

Streetlifting Beginner Program (3 block - 12weeks)

Prerequisites

- Get yourself a good gym membership.
- You Should have a basic training of movements like pull ups(8), push ups(15),squats(20) and dips(10) all bodyweight (each done in a row).

Information of this program

- This program is absolutely for beginners focusing on building strength and muscle and get used to Streetlifting movements.
- This program contains 3 blocks each has a specific task to done.
- It uses Steploading means adding 1 rep each workout so that you get stronger each passing week.
- This is a 4day training program with 3 rest days.

BLOCK 1(Focusing of volume)

Week 1

Day1(Primary-Pull ups and Secondary-Dips)

Exercise	Sets	Reps	Weight
Pull Ups	3	5	5kg
Chin ups	3	5	Bodyweight
Dips	3	8	Bodyweight
Knee Raises	3	5	Bodyweight

Day2(Primary-Squat Secondary-pull ups)

*SLS-Single leg squat with dumbbell

Exercise	Sets	Reps	Weight
Squat	3	5	30kg
SLS	3	8	10kg
Pull Ups	3	5	Bodyweight
Knee Raises	3	5	Bodyweight

Day3(Rest-do some stretching and jogging)

Day4(Primary-Dips Secondary-Squat)

*OHP-Over Head Press

Exercise	Sets	Reps	Weight
Dips	3	5	10kg
OHP	3	8	With bar
Squat	3	5	With bar
Knee Raises	3	5	Bodyweight

Day5(Rest-do some stretching and jogging)

Day6(Primary-PULL ups and Secondary-PUSH)

Exercise	Sets	Reps	Weight
Pull ups	3	5	5kg
Chin ups	3	5	Bodyweight
Bench Press	3	8	With Bar
Knee Raises	3	5	Bodyweight

Day7(Rest-do some stretching and jogging)

For week2,3,4 try to add 1 rep to every exercise.

Block 2(Focus on Increase Weight)

Week 1

Day1(Primary-Pull ups and Secondary-Dips)

Exercise	Sets	Reps	Weight
Pull Ups	3	5	7.5kg
Chin ups	3	8	Bodyweight
Dips	3	12	Bodyweight
Knee Raises	3	8	Bodyweight

Day2(Primary-Squat Secondary-pull ups)

*SLS-Single leg squat with dumbbell

Exercise	Sets	Reps	Weight
Squat	3	5	40kg
SLS	3	8	20kg
Pull Ups	3	8	Bodyweight
Knee Raises	3	8	Bodyweight

Day3(Rest-do some stretching and jogging)

Day4(Primary-Dips Secondary-Squat)

*OHP-Over Head Press

Exercise	Sets	Reps	Weight
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Dips	3	5	15kg
OHP	3	12	With bar
Squat	3	8	With bar
Knee Raises	3	8	Bodyweight

Day5(Rest-do some stretching and jogging)

Day6(Primary-PULL ups and Secondary-PUSH)

Exercise	Sets	Reps	Weight
Pull ups	3	5	7.5kg
Chin ups	3	8	Bodyweight
Bench Press	3	12	With Bar
Knee Raises	3	8	Bodyweight

Day7(Rest-do some stretching and jogging)

Block 3(Focus on Increase Weight)

Week 1

Day1(Primary-Pull ups and Secondary-Dips)

Exercise	Sets	Reps	Weight
Pull Ups	3	5	10kg
Chin ups	3	12	Bodyweight
Dips	3	12	Bodyweight
Knee Raises	3	8	Bodyweight

Day2(Primary-Squat Secondary-pull ups)

*SLS-Single leg squat with dumbbell

Exercise	Sets	Reps	Weight
Squat	3	5	50kg
SLS	3	8	25kg
Pull Ups	3	8	Bodyweight
Knee Raises	3	8	Bodyweight

Day3(Rest-do some stretching and jogging)

Day4(Primary-Dips Secondary-Squat)

*OHP-Over Head Press

Exercise	Sets	Reps	Weight
Dips	3	5	20kg
OHP	3	12	With bar
Squat	3	10	With bar
Knee Raises	3	8	Bodyweight

Day5(Rest-do some stretching and jogging)

Day6(Primary-PULL ups and Secondary-PUSH)

Exercise	Sets	Reps	Weight
Pull ups	3	5	10kg
Chin ups	3	10	Bodyweight
Bench Press	3	8	25kg
Knee Raises	3	8	Bodyweight

Day7(Rest-do some stretching and jogging)

