

Dave Tate



Strong(er) Workout

Phase 2

THE STRONG(ER) WORKOUT

PHASE 2

Serious training for non-competitive athletes

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Introduction

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BECOMING A STRONG(ER) ATHLETE

A Strong(er) Athlete is an exceptional athlete, yet, of a different kind than the typical competitive sports participant. Unlike the person that trains rigorously to excel in one or two events, the goals of Strong(er) Athletes are to achieve overall strength and health to the best of their ability.

Achieving these goals requires an entirely different training regimen, not a powerlifting or bodybuilding program, but one that enhances total strength and health through specific exercise and diet.

Training for competitive sports is a point in which training for health and fitness no longer is the prime objective. A complete, well-rounded program, for example, covers all areas—from cardiovascular and strength development to flexibility, mobility, nutrition and beyond. By contrast, a competitive sport such as powerlifting requires the development of maximum strength above all other areas in order to become a champion. Sport-specific training can significantly neglect other areas of training to achieve its desired outcome.

The question then becomes, what happens when overall strength and health becomes the main purpose and goal? In other words, what does one do when they no longer have the need to excel 100 percent at one specific attribute, but rather, develop all areas at the highest level possible?

This is where the Strong(er) workout comes into play. The Strong(er) Athlete will sacrifice a studied depth in training to achieve an optimum and well-rounded breadth.

Training to be your absolute best in a sport takes years of consistent, regulated training, including great sacrifices that are hard to understand unless you have been there and lived the life. There are serious commitments of time, money and lifestyle to be made if one wishes to win in the competitive sports arena.

My own experience includes more than 20 years of training for competitive strength sports — including both powerlifting and bodybuilding. Since strength always was my first love, however, powerlifting became my sport specialty and my training and competing reign lasted over two decades. Since the age of 13, I have logged more than 10,000 hours of gym training and an equal amount in the training of others. I have written hundreds of articles and four books on the subject, while having spent countless hours advising and counseling athletes, coaches and trainers to achieve outstanding results with their programs. To say that I have lived my life “Under The Bar” would be a vast understatement.

Strong(er) Athletes might be those who no longer wish to devote 100 percent focus into one single training discipline or sport. Others might be serious trainers who wish to maintain their hard-won abilities at the highest level, but simply no longer wish to compete.

Rather than setting goals to beat others in competition, the Strong(er) Athlete wants to accomplish the goals he has set for himself. To that end, I have brought my extensive training background to bear on a 52-week program to help the Strong(er) Athlete develop all aspects of individual fitness.

Each phase of the Strong(er) Workout program builds on previously achieved goals and focuses primarily on physical preparedness, maximum strength development, dynamic strength development, muscle gain and fat loss.

The Strong(er) Workout is not a beginner’s exercise program. A consistent background of at least three to five years — with a proven training program — is recommended before undertaking the Strong(er) Workout.

7 This program assumes that you have a solid base of training fundamentals and good exercise technique. You must have a strong desire to train, and, at times, train extremely hard. In other words, you need to have Extraordinary Resolve to reach this level.

The Strong(er) Workout will test you both physically and mentally, but the gains will be great. In the end, you will be one of the few who possess EXTRAORDINARY RESOLVE.

If you want to make this commitment, then let’s begin: Welcome to the Strong(er) Workout.

Transfer to Strength Phase

2.1



plates away,
if location
is a unorganized
TARGET.
is not more
lock
this not
today

THE TRANSFER TO STRENGTH PHASE

The purpose of this phase is to begin the process of converting your training to a pure strength program. Phase 1 was constructed and designed to ready your level of preparation for pure strength work. This does not come without a price. During Phase 1, your strength levels may drop because of the focus on muscular balance, GPP, and muscular development. If this was done correctly, your ability to lift sub-maximal loads for multiple sets will have diminished. The first part of Phase 2.1 is designed to bring this ability back. If you're jumping into this without having gone through Phase 1, you will NOT be able to make it through Phase 2.1. My first suggestion to you is to go back and complete Phase 1 first, as all these phases are linked together. If this is not an option, then jump straight to Phase 2.2.

Parameters

Rest Periods: Unless otherwise noted, rest between 60-120 seconds between sets. If you feel you need more, don't exceed 3 minutes.

Cardio: Reduce to 3 times per week for 20 minutes at a moderate pace.

