



CAPITAL STRENGTH & CONDITIONING PROGRAMMING

FALL 2023

CYCLE 1

WEEKS 1-4

INTRODUCTION PHASE

THIS IS A LONG DOCUMENT – GIVE ME THE TL:DR

Split into Upper/Lower Weeks and Full-Body Weeks: You have the choice of training 2-5 times/week. During an upper body day, the workouts will primarily target the muscles in the upper body, such as the chest, back, shoulders, and arms. Lower body days, on the other hand include the legs and glutes. In contrast, full-body weeks incorporate exercises that target both upper and lower body muscle groups in a single session. Ask a coach which may be best for your schedule!

Bonus Day 5: The Upper/Lower split contains a fifth training day. This day provides an additional workout opportunity for those who are looking to train more frequently or focus on specific areas of their fitness. You can choose from a lower, upper, or cardio focused day. It is different from our typical training with no supersets and more focus on hypertrophy.

Videos for Every Exercise: To ensure proper form and technique, we included video demonstrations for each exercise prescribed in the plan. These videos can be accessed alongside the workout routine, allowing you to watch and learn the correct execution of the exercises through the hyperlink.

Expectations: We set clear expectations for clients. This includes information about the level of intensity, frequency, and duration of the workouts to keep it challenging.

Changes Highlighted Week to Week: To prevent training plateaus and keep the workouts engaging, the program changes from week to week. These changes can include variations in exercises, rep ranges, sets, or overall workout structure. The modifications are highlighted ensuring you are aware of the adjustments and can implement them effectively.

**SHOULD I DO AN UPPER LOWER SPLIT
OR A FULLBODY SPLIT FOR MY
TRAINING?**

A full-body training split and an upper/lower training split are two common approaches to organizing a strength training routine. Here's a breakdown of the differences between the two:

Muscle groups targeted:

- **Full-body training split:** In a full-body split, each workout session includes exercises that target all major muscle groups in the body. This means that exercises for the upper body, lower body, and core are incorporated into each workout.
- **Upper/lower training split:** With an upper/lower split, the workouts are divided into two distinct sessions: one targeting the upper body (chest, back, shoulders, and arms) and another focusing on the lower body (legs and glutes).

Training frequency:

- **Full-body training split:** Typically, full-body workouts are performed two to three times per week, allowing for a day or two of rest in between sessions. This frequency ensures that each muscle group is trained frequently throughout the week.
- **Upper/lower training split:** With an upper/lower split, the workouts are often performed four times per week. This allows for higher training frequency for both the upper and lower body, as each muscle group is trained twice a week.

Exercise selection and volume:

- **Full-body training split:** Since each session targets the entire body, the number of exercises and sets per muscle group is typically lower compared to specialized splits. The focus is on compound exercises that work multiple muscle groups simultaneously.
- **Upper/lower training split:** With an upper/lower split, there is more room for exercise variety and specific targeting of muscle groups. The volume and number of exercises for each muscle group can be higher, allowing for more focused work on individual areas.



Goals and preferences:

- **Full-body training split:** Full-body splits are suitable for beginners or individuals who prefer a balanced approach to training. They are effective for overall strength and fitness improvements and can be a time-efficient option for those with limited training days.
- **Upper/lower training split:** Upper/lower splits are often favored by intermediate to advanced lifters or those who wish to prioritize specific muscle groups. They allow for more specialization and can be beneficial for individuals looking to increase strength or target specific areas of the body.

It's important to note that the effectiveness of any training split depends on various factors, including individual goals, training experience, and recovery ability.

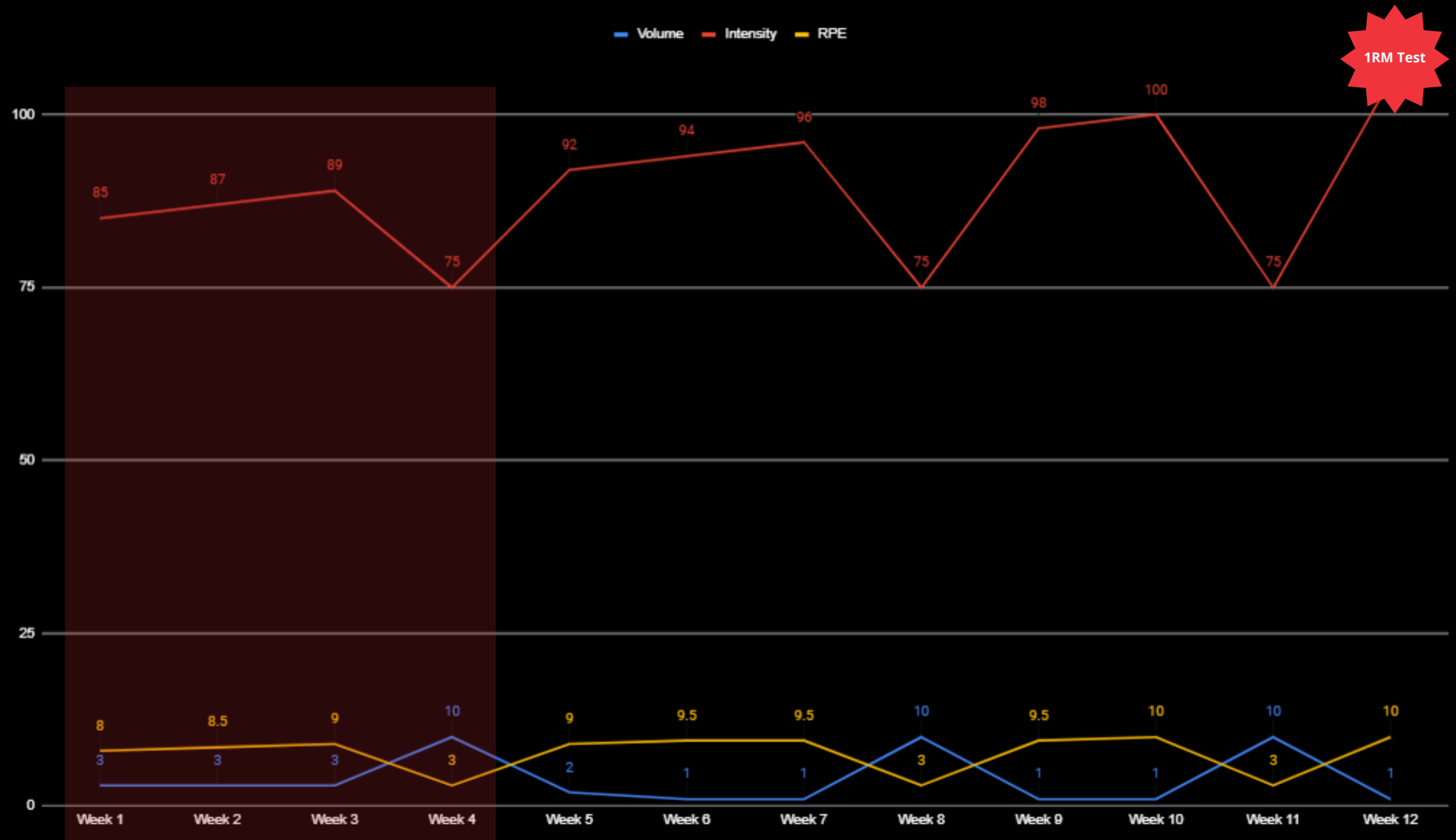
A dark, low-key photograph of a gym. In the foreground, two women are in a low, athletic stance, possibly performing a resistance band exercise. One woman is on the left, wearing a pink top and black leggings, and the other is on the right, wearing a black top and black leggings. In the background, a man in a black t-shirt with the word 'CAPITAL' on it and white shorts is standing and looking down. The gym is filled with various pieces of equipment, including weight racks and barbells. The overall atmosphere is focused and energetic.

