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

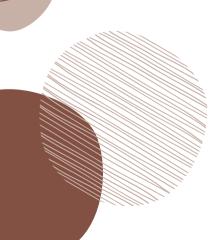
GLUTE BRIDGE 8-15

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 6-10

PRESS

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 8-15

W/ABDUCTIONS

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

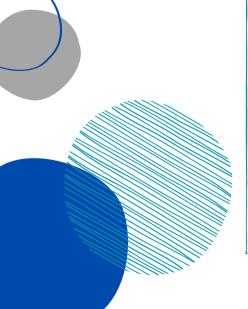
GLUTE THRUSTER 10-15

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 SOUAT 4-8

PLANK 45-60 SEC

CHEST SUPPORTED 5-8

PRONE ROW

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 8-12/SIDE

CHOPPER

DAY 2

EXERCISE: REP RANGE:

DL - BAR 4-8

PUSH UPS - WEIGHTED 4-10 PULL UPS 5-12

WALKING LATERAL 5-10/SIDE

LUNGE

LATERAL RAISE- ALT 5-8

PAUSE

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