Warm-up Sets: Only work sets are listed. Do as many or as few warm-up sets as you need.

Diet: This is a FREE phase with diet. This is IMPORTANT. While there are no specific dieting guidelines, there are some things to keep in check.

You need to maintain a positive calorie balance. You SHOULD NOT lose weight on this phase. In truth, I would like to see you gain some weight and go up a couple of percentage points in body fat. The main purpose of this phase is to build maximal strength, and you will need ALL the recovery you can get. By keeping calories high we can ensure that your nutritional needs are being met. This will also give you a break from dieting all year round.

Here are some simple rules:

1. **Eat every 3-4 hours.**
2. **Keep protein around 1 gram per pound of body weight, divided evenly across all meals.**
3. **Have some healthy fats with each meal.**
4. **Drink as much water as you can.**
5. **Eat junk food in moderation.**

STRONG(ER) PROGRAM 2.1

**See exercise selection guide at end of program.*

WEEK 1

DAY 1- MAX EFFORT (ME) LOWER BODY

1. **ME Movement:** work up to your best single, selecting movement from list below. Use this movement for week 1-5 ME Lower Body workouts.
2. **Hamstrings:** 3 sets 8 reps (shy of failure), selecting one movement from list below.
3. **Vertical Pulling:** 3 sets 10 reps (shy of failure). Select from list below and change movement every week.
4. **Ab Work:** 4 sets 8-10 reps (to failure). Select from list below and keep the same every week.
5. **Lower Back:** 3 sets 8-15 (shy of failure). Select from list below and keep the same every week.
6. **Extra Movement:** 3 sets 10-15 (shy of failure). Select from below and change as you wish.

WEEK 1

DAY 2 - ME UPPER BODY

- 1. ME Movement:** work up to your best single. Select movement from list below, and use for week 1-5 ME Upper Body Workouts.
- 2. Triceps Extension Movement:** 2 sets 8 reps (to failure). Select from list below and change every two weeks.
- 3. Rowing Movement:** 3 sets 8 reps (shy of failure). Select from list below and change every week
- 4. Rear Delts:** 3 sets 12 reps (shy of failure). Select from list below and keep the same on all weeks.

WEEK 1

DAY 3 - DE LOWER BODY

- 1. DE Movement:** 10 sets 2 reps at 50% with 60 seconds rest (or whatever weight you can do 10-15 reps with). Select from list below, and keep the same for entire cycle. WORK WITH PERFECT TECHNIQUE
- 2. Deadlifts:** 5 sets 1 rep using 50%
- 3. Ab Work:** 3 sets 15-20 reps (explosive and shy of failure). Select from list below and change every week
- 4. Lower Back:** 3 sets 6-8 reps (to failure). Select from list below (if good mornings are used, slow tempo way down and use very strict form).

WEEK 2

DAY 1 - DE UPPER BODY

- 1. DE Movement:** 8 sets 3 reps with 50%, using 45 second rest periods and three different grips (Wide - forefinger on rings, Medium - little finger on the rings, Close - thumb on the smooth).
- 2. Triceps Pressing Movement:** 1 set 5 reps (shy of failure). Select from list and keep same.
- 3. Extra Work:** 3 sets 8 reps. Select two movements from list below and change every week.

WEEK 2

DAY 2 - ME LOWER BODY

- 1. ME Movement:** work up to your best set of 3 reps (should be close to what you did last time for 1 rep).
- 2. Hamstrings:** 4 sets 8 reps (shy of failure). Use same movement as last week and increase the weight.
- 3. Vertical Pulling:** 3 sets 10 reps (shy of failure). Select from list below and change movement every week.
- 4. Ab Training:** 4 sets 8-10 reps (to failure). Select from list below and keep the same every week.
- 5. Lower Back:** 3 sets 8-15 reps (shy of failure). Select from list below and keep the same every week.
- 6. Extra Movement:** 3 sets 10-15 reps (shy of failure). Select from below and change as you wish.

WEEK 2

DAY 3 - ME UPPER BODY

- 1. ME Movement:** work up to your best single. Select movement from list below and use for week 1-5 ME Upper Body Workouts.
- 2. Triceps Extension Movement:** 3 sets 8 reps (to failure). Select from list below and change every two weeks.
- 3. Rowing Movement:** 3 sets 8 reps (shy of failure). Select from list below and change every week.
- 4. Rear Delts:** 3 sets 12 reps (shy of failure). Select from list below and keep the same on all weeks.