PROGRAM OVERVIEW

WEEK	SETS X REPS	PERCENTAGE	RPE	REST
 1	1x3, 6x4	85%, 65%	8,4	2 Minutes, 30-60 Seconds
2	1x3, 6x4	87%, 65%	8.5, 4	2 Minutes, 30-60 Seconds
3	1x3, 6x4	89%, 65%	9, 4	2 Minutes, 30-60 Seconds
4	2x5	75%	3	1-2 Minutes
5	1x2, 5x3	92%, 70%	9, 4.5	2 Minutes, 1 Minute
6	1x1, 5x3	94%, 70%	9.5, 4.5	2 Minutes, 1 Minute
 7	1x1, 5x3	96%, 70%	9.5, 4.5	2 Minutes, 1 Minute
8	2x5	75%	3	1-2 Minutes
9	1x1, 3x2	98%, 75%	9.5, 4.5	2 Minutes, 1 Minute
10	1x1, 3x2	99-100%, 75%	9.5, 4.5	2 Minutes, 1 Minute
11	2x5	75%	3	1-2 Minutes
12	1 RM Test or 8RM Test	100+% 77%	10	Follow Rest Chart

VOLUME/INTENSITY/RPE OVERVIEW

Volume and Intensity



**WHY ARE THERE SO MANY DELOAD
WEEKS?**

Deloading is an essential component of strength training that involves reducing the training volume and intensity temporarily. While it may seem counterintuitive to decrease training intensity to improve strength, deloading actually plays a crucial role in preventing overtraining and optimizing long-term progress. Here are some key reasons why deloading is important in strength training:

1. **Recovery and Injury Prevention:** Strength training places significant stress on the muscles, joints, and connective tissues. Deloading allows for adequate recovery by reducing the workload, giving your body time to repair and rebuild. It helps prevent overuse injuries and reduces the risk of acute injuries caused by pushing too hard without allowing the body to adapt.
2. **Central Nervous System (CNS) Recovery:** Intense strength training stimulates the CNS, which regulates muscular contractions. Over time, continuous heavy training can lead to CNS fatigue, resulting in decreased performance, motivation, and even mental fatigue. Deloading provides the CNS with a chance to recover and rejuvenate, ultimately leading to improved strength gains.
3. **Plateau Breaking:** Sometimes, despite consistent training, progress can stall or plateau. Deloading interrupts the monotony and potentially avoids the plateau effect by providing an opportunity to recover and supercompensate. By allowing the body to recover fully, deloading sets the stage for future gains and helps break through training plateaus.
4. **Mental Refreshment:** Consistent high-intensity workouts can also take a toll on mental well-being. Deloading offers a mental break from heavy lifting. It can alleviate training fatigue, decrease psychological stress, and increase motivation by reintroducing novelty and variety into the training routine.
5. **Longevity and Sustainability:** Deloading is crucial for ensuring a sustainable and long-term approach to strength training. By incorporating planned periods of reduced intensity into your program, you mitigate the risk of burnout, injuries, and mental exhaustion. It allows you to maintain a healthy balance between training and recovery, making it more likely that you'll be able to continue making progress over time.

By strategically incorporating lighter training phases, you provide your body and mind with the necessary rest, helping you move forward and achieve your strength goals effectively.

**WHY DO I DO A HEAVY SET AND THEN
DO MORE SETS AT A LIGHTER
WEIGHT?**

Strength and power training can be incredibly rewarding and satisfying, especially when you're able to lift heavy weights. However, it's important to acknowledge that heavy lifting may not always be the most efficient or safest approach to building strength. This is where back-off sets come into play.

Back-off sets involve performing a heavy set of an exercise and then reducing the weight for subsequent sets. The purpose of back-off sets is to provide a more sustainable method for strength development while considering factors such as overall body fatigue and injury risk.

When executing complex compound exercises like those in powerlifting, there are many variables to consider, and it's not just the legs that fatigue during these lifts. By incorporating back-off sets, you allow your entire body to recover and develop strength without expending all your energy on the heaviest sets.

Back-off sets offer a more manageable way to increase training volume and develop the specific skills required for lifts. They also help in managing fatigue induced by heavy singles and reducing the risk of injury. It may seem counterintuitive to decrease the weight, but back-off sets still involve lifting relatively heavy loads.

For example, after performing a heavy set of squats, a back-off set would involve reducing the weight by around 10-20 percent. This reduction ensures the load remains high enough to stimulate strength gains while preventing overreaching and unnecessary strain on the body. It's important to distinguish between training for strength and performing feats of strength. You don't always have to perform at maximum capacity to effectively train for strength.

Skilled strength training and skilled strength performance go hand in hand. It's crucial to maintain excellent form and technique, especially when lifting heavy weights. As the load increases, there is little margin for technical flaws, as they can lead to missed repetitions or even injuries. In such situations, you must consider whether you're selecting weights and rep schemes to showcase your maximum strength or to train in a sustainable manner toward that goal.

Typically, skilled strength training sets fall within the intensity range of around 80 percent of your one-repetition maximum (1-RM), while skilled performance requires lifting at 90 percent or more of your 1-RM. By incorporating back-off sets, you can strike a balance between effective training and sustainable progress in your strength goals.

A person is lying on a bench in a gym, performing a dumbbell bench press. They are holding two dumbbells above their chest. The gym background is filled with rows of dumbbells on racks. The image has a dark, moody aesthetic with a semi-transparent dark overlay.

UPPER-LOWER TRAINING SPLIT

WEEK 1

UPPER LOWER TRAINING SPLIT

EXERCISE	SETS	REPS	REST	PERCENTAGE	RPE
A1. <u>Barbell Bench Press</u>	1 6	3 4	2 Minutes 30-60 Seconds	85% 65%	8 4
A2. <u>Kneeling Single-Arm External Rotation to Press</u>	3	5/side	-	-	9-10
<u>CSC Standards: AMRAP Pushups</u>					
B1. <u>Dumbbell Flat Bench Press</u>	3	10	2 Minutes	25% Bench Max/Hand	9
B2. <u>Landmine Meadows Row (Lat Focused)</u>	3	10/side	-	-	9
C1. <u>Standing Cable Chest Fly (Shoulder Height)</u>	3	12+	1.5 Minutes	-	10
C2. <u>EZ Bar Skull Crushers</u>	3	12+	-	-	10
D1. <u>Seated Cable Facepulls</u>	3	12+	1.5 Minutes	-	10
D2. <u>Cable Bicep Curl Drop-Set</u>	3	10, 10+	-	-	10
E. <u>Doorway Pec Stretch</u>	1	2 Min/S	-	-	-



PLUS SETS SHOULD NOT EXCEED MORE THAN 3-5 EXTRA REPS. OTHERWISE THE INITIAL WEIGHT WAS NOT HEAVY ENOUGH, OR THERE IS SIGNIFICANT FORM BREAKDOWN
RECORD YOUR ACCESSORY WEIGHTS! YOU'LL NEED THEM IN WEEK 4

