

Barbell Strength Training Program



ORIGINAL GYMSTERS

— Your Teammates in Fitness —

This program is designed to help increase strength in the big three lifts of powerlifting: squat, bench press and deadlift. Keep in mind that there are many exercises in the B.E.A.S.T Fit Training Program that are important in assisting and thus, improving your movement and performance of the lifts.

WARNING: If you are not familiar with either of the big three lifts, we do not suggest following this program. The program was constructed with the assumption that you know how to perform these lifts. Otherwise, you may be subject to injury.

Exercise Overview

- **Back Squat**

- The back squat is a knee dominant movement.
- This movement involves the stabilization of all muscles in the torso.
- Hip and ankle mobility are essential.
- Knee stability is essential.

- **Flat Bench Press**

- This is a horizontal pressing movement.
- The upper back, rhomboids and core are used for stabilization.
- Shoulder stability is essential.

- **Deadlift**

- This is a hip dominant movement.
- Engagement of the core, shoulder blades and lats is essential for maximum performance.
- Hip and ankle mobility are essential.
- A neutral spine is key for preventing injuries.

Getting Stronger

Improving these lifts is like anything in fitness. It takes progressions or progressive overloads in this case. In strength training, the numbers are important. More precisely, how heavy the weight is and how many reps you're doing. The goal is to improve the weight of every lift for one repetition. Now, does that mean that you go to your one rep maximum every time you train? No, of course not. You want to progressively challenge yourself and see the long term gains of training at a submaximal level.

So, what do you do? Good question.

1. First, you must be ready to track your progress. Otherwise, the whole strength training idea of this is pointless. We've done the hard work and figured out what percent of your one rep training max you should be training at. All you have to do is write the numbers down so you progress every week.
2. Second, focus on your strength program do not add any exercises. Your own fitness is your own experiment. You must test the program with all variables accounted for.

3. Third, keep your calories at a maintenance level with the majority of your carbs coming before and after your workouts. Your goal is not to get bigger or smaller with this program. It's to get stronger and you want to get stronger in the condition that you're currently in not 10lbs of fat later. This is very important.
4. Fourth, challenge yourself with a 3 on 1 off protocol. This means that you overload or increase the weight of every lift for 3 weeks and then deload or go easier for one week. This will prevent you from plateauing and will allow you to get progressively stronger.
5. Fifth and last, core, mobility and stability are your greatest allies. Practice and improve these to get better at every movement. This means being able to use more muscle fibers and get into positions where you're less prone to injury. The core, in strength, involves the torso and the gluteus maximus muscle. Practice engaging this muscles in order to improve stabilization and prevent compensation during the movements.

The Program

Please refer to the B.E.A.S.T Fit Training program for proper warm up and preparation techniques such as dynamic warm ups and foam rolling. Each workout is to occur after proper warm up of the relevant joints and muscles.

1. Day 1: Deadlift

Exercise	SXR	%1RM	Rest	Notes
Deadlift	6x3	80%	120sec	

2. Day 2: Squat and Bench

Exercise	SXR	%1RM	Rest	Notes
Back Squat	6x3	80%	120sec	
Flat Bench Press	5x5	70%	120sec	
Front Loaded Reverse Lunges	4x10/ea	50%	60sec	

3. Day 3: Active Rest: B.E.A.S.T Fit Program

4. Day 4: Deadlift

Exercise	SXR	%1RM	Rest	Notes
Rack Pulls	6x5	70%	120sec	
Bent Over Rows	5x8	60%	120sec	Close pronated grip
Rope Cable Hip Hinges	4x10	50%	120sec	

5. Day 5: Bench

Exercise	SXR	%1RM	Rest	Notes
Flat Bench Press	5x3	80%	120sec	
Incline DB Bench Press	5x5	70%	120sec	
Rope Cable Push Down	4x15	N/A	60sec	

6. Day 6: Squat

Exercise	SXR	%1RM	Rest	Notes
Back Squat	8x3	80%	120sec	

7. Day 7: Active Rest: B.E.A.S.T Fit Program

Final Note: Every week, you **MUST PROGRESS** the weight until the fourth week (deload week). This is the essential component of getting stronger. You can follow this program for as long as you continue to progress the weight and deload every fourth week. If you have any feedback, questions or concerns, please contact us. And remember to get a free consultation to know what you need to complete your fitness goals.