

Level 1

Get STRONG Routine

DAY 1

EXERCISE:	REP RANGE:
GOBLET SQUAT	8-12
CHEST PRESS	8-12
REVERSE LUNGE	6-10/SIDE
LAT PULL DOWN	8-12
HAM CURLS	8-12
OH PRESS	8-12
PLANK	30-60

DAY 2

EXERCISE:	REP RANGE:
RDL	8-12
PUSH UPS	8-15
LATERAL RAISE	8-12
LATERAL LUNGE- ALT	6-10
CABLE/BAND ROWS	8-12
GLUTE BRIDGE	8-15
DEAD BUG	6-12/SIDE

NOTES

WEEK 4 CHANGES:

SWAP PLANK TO SIDE PLANKS
SWAP DEAD BUG TO BIRD DOGS
PUSH UPS TO TEMPO (ECCENTRICS)

Level 2

Get STRONG Routine

DAY 1

EXERCISE:	REP RANGE:
GOBLET SQUAT W/ OH PRESS	6-10
1 ARM BENT OVER ROW	5-10
CHEST PRESS	6-10
REVERSE LUNGE	5-10/SIDE
LAT PULL DOWN	6-10
HAM CURLS	6-10
PLANK	30-60
BANDED GLUTE BRIDGE W/ABDUCTIONS	8-15

DAY 2

EXERCISE:	REP RANGE:
RDL- WEIGHT/BAR	6-10
PUSH UPS - HAND RELS	6-12
BANDED PULL UPS	6-12
LATERAL LUNGE	6-10/SIDE
BANDED PULL APARTS	8-12
LATERAL RAISE ALT	8-12
FRONT RAISE	
GLUTE THRUSTER	10-15
DEAD BUG	6-12/SIDE

NOTES

WEEK 4 CHANGES:

SWAP PLANK TO SIDE PLANKS
SWAP DEAD BUG TO HOLLOW BODIES
RVS LUNG TO REAR ELEVATED LUNGE
BANDED PULL APARTS TO CABLE FLYS

Level 3

Get STRONG Routine

DAY 1

EXERCISE:	REP RANGE:
BACK SQUAT	4-8
PLANK	45-60 SEC
CHEST SUPPORTED PRONE ROW	5-8
CHEST PRESS- LARSEN	5-8
RVS LUNGE	6-8/SIDE
LAT PULL DOWN	6-10
HAM CURLS	6-10
WALL SITS	30-60
BANDED WOOD CHOPPER	8-12/SIDE

DAY 2

EXERCISE:	REP RANGE:
DL - BAR	4-8
PUSH UPS - WEIGHTED	4-10
PULL UPS	5-12
WALKING LATERAL LUNGE	5-10/SIDE
LATERAL RAISE- ALT PAUSE	5-8
INVERTED ROWS	6-12
GLUTE THRUSTER	8-15
HOLLOW BODIES	30-45 SEC

NOTES

WEEK 4 CHANGES:

SWAP PLANK TO SIDE PLANKS
SWAP DEAD BUG TO HOLLOW BODIES
RVS LUNG TO REAR ELEVATED LUNGE
SINGLE LEG WALL SIT
HOLLOW BODY PULL OVER
GLUTE THRUSTER OPT SINGLE LEG