EXERCISE	SETS	REPS	REST	PERCENTAGE	RPE
<u>A1. Barbell Back Squat</u>	1 6	3 4	2 Minutes 30-60 Seconds	85% 65%	8 4
<u>A2. Banded Hip Distraction</u>	3	5/side	-	-	-
<u>CSC Standards: Max Fan Bike Wattage in 10 Seconds</u>					
<u>B1. Barbell Romanian Deadlifts</u>	3	10	2 Minutes	50-55% of Deadlift Max	8.5
<u>B2. KB Tempo Goblet Squats (3:2:X)</u>	3	10	-	-	10
<u>C1. Unilateral KB Deadlifts</u>	3	8/side	1.5 Minutes	-	9
<u>C2. RKC Planks (3:3)</u>	3	30 sec.	-	-	10
<u>D1. Seated Leg Extensions (X:1:3)</u>	3	12+	1.5 Minutes	-	10
D2. <u>Eccentrinc GHR with PVC Pipe</u> or <u>Nordic Curls</u>	3	10	-	-	10
E. <u>PSO-Rite</u> or <u>Kneeling Hip Flexor Stretch</u>	1	2 Min.	-	-	-

EXERCISE	SETS	REPS	REST	PERCENTAGE	RPE
A1. <u>Barbell Overhead Press</u>	1 6	3 4	2 Minutes 30-60 Seconds	85% 65%	8 4
A2. <u>Supine Bench PVC Pipe Mobility (X:5:X)</u>	3	5	-	-	-
<u>CSC Standards: AMRAP Pull-Ups</u>					
B1. <u>Barbell Incline Bench Press (~45 Degrees)</u>	3	10	2 Minutes	55-60% of Bench Max	8.5
B2. <u>Kettlebell Gorilla Row</u>	3	10/side	-	-	9
C1. <u>Supinated Narrow Grip Lat Pulldown</u>	3	12+	1.5 Minutes	-	10
C2. <u>Unilateral Banded Single-DB Bench Press</u>	3	10/side	-	-	8.5
D1. <u>Prone Y-Raises on Floor (X:2:X)</u>	3	10	1.5 Minutes	-	10
D2. <u>Kneeling Lateral Raises</u>	3	12+	-	-	10
E. <u>Foam Roll Latissumus dorsi</u>	1	2 min/side	-	-	-

EXERCISE	SETS	REPS	REST	PERCENTAGE	RPE
A1. <u>Barbell Deadlift</u>	1 6	3 4	2 Minutes 30-60 Seconds	85% 65%	8 4
A2. <u>Hip Circle Glute Birdges (X:5:X)</u> or <u>Single Leg Glute Bridge (X:3:X)</u>	3	5 5/side	-	-	-
<u>CSC Standards: Sled Sprint with Bodyweight on Sled for 20 Yards</u>					
B1. <u>Barbell Front Squat</u>	3	10	2 Minutes	40% of Squat Max	8.5
B2. <u>AbWheel Rollouts</u>	3	10	-	-	8.5
C1. <u>Landmine Curtsey Lunge</u>	3	10/side	1.5 Minutes	-	9
C2. <u>Partial Dual-DB or KB RDL (Bottom 1/3)</u>	3	12+	-	-	10
D1. <u>Seated Hamstring Curls</u>	3	12+	1.5 Minutes	-	10
D2. <u>Standing Calf Raises w/MARs Bar + Support</u>	3	15+	-	-	10
E. <u>Isolated Calf Release w/ Band</u>	1	15/side	-	-	-

WEEK 1

DAY 5

OPTION 1/2

UPPER/LOWER

EXERCISE	SETS	REPS	REST	PERCENTAGE	RPE
Viking Press	4	6-8+	2-3 Minutes	-	9
Arsenal Iso-Lat Pulldown	4	6-8	2 Minutes	-	9
Dumbbell Spider Curls	4	10-12	1-2 Minutes	-	10
Seated Overhead Tricep Extensions	4	10-12	1-2 Minutes	-	10

EXERCISE	SETS	REPS	REST	PERCENTAGE	RPE
Machine Hip Thrust	4	6-8+	2-3 Minutes	-	9
VMO Stance Leg Press	4	8-10	2 Minutes	-	9
Dual Dumbbell Bulgarian Split Squats	4	8/side	1-2 Minutes	-	9
Hanging Knee Tucks	4	10-12	1-2 Minutes	-	10

ONLINE EXCLUSIVE: PICK TO DO AN UPPER OR LOWER BONUS DAY

WEEK 1

DAY 5

OPTION 3

CARDIO ONLY

AMRAP 20 MINUTES	SETS	REPS	REST	PERCENTAGE	RPE
Rower Sprint	AMRAP	250 m	2 Minutes Rest after MedBall Slams	-	10
MedBall Slams	AMRAP	10		-	10

5 MINUTES REST

AMRAP 20 MINUTES	SETS	REPS	REST	PERCENTAGE	RPE
Sled Push	AMRAP	20 Yards	Minimal Rest	-	8
Sled Reverse Drag	AMRAP	20 Yards		-	8
Glider Mountain Climbers	AMRAP	15/side		-	8

ONLINE EXCLUSIVE

A man with a beard and short hair is in a gym, wearing large black headphones and a black tank top. He is lifting a barbell with many weight plates. The background shows other gym equipment and a person in a grey shirt. The image has a dark blue overlay.

WEEK 2

UPPER LOWER TRAINING SPLIT

EXERCISE	SETS	REPS	REST	PERCENTAGE	RPE
A1. <u>Barbell Bench Press</u>	1 6	3 4	2 Minutes 30-60 Seconds	87% 65%	8 4
A2. <u>Kneeling Single-Arm External Rotation to Press</u>	3	5/side	-	-	9-10
B1. <u>Dumbbell Flat Bench Press</u>	3	8	2 Minutes	27.5-30% Bench Max/Hand	9
B2. <u>Landmine Meadows Row (Lat Focused)</u>	3	8/side	-	-	9
C1. <u>Standing Cable Chest Fly (Shoulder Height)</u>	3	10+	1.5 Minutes	-	10
C2. <u>EZ Bar Skull Crushers</u>	3	10+	-	-	10
D1. <u>Seated Cable Facepulls</u>	3	10+	1.5 Minutes	-	10
D2. <u>Cable Bicep Curl Drop-Set</u>	3	8, 8+	-	-	10
E. <u>Doorway Pec Stretch</u>	1	2 Min/S	-	-	-

EXERCISE	SETS	REPS	REST	PERCENTAGE	RPE
<u>A1. Barbell Back Squat</u>	1 6	3 4	2 Minutes 30-60 Seconds	87% 65%	8 4
<u>A2. Banded Hip Distraction</u>	3	5/side	-	-	-
<u>B1. Barbell Romanian Deadlifts</u>	3	8	2 Minutes	55-60% of Deadlift Max	8.5
<u>B2. KB Tempo Goblet Squats (3:2:X)</u>	3	8	-	-	10
<u>C1. Unilateral KB Deadlifts</u>	3	8/side	1.5 Minutes	-	9
<u>C2. RKC Planks (3:3)</u>	3	30 sec.	-	-	10
<u>D1. Seated Leg Extensions (X:1:3)</u>	3	10 +	1.5 Minutes	-	10
D2. <u>Eccentrinc GHR with PVC Pipe</u> or <u>Nordic Curls</u>	3	10	-	-	10
E. <u>PSO-Rite</u> or <u>Kneeling Hip Flexor Stretch</u>	1	2 Min.	-	-	-

