




# Foundations - Strength Program

Perform 3 days/week, preferably with >24 hours in between

Warmup		Reps/Set	Intensity					Exercise Class Examples
A)	Squat	5/1, 3/1, 2/1	(Approx.) 10RM	Add 2-3% (minimum of 5lb) ONLY at the FIRST WORKOUT OF EACH WEEK				Goblet; Front; Zercher; Overhead; Back
	Pull							Pullup; Bent-over Row; Inverted Row
Work Sets		Reps/Set	Intensity					Exercise Class Examples
B)	Push	5/1, 3/1, 2/1	(Approx.) 10RM	1) Add 2-3% (minimum of 5lb) EACH WORKOUT until you hit your 5RM <i>Proceed to next step only when you have reached your 5RM</i> 2) Next workout, add weight but only perform 3/1, 2,1 3) Next workout, add weight but only perform 2,1 4) Next workout, test your new 1RM				Overhead; Bench; Incline; Decline; One-Arm Pushup
	Hinge							Deadlift; Sumo; Romanian; Stiff-Leg; Deficit; Single-Leg
Loaded Carry		Intensity	Reps/Set	Week 1	Week 2	Week 3	Week 4	Exercise Class Examples
C)	Pick up a load and carry it however you want	Comfortably heavy	30 steps per set	3 sets	4 sets	5 sets	4 sets	<u>Loaded Carry</u> Suitcase; Farmer's; Rack; Overhead; Bearhug; Shoulder; Back; Sled Drag; Prowler Push; Weighted Vest/Pack; Mixed; Crawl; Uni/Bilateral/Uneven versions of above; Getups; (options are nearly limitless)
<div><div></div><div>Pick 1 variant of each exercise class and use for duration of program; Loaded Carries are the exception: they can be picked in a similar manner or can be randomly selected each day or set</div></div> <div><div></div><div>Complete all reps for each exercise in "A)," then move on and do the same for "B)," then finish workout with "C)"</div></div> <div><div></div><div>After completing 4 weeks, if you have not yet tapered and peaked your 2 primary lifts (section "B)"), either increase the weights for your Loaded Carries or pick new variations and repeat those from "Week 1"</div></div>								

Consider all appropriate legal jargon about risk/liability/medical clearance/etc. to be inserted here

If you have any questions or comments, or for customized programming for strength and conditioning, nutrition, and movement enhancement, contact Sam Goldner via: Cell: 4147487272; Email: [sam@bulldogperformance.us](mailto:sam@bulldogperformance.us)

Sam Goldner is a Certified Strength and Conditioning Specialist (CSCS), Precision Nutrition Level 1 nutrition coach (Pn1), finishing up Concordia University Wisconsin's DPT program, an EMT/Firefighter for the Mequon Fire Department, and has been training MMA for the past 13+ years. He is also incredibly dapper and roguishly charming; sorry, though, he's already taken (and has very cute children).

Credit to Pavel Tsatsouline/Strongfirst's "PTTP 2.0" program as the basis for this adapted program



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