, you can create a new exercise program with some new movements for variety and/or progress as well as manipulating other factors within the program.

There are many excellent ways to progress your workout routine while keeping variety a priority. Here are 6 ways to progress your workouts over time:

1 Increase Volume (sets & reps)

Week to week you can increase volume by adding more repetitions while keeping the sets consistent, or by increasing the number of sets while keeping the reps consistent. Increasing both at the same time is adding an unnecessary amount of progression and you will stall out more quickly.

Week One: 3 sets of 8 reps
Week Two: 3 sets of 9 reps
Week Three: 3 sets of 10 reps
Week Four: 3 sets of 11 reps
or
Week One: 2 sets of 5 reps
Week Two: 3 sets of 5 reps
Week Three: 4 sets of 5 reps
Week Four: 5 sets of 5 reps

2 Increase Weight

This is probably the most common and simplest way to practice progressive overload. When increasing the weight you're using for a particular exercise, you want to make sure you can still perform the same number of reps and sets as the previous week while maintaining good form. If you increase too quickly, you will likely stall out, so aim for 2.5-5lb jumps for a more gradual approach.

Week One: 3x8 @ 100lbs
Week Two: 3x8 @ 105lbs
Week Three: 3x8 @ 110lbs
Week Four: 3x8 @ 115lbs

3 Add More Range of Motion

Adding more range of motion (ROM) to an exercise increases the demand and difficulty. This can be anything from gradually increasing the depth of your squats to performing a movement with a deficit.

Split Squat to Pad -->
Split Squat to Floor -->
Front Foot Elevated Split Squat -->
Rear Foot Elevated Split Squat

4 Change Up The Tempo

Slowing down the movement, incorporating isometric holds, speeding up the movement, and utilizing partial reps are all ways to change the stimulus and increase the challenge.

Slow Eccentric: 3 sets of 5 with tempo 5-1-1
Slow Concentric: 3 sets of 5 with tempo 1-1-5
Isometric: 3 sets of 5 with tempo 1-5-1
Speed Reps: 3 sets of 5 as fast as possible
Partial Reps: 3 sets of 5 with each rep being 1.5

5 Do The Same Amount Of Work, But In Less Time

Focus on improving your work capacity by timing your workouts and trying to finish the same amount of work in less time each week. Or you can get even more specific and time your rest intervals and gradually decrease them from week to week.

Week One: Full workout in 50 minutes or 60s rest intervals
Week Two: Full workout in 48 minutes or 50s rest intervals
Week Three: Full workout in 46 minutes or 40s rest intervals
Week Four: Full workout in 44 minutes or 30s rest intervals

6 Improve Form & Technique

This may feel like the least tangible of all the options, but improving your form and technique is still progress and should be strived for and celebrated! Video record yourself performing the exercise you're looking to improve and pinpoint one variable you would like to work on each week.

Week One: Focus on a solid set up position
Week Two: Focus on keeping spine in better alignment
Week Three: Focus on wedging/not letting your hips shoot up
Week Four: Focus on a more stable lockout position

Only change one variable at a time!

Not only does this make progressive overload a safer and more effective endeavor, but it also increases the amount of time that you're able to make progress. If you change too many things at once, you will plateau very quickly.

Prioritize your form!

If you feel like in order to change a variable you will end up sacrificing your form or making the movement feel less good in your body, don't do it! You can always keep things the same for a week or two before progressing if that is the case!