EXERCISE	SETS	REPS	REST	PERCENTAGE	RPE
A1. <u>Barbell Overhead Press</u>	1 6	3 4	2 Minutes 30-60 Seconds	87% 65%	8 4
A2. <u>Supine Bench PVC Pipe Mobility</u> (X:5:X)	3	5	-	-	-
B1. <u>Barbell Incline Bench Press (~45 Degrees)</u>	3	8	2 Minutes	60-65% of Bench Max	8.5
B2. <u>Kettlebell Gorilla Row</u>	3	8/side	-	-	9
C1. <u>Supinated Narrow Grip Lat Pulldown</u>	3	10+	1.5 Minutes	-	10
C2. <u>Unilateral Banded Single-DB Bench Press</u>	3	8/side	-	-	9
D1. <u>Prone Y-Raises on Floor</u> (X:2:X)	3	10	1.5 Minutes	-	10
D2. <u>Kneeling Lateral Raises</u>	3	10+	-	-	10
E. <u>Foam Roll Latissumus dorsi</u>	1	2 min/side	-	-	-

EXERCISE	SETS	REPS	REST	PERCENTAGE	RPE
A1. <u>Barbell Deadlift</u>	1 6	3 4	2 Minutes 30-60 Seconds	87% 65%	8 4
A2. <u>Hip Circle Glute Birdges (X:5:X)</u> or <u>Single Leg Glute Bridge (X:3:X)</u>	3	5 5/side	-	-	-
B1. <u>Barbell Front Squat</u>	3	8	2 Minutes	45-50% of Squat Max	8.5
B2. <u>AbWheel Rollouts</u>	3	8	-	-	8.5
C1. <u>Landmine Curtsey Lunge</u>	3	8/side	1.5 Minutes	-	9
C2. <u>Partial Dual-DB or KB RDL (Bottom 1/3)</u>	3	10+	-	-	10
D1. <u>Seated Hamstring Curls</u>	3	10+	1.5 Minutes	-	10
D2. <u>Standing Calf Raises w/MARs Bar + Support</u>	3	15+	-	-	10
E. <u>Isolated Calf Release w/ Band</u>	1	15/side	-	-	-

WEEK 2

DAY 5

OPTION 1/2

UPPER/LOWER

EXERCISE	SETS	REPS	REST	PERCENTAGE	RPE
Viking Press	4	6-8+	2-3 Minutes	-	9
Arsenal Iso-Lat Pulldown	4	6-8	2 Minutes	-	9
Dumbbell Spider Curls	4	10-12	1-2 Minutes	-	10
Seated Overhead Tricep Extensions	4	10-12	1-2 Minutes	-	10

EXERCISE	SETS	REPS	REST	PERCENTAGE	RPE
Machine Hip Thrust	4	6-8+	2-3 Minutes	-	9
VMO Stance Leg Press	4	8-10	2 Minutes	-	9
Dual Dumbbell Bulgarian Split Squats	4	8/side	1-2 Minutes	-	9
Hanging Knee Tucks	4	10-12	1-2 Minutes	-	10

ONLINE EXCLUSIVE: PICK TO DO AN UPPER OR LOWER BONUS DAY

AMRAP 20 MINUTES	SETS	REPS	REST	PERCENTAGE	RPE
Rower Sprint	AMRAP	250 m	2 Minutes Rest after MedBall Slams	-	10
MedBall Slams	AMRAP	10		-	10

5 MINUTES REST

AMRAP 20 MINUTES	SETS	REPS	REST	PERCENTAGE	RPE
Sled Push	AMRAP	20 Yards	Minimal Rest	-	8
Sled Reverse Drag	AMRAP	20 Yards		-	8
Glider Mountain Climbers	AMRAP	15/side		-	8

A man with a shaved head and a light beard is shown in profile, looking towards the left. He is wearing a blue t-shirt and has his hands clasped in front of him. The background is a blurred gym environment with various pieces of equipment. The text 'WEEK 3' is overlaid in a large, white, bold, sans-serif font, centered horizontally. Below it is a thin white horizontal line, followed by the text 'UPPER LOWER TRAINING SPLIT' in a smaller, white, bold, sans-serif font.

WEEK 3

UPPER LOWER TRAINING SPLIT

EXERCISE	SETS	REPS	REST	PERCENTAGE	RPE
A1. <u>Barbell Bench Press</u>	1 6	3 4	2 Minutes 30-60 Seconds	89% 65%	8.5 4
A2. <u>Kneeling Single-Arm External Rotation to Press</u>	3	5/side	-	-	9-10
B1. <u>Dumbbell Flat Bench Press</u>	3	6-8	2 Minutes	30-32.5% Bench Max/Hand	9
B2. <u>Landmine Meadows Row (Lat Focused)</u>	3	6/side	-	-	9
C1. <u>Standing Cable Chest Fly (Shoulder Height)</u>	3	8-10+	1.5 Minutes	-	10
C2. <u>EZ Bar Skull Crushers</u>	3	10+	-	-	10
D1. <u>Seated Cable Facepulls</u>	3	10+	1.5 Minutes	-	10
D2. <u>Cable Bicep Curl Drop-Set</u>	3	8, 8+	-	-	10
E. <u>Doorway Pec Stretch</u>	1	2 Min/S	-	-	-

WEEK 3

DAY 2

LOWER

EXERCISE	SETS	REPS	REST	PERCENTAGE	RPE
<u>A1. Barbell Back Squat</u>	1 6	3 4	2 Minutes 30-60 Seconds	89% 65%	8.5 4
<u>A2. Banded Hip Distraction</u>	3	5/side	-	-	-
<u>B1. Barbell Romanian Deadlifts</u>	3	6-8	2 Minutes	60-65% of Deadlift Max	8.5
<u>B2. KB Tempo Goblet Squats (3:2:X)</u>	3	6+	-	-	10
<u>C1. Unilateral KB Deadlifts</u>	3	8/side	1.5 Minutes	-	9-10
<u>C2. RKC Planks (5:5)</u>	3	45 sec.	-	-	10
<u>D1. Seated Leg Extensions (X:1:3)</u>	3	10 +	1.5 Minutes	-	10
D2. <u>Eccentrinc GHR with PVC Pipe</u> or <u>Nordic Curls</u>	3	10	-	-	10
E. <u>PSO-Rite</u> or <u>Kneeling Hip Flexor Stretch</u>	1	2 Min.	-	-	-

EXERCISE	SETS	REPS	REST	PERCENTAGE	RPE
A1. <u>Barbell Overhead Press</u>	1 6	3 4	2 Minutes 30-60 Seconds	89% 65%	8.5 4
A2. <u>Supine Bench PVC Pipe Mobility</u> (X:5:X)	3	5	-	-	-
B1. <u>Barbell Incline Bench Press (~45 Degrees)</u>	3	6-8	2 Minutes	65-70% of Bench Max	9
B2. <u>Kettlebell Gorilla Row</u>	3	8/side	-	-	9.5
C1. <u>Supinated Narrow Grip Lat Pulldown</u>	3	8+	1.5 Minutes	-	10
C2. <u>Unilateral Banded Single-DB Bench Press</u>	3	8/side	-	-	9.5
D1. <u>Prone Y-Raises on Floor</u> (X:3:X)	3	10	1.5 Minutes	-	10
D2. <u>Kneeling Lateral Raises</u>	3	10+	-	-	10
E. <u>Foam Roll Latissumus dorsi</u>	1	2 min/side	-	-	-