WEEK 3

DAY 1 - DE LOWER BODY

- 1. DE Movement:** 12 sets 2 reps at 50% with 60 seconds rest (or whatever what you can do 10-15 reps with). Select from list below and keep the same for entire cycle. **WORK WITH PERFECT TECHNIQUE**
- 2. Deadlifts:** 7 sets 1 rep using 50%.
- 3. Ab Work:** 3 sets 15-20 reps (explosive and shy of failure). select from list below, and change every week.
- 4. Lower Back:** 3 sets 6-8 reps (to failure). Select from list below (if good mornings are used, slow tempo way down and use very strict form).

WEEK 3

DAY 2 - DE UPPER BODY

- 1. DE Movement:** 8 sets 3 reps with 50%, using 45 second rest periods and three different grips (Wide - forefinger on rings, Medium - little finger on the rings, Close - thumb on the smooth).
- 2. Triceps Pressing Movement:** 2 sets 5 reps (shy of failure). Select from list and keep same.
- 3. Extra Work:** 3 sets 8 reps. Select two movements from list below and change every week.

WEEK 3

DAY 3 - ME LOWER BODY

- 1. ME Movement:** work up to your best set of 5 reps (should be close to or more than what you did last time for a single).
- 2. Hamstrings:** 3 sets 8 reps (to failure). Change movement to new one from list.
- 3. Vertical Pulling:** 3 sets 10 reps (shy of failure). Select from list below and change movement every week.
- 4. Ab Training:** 4 sets 8-10 reps (to failure). Select from list below and keep the same every week..
- 5. Lower Back:** 3 sets 8-15 (shy of failure). Select from list below and keep the same every week.
- 6. Extra Movement:** 3 sets 10-15 (shy of failure). Select from below and change as you wish.

WEEK 4

DAY 1 - ME UPPER BODY

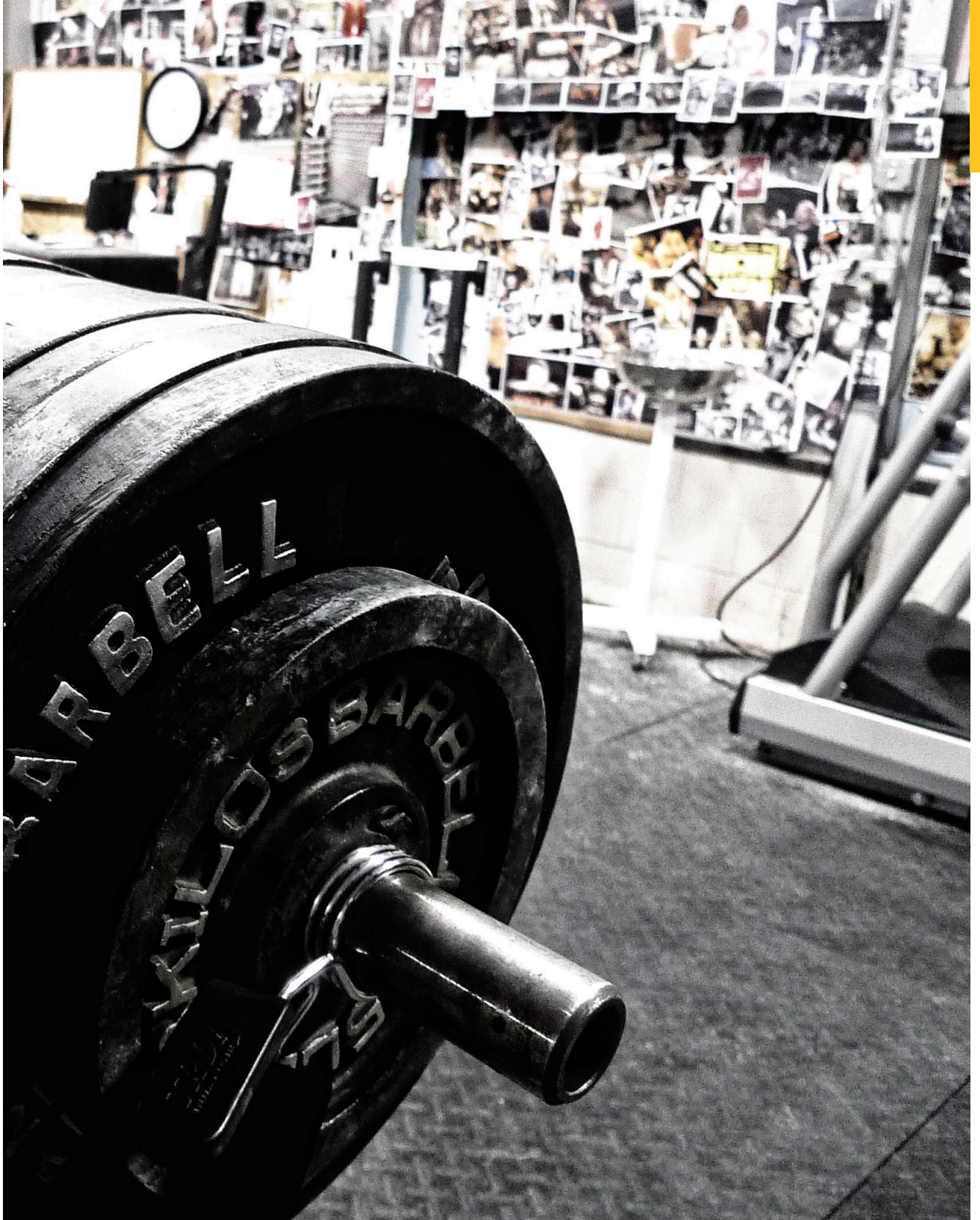
- 1. ME Movement:** work up to your best single. Select movement from list below and use for week 1-5 ME Upper Body Workouts.
- 2. Triceps Extension Movement:** 3 sets 8 reps (to failure). Select from list below and change every two weeks.
- 3. Rowing Movement:** 3 sets 8 reps (shy of failure). Select from list below and change every week.
- 4. Rear Delts:** 3 sets 12 reps (shy of failure). Select from list below and keep the same on all weeks.

