

Name:

Program: Strength March 2017

EXERCISE PROGRAM: 'A' - Push

EXERCISE	SETS	REPS	TEMPO (Iso:Ecc:Iso:Con)	REST	WEIGHT
1. Low Incline dead-stop BB Bench	5	8	0:2:2:x	2 minutes	
2. Dead stop floor press (alternate DB and BB every week)	3	10-12	0:3:1:x	2 minutes	
3a. High incline smith press	4	12-15	0:3:1:x	2 minutes	
3b. Press ups	4	Failure	0:3:1:x	-	
5. Alternate seated DB press and military press every week	4	10-12	0:3:1:x	2 minutes	
6. Dips	3	12-15	0:2:1:x	1 minute	
7. Skullcrushers	3	10-12	0:3:1:x	1 minute	



EXERCISE PROGRAM: Legs

EXERCISE	SETS	REPS	TEMPO (Iso:Ecc:Iso:Con)	REST	WEIGHT
1. Lying leg curl	4	10-12 10-12 10-12 25	0:2:1:x	2 minutes	
2. Alternate weekly: front squat/back squat	4	10-12 10-12 10-12 25	0:3:1:x	2 minutes	
3. DB SLDL	4	10-12 10-12 10-12 25	0:3:1:x	2 minutes	
4. Leg press (mid, wide foot placement)	4	12-15 12-15 12-15 30	0:3:1:x	2 minutes	
5. Seated calf raise	4	15-20	0:3:1:x	1 minute	
6. Three point calf raise	3	30 rep total	0:3:1:x	1 minute	



EXERCISE PROGRAM: Pull

EXERCISE	SETS	REPS	TEMPO (Iso:Ecc:Iso:Con)	REST	WEIGHT
1. Rack pulls (just above knees)	3	10	0:2:2:x	2 minutes	
2. Alternate weekly dead stop BB rows – supinated/pronated grip	4	10-12	0:3:2:x	2 minutes	
3. Dead stop meadow row	4	12-15 each arm	0:3:2:x	1 minute	
4. Chins	2	Failure	0:3:1:x	2 minutes	
5. BB curl	4	10-12	0:3:1:x	1 minute	
6. Seated rope facepull	3	12-15	0:3:1:x	1 minute	
7a. Weighted rollout	3	12-15	-	1 minute	
7b. Bench frog kicks	3	25	-	-	