EXERCISE	SETS	REPS	REST	PERCENTAGE	RPE
A1. <u>Barbell Deadlift</u>	1 6	3 4	2 Minutes 30-60 Seconds	89% 65%	8.5 4
A2. <u>Hip Circle Glute Birdges (X:5:X)</u> or <u>Single Leg Glute Bridge (X:3:X)</u>	3	5 5/side	-	-	-
B1. <u>Barbell Front Squat</u>	3	6-8	2 Minutes	55-60% of Squat Max	8.5
B2. <u>AbWheel Rollouts</u>	3	6-8	-	-	8.5
C1. <u>Landmine Curtsey Lunge</u>	3	6-8/side	1.5 Minutes	-	9
C2. <u>Partial Dual-DB or KB RDL (Bottom 1/3)</u>	3	10+	-	-	10
D1. <u>Seated Hamstring Curls</u>	3	10+	1.5 Minutes	-	10
D2. <u>Standing Calf Raises w/MARs Bar + Support</u>	3	15+	-	-	10
E. <u>Isolated Calf Release w/ Band</u>	1	15/side	-	-	-

WEEK 3

DAY 5

OPTION 1/2

UPPER/LOWER

EXERCISE	SETS	REPS	REST	PERCENTAGE	RPE
Viking Press	4	6-8+	2-3 Minutes	-	9
Arsenal Iso-Lat Pulldown	4	6-8	2 Minutes	-	9
Dumbbell Spider Curls	4	10-12	1-2 Minutes	-	10
Seated Overhead Tricep Extensions	4	10-12	1-2 Minutes	-	10

EXERCISE	SETS	REPS	REST	PERCENTAGE	RPE
Machine Hip Thrust	4	6-8+	2-3 Minutes	-	9
VMO Stance Leg Press	4	8-10	2 Minutes	-	9
Dual Dumbbell Bulgarian Split Squats	4	8/side	1-2 Minutes	-	9
Hanging Knee Tucks	4	10-12	1-2 Minutes	-	10

ONLINE EXCLUSIVE: PICK TO DO AN UPPER OR LOWER BONUS DAY

AMRAP 20 MINUTES	SETS	REPS	REST	PERCENTAGE	RPE
Rower Sprint	AMRAP	250 m	2 Minutes Rest after MedBall Slams	-	10
MedBall Slams	AMRAP	10		-	10

5 MINUTES REST

AMRAP 20 MINUTES	SETS	REPS	REST	PERCENTAGE	RPE
Sled Push	AMRAP	20 Yards	Minimal Rest	-	8
Sled Reverse Drag	AMRAP	20 Yards		-	8
Glider Mountain Climbers	AMRAP	15/side		-	8

WEEK 4

UPPER LOWER TRAINING SPLIT



THIS IS A DELOAD WEEK FOR THE MAIN COMPOUND LIFT. YOUR GOAL IS TO PUSH YOURSELF ON THE ACCESSORIES FROM WEEK 1 OF THE PROGRAM.

EXERCISE	SETS	REPS	REST	PERCENTAGE	RPE
A1. <u>Barbell Bench Press</u>	2	5	1 Minute	75%	4
A2. <u>Kneeling Single-Arm External Rotation to Press</u>	3	5/side	-	-	9-10
B1. <u>Dumbbell Flat Bench Press</u>	3	10	2 Minutes	25% + 5lbs Bench Max/Hand	9
B2. <u>Landmine Meadows Row (Lat Focused)</u>	3	10/side	-	-	9
C1. <u>Standing Cable Chest Fly (Shoulder Height)</u>	3	12+	1.5 Minutes	-	10
C2. <u>EZ Bar Skull Crushers</u>	3	12+	-	-	10
D1. <u>Seated Cable Facepulls</u>	3	12+	1.5 Minutes	-	10
D2. <u>Cable Bicep Curl Drop-Set</u>	3	10, 10+	-	-	10
E. <u>Doorway Pec Stretch</u>	1	2 Min/S	-	-	-



WEEK 4

DAY 2

LOWER

EXERCISE	SETS	REPS	REST	PERCENTAGE	RPE
<u>A1. Barbell Back Squat</u>	2	5	1 Minute	75%	4
<u>A2. Banded Hip Distraction</u>	3	5/side	-	-	-
<u>B1. Barbell Romanian Deadlifts</u>	3	10	2 Minutes	55% + 10 lbs of Deadlift Max	8.5
<u>B2. KB Tempo Goblet Squats (3:2:X)</u>	3	10	-	-	10
<u>C1. Unilateral KB Deadlifts</u>	3	8/side	1.5 Minutes	-	9-10
<u>C2. RKC Planks (5:5)</u>	3	60 sec.	-	-	10
<u>D1. Seated Leg Extensions (X:1:3)</u>	3	10 +	1.5 Minutes	-	10
D2. <u>Eccentrinc GHR with PVC Pipe</u> or <u>Nordic Curls</u>	3	10	-	-	10
E. <u>PSO-Rite</u> or <u>Kneeling Hip Flexor Stretch</u>	1	2 Min.	-	-	-

EXERCISE	SETS	REPS	REST	PERCENTAGE	RPE
A1. <u>Barbell Overhead Press</u>	2	5	1 Minute	75%	4
A2. <u>Supine Bench PVC Pipe Mobility (X:5:X)</u>	3	5	-	-	-
B1. <u>Barbell Incline Bench Press (~45 Degrees)</u>	3	10	2 Minutes	55-60% + 10 lbs of Bench Max	9.5
B2. <u>Kettlebell Gorilla Row</u>	3	10/side	-	-	9
C1. <u>Supinated Narrow Grip Lat Pulldown</u>	3	12+	1.5 Minutes	-	10
C2. <u>Unilateral Banded Single-DB Bench Press</u>	3	10/side	-	-	9.5
D1. <u>Prone Y-Raises on Floor (X:3:X)</u>	3	10	1.5 Minutes	-	10
D2. <u>Kneeling Lateral Raises</u>	3	12+	-	-	10
E. <u>Foam Roll Latissimus dorsi</u>	1	2 min/side	-	-	-

EXERCISE	SETS	REPS	REST	PERCENTAGE	RPE
A1. <u>Barbell Deadlift</u>	1 6	3 4	2 Minutes 30-60 Seconds	89% 65%	8.5 4
A2. <u>Hip Circle Glute Birdges (X:5:X)</u> or <u>Single Leg Glute Bridge (X:3:X)</u>	3	5 5/side	-	-	-
B1. <u>Barbell Front Squat</u>	3	10	2 Minutes	40% + 10lbs of Squat Max	9.5
B2. <u>AbWheel Rollouts</u>	3	10	-	-	9.5
C1. <u>Landmine Curtsey Lunge</u>	3	10/side	1.5 Minutes	-	10
C2. <u>Partial Dual-DB or KB RDL (Bottom 1/3)</u>	3	12+	-	-	10
D1. <u>Seated Hamstring Curls</u>	3	12+	1.5 Minutes	-	10
D2. <u>Standing Calf Raises w/MARs Bar + Support</u>	3	15+	-	-	10
E. <u>Isolated Calf Release w/ Band</u>	1	15/side	-	-	-