WEEK 4

DAY 2 - DE LOWER BODY

- 1. DE Movement:** 14 sets 2 reps at 50% with 60 seconds rest (or whatever what you can do 10-15 reps with). Select from list below and keep the same for entire cycle. WORK WITH PERFECT TECHNIQUE
- 2. NO DEADLIFTS TODAY.**
- 3. Ab Work:** 3 sets 15-20 reps (explosive and shy of failure). select from list below, and change every week.
- 4. Lower Back:** 3 sets 6-8 reps (to failure). Select from list below (if good mornings are used, slow tempo way down and use very strict form).





WEEK 4

DAY 3 - DE UPPER BODY

- 1. DE Movement:** 8 sets 3 reps with 50%, using 45 second rest periods and three different grips (Wide - forefinger on rings, Medium - little finger on the rings, Close - thumb on the smooth).
- 2. Triceps Pressing Movement:** 1 sets 3 reps (shy of failure). Select from list and keep same.
- 3. Extra Work:** 3 sets 8 reps. Select two movements from list below and change every week.

WEEK 5

DAY 1 - ME LOWER BODY

- 1. ME Movement:** work up to your best one rep max
- 2. Hamstrings:** 4 sets 8 reps (to failure). Stay with same movement as last week and increase weight.
- 3. Vertical Pulling:** 3 sets 10 reps (shy of failure). Select from list below and change movement every week.
- 4. Ab Training:** 4 sets 8-10 reps (to failure). Select from list below and keep the same every week.
- 5. Lower Back:** 3 sets 8-15 reps (shy of failure). Select from list below and keep the same every week.
- 6. Extra Movement:** 3 sets 10-15 reps (shy of failure). Select from below and change as you wish.

WEEK 5

DAY 2 - ME UPPER BODY

- 1. ME Movement:** work up to your best single. Select movement from list below and use for week 1-5 ME Upper Body Workouts.
- 2. Triceps Extension Movement:** 4 sets 8 reps (to failure). Select from list below and change every two weeks.
- 3. Rowing Movement:** 3 sets 8 reps (shy of failure). Select from list below and change every week.
- 4. Rear Delts:** 3 sets 12 reps (shy of failure). Select from list below and keep the same on all weeks.

