

STRENGTH PLUS PHASE 1

The goal of this program is to help you get stronger and faster while increasing lean muscle mass, improving mobility, and athletic function. Each workout is desgined to be finished in about 1 hr.

Each day will begin with a "strength" building piece, then move to a WOD (workout of the day). The WOD will take longer on some days than others. When performing the strength portion, be sure to gradually warm up to the prescribed weight...ex- If I say warm up to a 10RM (rep max), start with a weight that is close to 50% of your 10RM, add 10-15% on your next set. Continue to slowly add weight until you find your max (usually 3-5 sets).

*****Be certain to record all of your maxes and times for each workout*****

WARM-UP- (Before EVERY workout)
*Row 500m or run 400m
*10 pvc passthroughs
measure off 10-15 meters
*High knees
*Butt kicks
*lateral shuffle each direction
*Walking Samson stretch
*Frankenstein walk w/toe touch
*Inchworm to push-up
*Bear Crawl
*Crab Walk

WEEK 1				
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
*Back Squat- Work up to 10 rep max w/3 second pause on 1st 2 reps, then -10% 2x10 no pause	*Bench Press-Work up to 10 RM (2-3 sets), then -10% 2x10	Active Recovery *Warm-up hip stretch	*Front Squat-Work up to 7RM w/5 sec pause on 1st	*Strict Press- Work up to 10RM, then -10% 2x10 *Bottoms up KB Press 2x10

WEEK 1	*Deadlift - work up to 8RM (3-5 sets) *100 meters walking lunges (rest as needed) WOD (workout of day) "Cindy" 5 pull ups 10 push ups 15 air squats 20 min AMRAP (as many rounds as possible) cindy	*Dips-6-10/overhead cable extx10/rope face pullsx10 X 3 rnds WOD 1000m row for time rest 2-3 mins then max sit ups in 1 min	Eldoa low back stretch shoulder stretch Kettle Bell waiter's carry 30 seconds each arm X 3 KB waiter's carry Optional 15-20 mins cardio	*5x max effort pull ups/ring rows rest 1-2 mins between sets WOD 5 Deadlift (75% of 8RM) 7 Bar Over Burpees 9 Squat Jumps Run 200m 20 min AMRAP	WOD 1 mile run for time rest 5 mins then "Annie" 50-40-30-20-10 Double unders Sit Ups Annie *If you can't do double unders, 2:1 single unders 100-80-60 etc...
	WEEK 1				
WEEK 2	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
	*Back Squat- Work up to 10 rep max w/3 second pause on 1st rep, then -10% 3x10 no pause *Deadlift - work up to 7RM (3-5 sets) *100 meters walking lunges (rest as needed) WOD	*Bench Press-Work up to 8 RM (2-3 sets), then -10% 2x8 *10x Incline DB Press/15xLow cable fly x 3 *Dips-6-10/overhead cable extx10/rope face pullsx10 X 3 rnds WOD	Active Recovery *Warm-up hip stretch Eldoa low back stretch shoulder stretch Kettle Bell waiter's carry 35 seconds each arm X 3	*5x max effort pull ups/ring rows rest 1-2 mins between sets *10 DB Bentover row/10 KB swinging row x 3 *10 Preacher curls/10 DB Hammer curls x 3	*Strict Press- Work up to 10RM, then -10% 2x10 *Bottoms up KB Press 3x10 WOD 1 min cal row 1 min double unders 1 min kettle bell swing 1 min box jump 1 min rest 4 Rounds

	5 Burpees 40 yd sprint 10 air squats 5 Rounds For Time(RFT)	250m row 10 Push up 15 Sit ups 4 RFT	KB waiter's carry Optional 15-20 mins cardio	WOD 7 mins max burpress	
WEEK 3	WEEK 1				
	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
	*Back Squat- Work up to 8 rep max w/3 second pause on 1st 2 reps, then -10% 2x8 no pause *Deadlift - work up to 5RM *150 meters walking lunges (rest as needed) WOD EMOM (Every Min on the Min) 100 yd sprint 10 mins	*Bench Press-Work up to 8 RM (2-3 sets), then -10% 2x8, then -20% burnout *10x Incline DB Press/15xLow cable fly x 3 *Dips-6-10/rope push downx15/rope face pullsx10 X 3 rnds WOD Row 500m Tabata Push-ups (20 sec on 10 sec rest) Row 500m	Active Recovery *Warm-up hip stretch Eldoa low back stretch shoulder stretch Kettle Bell waiter's carry 40 seconds each arm X 3 KB waiter's carry Optional 15-20 mins cardio	*Front Squat-Work up to 5RM w/3 sec pause on 1st *5x max effort pull ups/ring rows rest 1-2 mins between sets *10 DB Bentover row/10 KB swinging row x 3 *10 Preacher curls/10 DB Hammer curls x 3 WOD 10 min EMOM 5 Burpees 10 Air Squats	*Strict Press- Work up to 7RM, then -10% 3x7 *Bottoms up KB Press 3x10 WOD "Karen" 150 wall ball shots (20#/14# wall ball) (10' male/9' female) Karen
	WEEK 1				
	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5