WEEK 4

DAY 5

OPTION 1/2

UPPER/LOWER

EXERCISE	SETS	REPS	REST	PERCENTAGE	RPE
Viking Press	4	6-8+	2-3 Minutes	-	9
Arsenal Iso-Lat Pulldown	4	6-8	2 Minutes	-	9
Dumbbell Spider Curls	4	10-12	1-2 Minutes	-	10
Seated Overhead Tricep Extensions	4	10-12	1-2 Minutes	-	10

EXERCISE	SETS	REPS	REST	PERCENTAGE	RPE
Machine Hip Thrust	4	6-8+	2-3 Minutes	-	9
VMO Stance Leg Press	4	8-10	2 Minutes	-	9
Dual Dumbbell Bulgarian Split Squats	4	8/side	1-2 Minutes	-	9
Hanging Knee Tucks	4	10-12	1-2 Minutes	-	10

ONLINE EXCLUSIVE: PICK TO DO AN UPPER OR LOWER BONUS DAY

AMRAP 20 MINUTES	SETS	REPS	REST	PERCENTAGE	RPE
Rower Sprint	AMRAP	250 m	2 Minutes Rest after MedBall Slams	-	10
MedBall Slams	AMRAP	10		-	10

5 MINUTES REST

AMRAP 20 MINUTES	SETS	REPS	REST	PERCENTAGE	RPE
Sled Push	AMRAP	20 Yards	Minimal Rest	-	8
Sled Reverse Drag	AMRAP	20 Yards		-	8
Glider Mountain Climbers	AMRAP	15/side		-	8

A person is lying on a black adjustable bench in a gym, performing a dumbbell bench press. They are holding two large dumbbells above their chest with their arms extended. The person is wearing a light-colored t-shirt, dark shorts, and blue sneakers with "NOBULL" written on the side. In the background, there are rows of dumbbells on a rack. The entire image has a dark, semi-transparent overlay.

FULLBODY TRAINING SESSIONS

WEEK 1

FULLBODY TRAINING SPLIT

EXERCISE	SETS	REPS	REST	PERCENTAGE	RPE
A1. <u>Barbell Bench Press</u>	1 6	3 4	2 Minutes 30-60 Seconds	85% 65%	8 4
A2. <u>Kneeling Single-Arm External Rotation to Press</u>	3	5/side	-	-	9-10
B1. <u>Barbell Back Squat</u>	1 6	3 4	2 Minutes 30-60 Seconds	85% 65%	8 4
B2. <u>Banded Hip Distraction</u>	3	5/side	-	-	-
CSC Standards: <u>AMRAP Pushups, Max Fan Bike Wattage in 10 Seconds</u>					
C1. <u>Dumbbell Flat Bench Press</u>	3	10	2 Minutes	25% Bench Max/Hand	9
C2. <u>Landmine Meadows Row (Lat Focused)</u>	3	10/side	-	-	9
D1. <u>Barbell Romanian Deadlifts</u>	3	10	2 Minutes	50-55% of Deadlift Max	8.5
D2. <u>RKC Planks (3:3)</u>	3	30 sec.	-	-	10
E. <u>PSO-Rite</u> or <u>Kneeling Hip Flexor Stretch</u>	1	2 Min.	-	-	-

WEEK 1

DAY 2

FULLBODY

EXERCISE	SETS	REPS	REST	PERCENTAGE	RPE
A1. <u>Barbell Overhead Press</u>	1 6	3 4	2 Minutes 30-60 Seconds	85% 65%	8 4
A2. <u>Supine Bench PVC Pipe Mobility (X:5:X)</u>	3	5	-	-	-
A1. <u>Barbell Deadlift</u>	1 6	3 4	2 Minutes 30-60 Seconds	85% 65%	8 4
A2. <u>Hip Circle Glute Birdges (X:5:X)</u> or <u>Single Leg Glute Bridge (X:3:X)</u>	3	5 5/side	-	-	-
CSC Standards: <u>AMRAP Pull-Ups, Sled Sprint with Bodyweight on Sled for 20 Yards</u>					
B1. <u>Barbell Incline Bench Press (~45 Degrees)</u>	3	10	2 Minutes	55-60% of Bench Max	8.5
B2. <u>Kettlebell Gorilla Row</u>	3	10/side	-	-	9
C1. <u>Landmine Curtsey Lunge</u>	3	10/side	1.5 Minutes	-	9
B2. <u>AbWheel Rollouts</u>	3	10	-	-	8.5
E. <u>Isolated Calf Release w/ Band</u> or <u>Foam Roll Latissumus dorsi</u>	1	15/side 2 m/side	-	-	-

WEEK 1

DAY 3

FULLBODY

EXERCISE	SETS	REPS	REST	PERCENTAGE	RPE
A1. <u>Barbell Front Squat</u>	3	10	2 Minutes	40% of Squat Max	8.5
A2. <u>Seated Hamstring Curls</u>	3	12+	-	-	10
B1. Barbell Z-Press	3	10	2 Minutes	55-60% of OHP Max	8.5
B2. Heavy Chest Supported High Rows	3	12+	-	-	10
CSC Standards: Second Chance for Testing					
D1. <u>Seated Leg Extensions (X:1:3)</u>	3	12+	1.5 Minutes	-	10
D2. <u>Eccentrinc GHR with PVC Pipe</u> or <u>Nordic Curls</u>	3	10	-	-	10
D1. <u>Standing Cable Chest Fly (Shoulder Height)</u>	3	12+	1.5 Minutes	-	10
D2. <u>EZ Bar Skull Crushers</u>	3	12+	-	-	10
E. Pick a mobility accessory	-	-	-	-	-

A woman with dark hair tied back, wearing a white tank top and blue leggings, is captured in a squatting position in a gym. She is looking down, focused on her form. The background shows gym equipment, including a rack of weights and a desk with a chair. The image has a dark, moody color palette with a reddish-brown tint. Overlaid on the image is the text 'WEEK 2' in large, white, bold, sans-serif capital letters. Below this, a thin white horizontal line separates it from the text 'FULLBODY TRAINING SPLIT' in smaller, white, bold, sans-serif capital letters. The word 'TRAINING' in the second line has a small red dot above the letter 'I'.

