



STRONG MIND.STRONG BODY

**Ultra Strength
Sample Strength Training Program**

Day 1	Day 2
<p>Core 2 Rounds Marching Front Plank 30” Marching Hip Lift 30” Crunch 30”</p>	<p>Core 2 Rounds Side Plank w/ Knee Drive 20”/side Mtn Climbers 30” Dead Bug 30”</p>
<p>Strength/Power 3 Rounds 1a) Single Leg Squat 6-8x/side 1b) Sprinter Jumps 6-8x/side 1c) Push Ups 10-12x 1d) Shoulder Flexion 10-12x 2a) Single Leg Deadlift 6-8x/side 2b) Lateral Bounds 6-8x/side 2c) Kneeling Rows 10-12x 2d) Bent Over Y’s 10-12x</p>	<p>Strength/Power 3 Rounds 1a) Split Squat 6-8x/side 1b) Split Squat Jumps 6-8x 1c) Single Arm Dumbbell Bench Press 6-8x/side 1d) Shoulder Abduction 10-12x 2a) Back Lunge 6-8x/side 2b) Kettlebell Swing 10-12x 2c) Single Arm Bent Over Row 6-8x/side 2d) Bent Over T’s 10-12x</p>