WEEK 4	*Back Squat- Work up to 5 rep max w/3 second pause on 1st rep, then -10% 3x5 no pause *Deadlift - work up to 5RM, then -10% 2x5 *150 meters walking lunges (rest as needed) WOD 5 Burpees 40 yd sprint 10 air squats 5 RFT	*Bench Press-Work up to 5 RM (2-3 sets), then -10% 3x5, then -20% burnout *8x Incline DB Press(heavier)/15xLow cable fly x 3 *Dips-8-12/rope push downx15/rope face pullsx10 X 3 rnds WOD Row 750m 100 push ups Row 750m For Time	Active Recovery *Warm-up hip stretch Eldoa low back stretch shoulder stretch Kettle Bell waiter's carry 45 seconds each arm X 3 KB waiter's carry *Bottoms up KB Press 4x10	*Front Squat-Work up to 3RM w/3 sec pause on 1st then -10% 2x3 no p *6x max effort pull ups/ring rows rest 1-2 mins between sets *10 straight bar curls/10 hammer curl w/twist at top x 3 WOD 5 Deadlift (70% of 5RM) 7 Bar Over Burpees 9 Squat Jumps 11 Sit Ups 12 min AMRAP	*Strict Press- Work up to 5RM, then -10% 3x5 *Push Press-Work up to 10 RM, then -10% 2x10 WOD 1 min cal row 1 min double unders 1 min kettle bell swing 1 min box jump 1 min rest 4 Rounds
	WEEK 1				
WEEK 5	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
	*Back Squat- Work up to 3RM no pause, then -10% 3x3 *Deadlift - work up to 3RM, then -10% 3x3 *200 meters walking lunges (rest as needed)	*Bench Press-Work up to 3 RM (2-3 sets), then -10% 3x3, then -20% burnout *8x Incline DB Press(heavier)/15xLow cable fly x 3 *Dips-8-12/v bar push downx15/rope face pullsx10 X 4 rnds	Active Recovery *Warm-up hip stretch Eldoa low back stretch shoulder stretch Kettle Bell waiter's carry 45	*Front Squat-Work up to 3RM w/1 sec pause on 1st then -10% 3x3 no p *6x max effort pull ups/ring rows *10 straight bar curls/10 hammer curl w/twist at top x 3	*Strict Press- Work up to 5RM, then -10% 3x5 *Push Press-Work up to 10 RM, then -10% 2x10 WOD "Karen"

	WOD 7 mins max burpees	1000m row for time rest 2-3 mins then max sit ups in 1 min	Kettle Bell waiter's carry 45 seconds each arm X 3 KB waiter's carry Optional 15-20 mins cardio	WOD 3 Deadlift (70% of 3RM) 5 Bar Over Burpees 7 Squat Jumps 9 Kettle Bell Swing 11 Sit Ups 14 MIN AMRAP	
WEEK 6					
	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
	*Back Squat-1RM *Deadlift - 1RM	*Bench Press-1RM WOD "Cindy"	REST	Front Squat- 3 RM WOD 1 mile run rest 5 mins "Annie"	*Strict Press- Work up to 3RM *Push Press-Work up to 5 RM WOD 100 burpees for time

DAY 6	DAY 7
YOGA/STRETCH YOGA	

[illegible]

DAY 6	DAY 7
YOGA/STRETCH YOGA	REST
DAY 6	DAY 7

YOGA/STRETCH YOGA	REST
DAY 6	DAY 7
YOGA/STRETCH YOGA	REST

DAY 6	DAY 7
YOGA/ STRETCH YOGA	