WEEK 2

FULLBODY TRAINING SPLIT

EXERCISE	SETS	REPS	REST	PERCENTAGE	RPE
A1. <u>Barbell Bench Press</u>	1 6	3 4	2 Minutes 30-60 Seconds	87% 65%	8 4
A2. <u>Kneeling Single-Arm External Rotation to Press</u>	3	5/side	-	-	9-10
B1. <u>Barbell Back Squat</u>	1 6	3 4	2 Minutes 30-60 Seconds	87% 65%	8 4
B2. <u>Banded Hip Distraction</u>	3	5/side	-	-	-
C1. <u>Dumbbell Flat Bench Press</u>	3	8	2 Minutes	27.5-30% Bench Max/Hand	9
C2. <u>Landmine Meadows Row (Lat Focused)</u>	3	8/side	-	-	9
D1. <u>Barbell Romanian Deadlifts</u>	3	8	2 Minutes	55-60% of Deadlift Max	8.5
D2. <u>RKC Planks</u> (5:5)	3	30 sec.	-	-	10
E. <u>PSO-Rite</u> or <u>Kneeling Hip Flexor Stretch</u>	1	2 Min.	-	-	-

EXERCISE	SETS	REPS	REST	PERCENTAGE	RPE
A1. <u>Barbell Overhead Press</u>	1 6	3 4	2 Minutes 30-60 Seconds	87% 65%	8 4
A2. <u>Supine Bench PVC Pipe Mobility</u> (X:5:X)	3	5	-	-	-
A1. <u>Barbell Deadlift</u>	1 6	3 4	2 Minutes 30-60 Seconds	87% 65%	8 4
A2. <u>Hip Circle Glute Birdges</u> (X:5:X) or <u>Single Leg Glute Bridge</u> (X:3:X)	3	5 5/side	-	-	-
B1. <u>Barbell Incline Bench Press (~45 Degrees)</u>	3	8	2 Minutes	60-65% of Bench Max	8.5
B2. <u>Kettlebell Gorilla Row</u>	3	8/side	-	-	9
C1. <u>Landmine Curtsey Lunge</u>	3	8/side	1.5 Minutes	-	9
B2. <u>AbWheel Rollouts</u>	3	8	-	-	8.5
E. <u>Isolated Calf Release w/ Band</u> or <u>Foam Roll Latissumus dorsi</u>	1	15/side 2 m/side	-	-	-

EXERCISE	SETS	REPS	REST	PERCENTAGE	RPE
A1. <u>Barbell Front Squat</u>	3	8	2 Minutes	45-50% of Squat Max	8.5
A2. <u>Seated Hamstring Curls</u>	3	10+	1.5 Minutes	-	10
B1. Barbell Z-Press	3	8	2 Minutes	60-65% of OHP Max	8.5
B2. Heavy Chest Supported High Rows	3	10+	-	-	10
D1. <u>Seated Leg Extensions (X:1:3)</u>	3	10 +	1.5 Minutes	-	10
D2. <u>Eccentrinc GHR with PVC Pipe</u> or <u>Nordic Curls</u>	3	10	-	-	10
D1. <u>Standing Cable Chest Fly (Shoulder Height)</u>	3	10+	1.5 Minutes	-	10
D2. <u>EZ Bar Skull Crushers</u>	3	10+	-	-	10
E. Pick a mobility accessory	-	-	-	-	-

A woman with dark hair tied back, wearing a black t-shirt, is smiling and holding a water bottle in a gym. The background shows various gym equipment like treadmills and weight racks. The image has a dark, semi-transparent overlay.

WEEK 3

FULLBODY TRAINING SPLIT

EXERCISE	SETS	REPS	REST	PERCENTAGE	RPE
A1. <u>Barbell Bench Press</u>	1 6	3 4	2 Minutes 30-60 Seconds	89% 65%	8 4
A2. <u>Kneeling Single-Arm External Rotation to Press</u>	3	5/side	-	-	9-10
B1. <u>Barbell Back Squat</u>	1 6	3 4	2 Minutes 30-60 Seconds	89% 65%	8 4
B2. <u>Banded Hip Distraction</u>	3	5/side	-	-	-
C1. <u>Dumbbell Flat Bench Press</u>	3	6-8	2 Minutes	30-32.5% Bench Max/Hand	9
C2. <u>Landmine Meadows Row (Lat Focused)</u>	3	6/side	-	-	9
D1. <u>Barbell Romanian Deadlifts</u>	3	6-8	2 Minutes	60-65% of Deadlift Max	8.5
D2. <u>RKC Planks (5:5)</u>	3	45 sec.	-	-	10
E. <u>PSO-Rite</u> or <u>Kneeling Hip Flexor Stretch</u>	1	2 Min.	-	-	-

EXERCISE	SETS	REPS	REST	PERCENTAGE	RPE
A1. <u>Barbell Overhead Press</u>	1 6	3 4	2 Minutes 30-60 Seconds	89% 65%	8.5 4
A2. <u>Supine Bench PVC Pipe Mobility</u> (X:5:X)	3	5	-	-	-
A1. <u>Barbell Deadlift</u>	1 6	3 4	2 Minutes 30-60 Seconds	89% 65%	8.5 4
A2. <u>Hip Circle Glute Birdges</u> (X:5:X) or <u>Single Leg Glute Bridge</u> (X:3:X)	3	5 5/side	-	-	-
B1. <u>Barbell Incline Bench Press (~45 Degrees)</u>	3	6-8	2 Minutes	65-70% of Bench Max	9
B2. <u>Kettlebell Gorilla Row</u>	3	8/side	-	-	9.5
C1. <u>Landmine Curtsey Lunge</u>	3	6-8/side	1.5 Minutes	-	9
B2. <u>AbWheel Rollouts</u>	3	6-8	-	-	8.5
E. <u>Isolated Calf Release w/ Band</u> or <u>Foam Roll Latissumus dorsi</u>	1	15/side 2 m/side	-	-	-

EXERCISE	SETS	REPS	REST	PERCENTAGE	RPE
A1. <u>Barbell Front Squat</u>	3	6-8	2 Minutes	55-60% of Squat Max	8.5
A2. <u>Seated Hamstring Curls</u>	3	10+	1.5 Minutes	-	10
B1. Barbell Z-Press	3	6-8	2 Minutes	65-70% of OHP Max	8.5
B2. Heavy Chest Supported High Rows	3	10+	-	-	10
D1. <u>Seated Leg Extensions (X:1:3)</u>	3	10 +	1.5 Minutes	-	10
D2. <u>Eccentrinc GHR with PVC Pipe</u> or <u>Nordic Curls</u>	3	10	-	-	10
D1. <u>Standing Cable Chest Fly (Shoulder Height)</u>	3	8-10+	1.5 Minutes	-	10
D2. <u>EZ Bar Skull Crushers</u>	3	10+	-	-	10
E. Pick a mobility accessory	-	-	-	-	-

A person is lying on a bench, performing a bench press. A large weight plate is visible in the foreground, partially obscuring the view. The background shows a gym setting with various equipment.

WEEK 4

FULLBODY TRAINING SPLIT

EXERCISE	SETS	REPS	REST	PERCENTAGE	RPE
A1. <u>Barbell Bench Press</u>	2	5	1 Minute	75%	4
A2. <u>Kneeling Single-Arm External Rotation to Press</u>	3	5/side	-	-	9-10
B1. <u>Barbell Back Squat</u>	2	5	1 Minute	75%	4
B2. <u>Banded Hip Distraction</u>	3	5/side	-	-	-
C1. <u>Dumbbell Flat Bench Press</u>	3	10	2 Minutes	25% + 5lbs Bench Max/Hand	9
C2. <u>Landmine Meadows Row (Lat Focused)</u>	3	10/side	-	-	9
D1. <u>Barbell Romanian Deadlifts</u>	3	10	2 Minutes	55% + 10 lbs of Deadlift Max	8.5
D2. <u>RKC Planks (5:5)</u>	3	60 sec.	-	-	10
E. <u>PSO-Rite</u> or <u>Kneeling Hip Flexor Stretch</u>	1	2 Min.	-	-	-

