

STRENGTH TRAINING PROGRAM

REPS = 24-32/Exercise

INTENSITY = % 1RM

EXERCISE = 1 Core, 1 Auxiliary and, /or 1 Supplemental.

PROGRAM CYCLE (8 WKS)

-STRENGTH ENDURANCE- 12-15reps/set @ 50-60%1RM (WKS 1-2)

-HYPERTROPHY- 8-10 reps/set @ 70-80%1RM (WKS 3-5)

-MAX STRENGTH- 5-6reps/set @ 80-90%1RM (WKS 6-7)

-POWER- 3reps/set @ 90-100% 1RM (WK 8)

-ACTIVE REST- No strength training (Recovery = 1WK)

PROGRAM IS DIVIDED INTO PRESSES PULLS AND LEGS.

-PRESSES- Chest, Shoulders, Triceps

-PULLS- Back, Biceps

-LEGS- Quads, hamstrings, Calves

CYCLE OF PRESSES WOULD BE AS FOLLOWS:

(A) STRENGTH ENDURANCE (WKS 1-2) 50-60%1RM

WEEK 1 MONDAY (PRESSES)

CHEST:

CORE EXERCISE – BENCH PRESS, 1RM=200LBS

1 X 12 @ 100LBS (50%)

1 X 12 @ 110LBS (55%)

1 X 12 @ 120LBS (60%)

AUXILIARY – INCLINE DUMBELL FLY:

1 X 12 @ XXXLBS

1 X 12 @ XXXLBS

1 X 12 @ XXXLBS

SHOULDERS:

CORE – BEHIND NECK PRESS 1RM = 100LBS

1 X 12 @ 50LBS (50%)

1 X 12 @ 55LBS (55%)

1 X 12 @ 60LBS (60%)

AUXILIARY – LATERAL RAISE:

1 X 12 @ XXXLBS

1 X 12 @ XXXLBS

1 X 12 @ XXXLBS

TRICEPS:

TRICEP PUSH DOWN:

1 X 12 @ XXXLBS

1 X 12 @ XXXLBS

1 X 12 @ XXXLBS

WEEK 2 MONDAY (ADD 5LBS TO EACH SET)

CHEST:

CORE EXERCISE – BENCH PRESSES, 1RM=200LBS

1 X 12 @ 105LBS

1 X 12 @ 115LBS

1 X 12 @ 125LBS

AUXILIARY- INCLINE DUMBELL FLY:

1 X 12 @ XXXLBS (+5LBS)

1 X 12 @ XXXLBS (+5LBS)

1 X 12 @ XXXLBS (+5LBS)

SHOULDERS:

CORE – BEHIND NECK PRESS 1RM = 100LBS

1 X 12 @ 55LBS

1 X 12 @ 60LBS

1 X 12 @ 65LBS

AUXILIARY – LATERAL RAISE:

1 X 12 @ XXXLBS (+5LBS)

1 X 12 @ XXXLBS (+5LBS)

1 X 12 @ XXXLBS (+5LBS)

TRICEPS:

TRICEP PUSH DOWN:

1 X 12 @ XXXLBS (+5LBS)

1 X 12 @ XXXLBS (+5LBS)

1 X 12 @ XXXLBS (+5LBS)

(B) HYPERTROPHY (WKS 3-5) 70-80%1RM

WEEK 1 MONDAY (PRESSES)

CHEST:

CORE EXERCISE – BENCH PRESS, 1RM = 200LBS

WU - 1 X 8 @ 100LBS (50%)

1 X 8 @ 140LBS(70%)

1 X 8 @ 150LBS(75%)

1 X 8 @ 160LBS(80%)

AUXILIARY – INCLINE DUMBELL FLY:

1 X 8 @ XXXLBS

1 X 8 @ XXXLBS

1 X 8 @ XXXLBS

SHOULDERS:

CORE – BEHIND NECK PRESS 1RM = 100LBS

WU - 1 X 8 @ 50LBS(50%)

1 X 8 @ 70LBS(70%)

1 X 8 @ 75LBS(75%)

1 X 8 @ 80LBS(80%)

AUXILIARY – LATERAL RAISE:

1 X 8 @ XXXLBS

1 X 8 @ XXXLBS

1 X 8 @ XXXLBS

TRICEPS:

TRICEP PUSH DOWN:

1 X 8 @ XXXLBS

1 X 8 @ XXXLBS

1 X 8 @ XXXLBS

WEEK 2 MONDAY (PRESSES)

CHEST:

CORE EXERCISE- BENCH PRESS, 1RM= 200LBS

WU - 1 X 8 @ 100LBS

1 X 8 @ 145LBS

1 X 8 @ 155LBS

1 X 8 @ 165LBS

AUXILIARY – INCLINE DUMBELL FLY:

1 X 8 @ XXXLBS (+5LBS)

1 X 8 @ XXXLBS (+5LBS)

1 X 8 @ XXXLBS (+5LBS)

SHOULDERS:

CORE – BEHIND NECK PRESS 1RM = 100LBS

WU - 1 X 8 @ 50LBS

1 X 8 @ 75LBS

1 X 8 @ 80LBS

1 X 8 @ 85LBS

TRICEPS:

TRICEP PUSH DOWN:

1 X 8 @ XXXLBS (+5LBS)

1 X 8 @ XXXLBS (+5LBS)

1 X 8 @ XXXLBS (+5LBS)

WEEK 3 MONDAY (PRESSES)

CHEST:

CORE EXERCISE- BENCH PRESS, 1RM=200 LBS

WU - 1 X 8 @ 100LBS

1 X 8 @ 150LBS

1 X 8 @ 160LBS

1 X 8 @ 170LBS

AUXILIARY – INCLINE FLY:

1 X 8 @ XXXLBS + (51LBS)

1 X 8 @ XXXLBS + (51LBS)

1 X 8 @ XXXLBS + (51LBS)

SHOULDERS:

CORE- BEHIND THE NECK PRESS, 1RM=100LBS

WU - 1 X 8 @ 50LBS

1 X 8 @ 80LBS

1 X 8 @ 85LBS

1 X 8 @ 90LBS

TRICEPS:

TRICEP PUSH DOWN:

1 X 8 @ XXXLBS (+5LBS)

1 X 8 @ XXXLBS (+5LBS)

1 X 8 @ XXXLBS (+5LBS)

(C) MAX STRENGTH (2 WKS) 80-90%1RM

WEEK 1 MONDAY (PRESSES)

CHEST:

CORE EXERCISE- BENCH PRESS, 1RM = 200LBS

WU - 1 X 10 @ 100LBS (50%)

1 X 5 @ 140LBS (65%)

1 X 5 @ 160LBS (80%)

1 X 5 @ 170LBS (85%)

1 X 5 @ 180LBS (90%)

AUXILIARY – INCLINE FLY:

1 X 5 @ XXXLBS (+5LBS)

SHOULDERS:

CORE- BEHIND THE NECK PRESS, 1RM= 100LBS

WU - 1 X 10 @ 50LBS

1 X 5 @ 60LBS

1 X 5 @ 65LBS

1 X 5 @ 70LBS

1 X 5 @ 75LBS

1 X 5 @ 80LBS

AUXILIARY – LATERAL RAISE:

1 X 5 @ XXXLBS (+5LBS)

TRICEPS:

TRICEPS PUSH DOWN:

1 X 5 @ XXXLBS (+5LBS)

WEEK 2 MONDAY (PRESSES)

CHEST:

CORE EXERCISE-BENCH PRESS, 1RM=200LBS

WU - 1 X 10 @ 100LBS

1 X 5 @ 125LBS

1 X 5 @ 145LBS

1 X 5 @ 165LBS

1 X 5 @ 175LBS

1 X 5 @ 185LBS

AUXILIARY – INCLINE FLY:

1 X 5 @ XXXLBS (+5LBS)

SHOULDERS:

CORE- BEHIND THE NECK PRESS; 1RM= 100 LBS

1 X 10 @ 50LBS

1 X 5 @ 60LBS

1 X 5 @ 70LBS

1 X 5 @ 80LBS

1 X 5 @ 90LBS

1 X 5 @ 95LBS

AUXILIARY – LATERAL RAISE:

1 X 5 @ XXXLBS (+5LBS)

TRICEPS:

TRICEPS PUSH DOWN:

1 X 5 @ XXXLBS (+5LBS)

(D) POWER (1WK) 90-100%1RM

WEEK 1 MONDAY (PRESSES)

CHEST:

CORE – BENCH PRESS, 1RM = 200LBS

WU - 1 X 10 @ 100LBS (50%)

1 X 10 @ 150LBS (75%)

1 X 8 @ 160LBS (80%)

1 X 3 @ 180LBS (90%)

1 X 3 @ 190LBS (95%)

1 X 3 @ 200LBS (100%)

AUXILIARY – INCLINE FLY:

WU - 1 X 10 @ XXXLBS

1 X 10 @ XXXLBS

1 X 8 @ XXXLBS

1 X 3 @ XXXLBS

1 X 3 @ XXXLBS

1 X 3 @ XXXLBS

SHOULDER:

CORE – BEHIND NECK PRESS, 1RM = 100LBSLBS

WU - 1 X 10 @ 50LBS (50%)

1 X 10 @ 75LBS (75%)

1 X 8 @ 80 LBS (80%)

1 X 3 @ 90LBS (90%)

1 X 3 @ 95LBS (95%)

1 X 3 @ 100LBS (100%)

AUXILLARY – LATERAL RAISE

WU - 1 X 10 @ XXXLBS (50%)

1 X 10 @ XXXLBS

1 X 8 @ XXXLBS

1 X 3 @ XXXLBS

1 X 3 @ XXXLBS

1 X 3 @ XXXLBS

TRICEPS:

TRICEPS PUSH DOWN:

WU - 1 X 10 @ XXXLBS

1 X 10 @ XXXLBS

1 X 8 @ XXXLBS

1 X 3 @ XXXLBS

1 X 3 @ XXXLBS

1 X 3 @ XXXLBS