WEEK 4

DAY 2

FULLBODY

EXERCISE	SETS	REPS	REST	PERCENTAGE	RPE
A1. <u>Barbell Overhead Press</u>	2	5	1 Minute	75%	4
A2. <u>Supine Bench PVC Pipe Mobility (X:5:X)</u>	3	5	-	-	-
A1. <u>Barbell Deadlift</u>	2	5	1 Minute	75%	4
A2. <u>Hip Circle Glute Birdges (X:5:X)</u> or <u>Single Leg Glute Bridge (X:3:X)</u>	3	5 5/side	-	-	-
B1. <u>Barbell Incline Bench Press (~45 Degrees)</u>	3	10	2 Minutes	55-60% + 10 lbs of Bench Max	9.5
B2. <u>Kettlebell Gorilla Row</u>	3	10/side	-	-	9
C1. <u>Landmine Curtsey Lunge</u>	3	10/side	1.5 Minutes	-	10
B2. <u>AbWheel Rollouts</u>	3	10	-	-	9.5
E. <u>Isolated Calf Release w/ Band</u> or <u>Foam Roll Latissumus dorsi</u>	1	15/side 2 m/side	-	-	-

WEEK 4

DAY 3

FULLBODY

EXERCISE	SETS	REPS	REST	PERCENTAGE	RPE
A1. <u>Barbell Front Squat</u>	3	10	2 Minutes	40% + 10lbs of Squat Max	9.5
A2. <u>Seated Hamstring Curls</u>	3	10	-	-	10
B1. Barbell Z-Press	3	10	2 Minutes	55% + 10lbs of OHP Max	9.5
B2. Heavy Chest Supported High Rows	3	12+	-	-	10
D1. <u>Seated Leg Extensions (X:1:3)</u>	3	10 +	1.5 Minutes	-	10
D2. <u>Eccentrinc GHR with PVC Pipe</u> or <u>Nordic Curls</u>	3	10	-	-	10
D1. <u>Standing Cable Chest Fly (Shoulder Height)</u>	3	12+	1.5 Minutes	-	10
D2. <u>EZ Bar Skull Crushers</u>	3	12+	-	-	10
E. Pick a mobility accessory	-	-	-	-	-

A woman with blonde hair tied back is performing a pull-up on a black metal bar. A male trainer in a green t-shirt is standing below her, with his hands on her back to provide support and form guidance. The background is a dimly lit gym with various pieces of equipment visible. The word "RESOURCES" is overlaid in white, bold, serif capital letters in the center of the image.

RESOURCES

Strength training becomes increasingly important as we age for several reasons:

Counteracting muscle loss: As we get older, we naturally experience a decline in muscle mass, known as sarcopenia. Strength training helps counteract this muscle loss by stimulating muscle protein synthesis and promoting muscle growth. Maintaining muscle mass is crucial for overall strength, mobility, and independence.

Increasing bone density: Strength training, particularly weight-bearing exercises, can help increase bone density and reduce the risk of osteoporosis and fractures. By subjecting the bones to controlled stress through resistance training, we stimulate bone remodeling and strengthen the skeletal system.

Enhancing functional abilities: Regular strength training improves functional abilities, making daily tasks easier to perform. It enhances muscular strength, power, and endurance, allowing individuals to maintain independence in activities such as carrying groceries, climbing stairs, and getting up from chairs or the floor.

Improving balance and stability: Strength training exercises that target the lower body and core muscles improve balance and stability. This is crucial for preventing falls and reducing the risk of injuries, which can have severe consequences for older adults.

Managing chronic conditions: Strength training has been shown to be beneficial for managing several chronic conditions commonly associated with aging, such as arthritis, diabetes, heart disease, and osteoporosis. It can help improve insulin sensitivity, reduce blood pressure, and alleviate symptoms of joint pain.

Boosting metabolism and weight management: Strength training increases muscle mass, which, in turn, increases our metabolic rate. This means that even at rest, we burn more calories. Regular strength training can contribute to weight management and help prevent age-related weight gain and the associated health risks.

Enhancing cognitive function: Strength training has positive effects on cognitive function and brain health. It has been linked to improved memory, attention, and executive functions in older adults. Exercise stimulates the release of growth factors and enhances blood flow to the brain, promoting overall brain health.

It's important to note that before starting any exercise program, especially as we get older, it's advisable to consult with a healthcare professional or certified trainer to ensure that the activities are safe and suitable for your specific health condition and fitness level.

Hydration is important to strength training for several reasons:

1. **Optimal muscle function:** Adequate hydration helps maintain proper muscle function during strength training exercises. Water enables the transport of nutrients and oxygen to muscles, facilitating their contraction and maximizing performance.
2. **Energy production:** Hydration is essential for energy production during strength training. Water is involved in the process of converting food into energy. Dehydration can lead to a decrease in energy levels, reducing the intensity, and effectiveness of strength training workouts.
3. **Joint lubrication and cushioning:** Proper hydration helps to lubricate and cushion the joints. This is particularly important during strength training as it places stress on the joints. Sufficient hydration ensures the joints can move smoothly, reducing the risk of injury and allowing for optimal form and technique.
4. **Temperature regulation:** Intense strength training can raise body temperature, leading to sweating and an increased risk of dehydration. Adequate hydration helps regulate body temperature by allowing for efficient sweating and maintaining a stable internal body temperature.
5. **Recovery and muscle repair:** Hydration plays a crucial role in post-workout recovery and muscle repair. After strength training, the body requires water to help remove metabolic waste and toxins, as well as deliver nutrients to the muscles for repair and growth.

Overall, staying properly hydrated before, during, and after strength training promotes optimal performance, reduces the risk of injury, and supports recovery.

Aim for half your bodyweight in ounces of water per day.

FOUNDATIONAL MOVEMENTS

How to Hinge

A specific movement pattern that primarily involves flexion and extension at the hips while maintaining a stable spine. It is a fundamental movement pattern that targets the posterior chain muscles, including the glutes, hamstrings, and lower back.

How to Squat

A foundational compound exercise that targets multiple muscle groups, including the quadriceps, hamstrings, glutes, and core, by bending the knees and hips to lower the body towards the ground and then driving through the heels to return to a standing position, promoting lower body strength, power, and overall functional fitness.

How to Bench

Effective exercise for developing upper body strength, particularly in the chest, shoulders, and triceps. It's crucial to use proper form, warm up adequately, and ensure safe and effective execution of the exercise.

How to Plank

Incorporating planks into your fitness routine can help strengthen your core muscles, improve posture, and enhance overall stability. This is a skill that is incorporated into bracing for compound lifts.

How to do a Push-Up

By establishing a solid base of strength, stability, and technique through push-ups you can enhance your performance and safety when eventually transitioning to bench pressing.

10	COULD NOT DO MORE REPS OR LIFT MORE WEIGHT
9.5	COULD NOT DO MORE REPS, BUT COULD LIFT SLIGHTLY MORE WEIGHT
9	COULD DO 1 MORE REP
8.5	COULD DEFINITELY DO 1 MORE REP, POSSIBLY 2
8	COULD DO 2 MORE REPS
7.5	COULD DEFINITELY DO 2 MORE REPS, POSSIBLY 3
7	COULD DO 3 MORE REPS
5-6	COULD DO 4-TO-5 MORE REPS
1-4	VERY LIGHT TO LIGHT EFFORT
0	RESTING