WEEK 5

DAY 3 - DE LOWER BODY

- 1. DE Movement:** 16 sets 2 reps at 50% with 60 seconds rest (or whatever what you can do 10-15 reps with). Select from list below and keep the same for entire cycle. WORK WITH PERFECT TECHNIQUE
- 2. Deadlifts:** 8 sets 1 rep using 50%.
- 3. Ab Work:** 3 sets 15-20 reps (explosive and shy of failure). select from list below, and change every week.
- 4. Lower Back:** 3 sets 6-8 reps (to failure). Select from list below (if good mornings are used, slow tempo way down and use very strict form).

LOWER BODY DAY MOVEMENT SELECTION GUIDE

ME LOWER BODY MOVEMENTS

- Safety Bar Box Squats
- Cambered Bar Box Squats
- Close Stance Box Squats
- Manta Ray Box Squats
- Trap Bar Deadlifts
- Belt Squats
- Close Stance Front Squats
- Close Stance Front Box Squats

DE LOWER BODY MOVEMENTS

- Box Squats
- Box Squats with Safety Squat Bar
- Box Squats with Cambered Squat Bar
- Box Squats with Buffalo Bar
- Box Squats with Spider Bar

LOWER BODY DAY MOVEMENT SELECTION GUIDE

HAMSTRINGS

- Stiff-Leg Deadlifts
- Glute-Ham Raises
- Leg Press with Feet high and wide
- Romanian Deadlifts
- Pull-Throughs
- Dumbbell Stiff-Legs
- Dimel Deadlifts

VERTICAL PULLING*

- Wide Grip Pulldowns
- Close Grip Pulldowns
- Chins
- Close Grip Chins
- Any Machine Pulldowns

*You can use different grips and bars for these movements.

LOWER BODY DAY MOVEMENT SELECTION GUIDE

AB TRAINING (needs to be weighted or very hard)

- Hanging Leg Raises
- Pulldown Abs
- Lying Leg Raises (with chains or dumbbell between feet)
- Weighed Ab Bench Sit-ups
- Seated Zerchers
- Zercher Squats

LOWER BACK

- Reverse Hypers
- 45-Degree Back Raises
- Strict Good Mornings
- Pull-Throughs

EXTRA MOVEMENTS*

- Leg Presses
- Hack Squats
- Lunges
- Leg Curls

*This entails virtually any leg movement.

UPPER BODY DAY MOVEMENT SELECTION GUIDE

ME MOVEMENT*

- Floor Press
- One Board Pres
- Two Board Press
- Reverse Band Press w/ Average Bands
- Close Grip Bench Press
- Close Grip Incline Press
- Low Pin Presses (3-6 inches off chest)
- Close Grip Decline Press

*You can add chains or bands to any of these.

DE MOVEMENT*

Bench Press

*Alternatives can be one board press or floor press.

UPPER BODY DAY MOVEMENT SELECTION GUIDE

TRICEPS EXTENSIONS MOVEMENT

- JM press
- Dumbbell JM Press
- JM Press on Smith Machine
- Dumbbell Extensions on Floor
- Dumbbell Extensions on Flat Bench
- Dumbbell Extensions on Decline Bench
- Cable Extensions on Flat Bench
- Elbows Out Extensions (Tate Press) on Flat Bench
- Elbows Out Extensions (Tate Press) on Incline Bench

TRICEPS PRESSING MOVEMENT

- Close Grip 3-Board Press
- Close Grip 4-Board Press
- Close Grip High Pin Press
- Close Grip Bench Press
- Close Grip Suspended Chain Press

UPPER BODY DAY MOVEMENT SELECTION GUIDE

ROWING MOVEMENT

- Chest Supported Row
- Barbell Rows
- Dumbbell Rows
- Any Machine Rows

REAR DELTS

- Dumbbell Cleans
- Face Pulls
- Bent Over Dumbbell Raises
- Chest Supported Dumbbell Raises

UPPER BODY EXTRA

- Any Type of Rowing Movement
- Any Type of Pulldown Movement
- Any Type of Hammer Curl
- Any Type of Pushdown
- Any Type of Front Raise
- Any Type of Side Raise

Maximal Strength Phase

2.2



STRONG(ER) PROGRAM 2.2

THE MAXIMAL STRENGTH PHASE

This is the 4-day-per-week strength period that all other phases to this point have been designed for. **DO NOT** add anything to these sessions! Just do what's listed.

WEEK 6

DAY 1 - DE UPPER BODY

1. DE Movement: deload, no pressing.

2. Triceps Pressing Movement*: 4 sets 5 reps (shy of failure)

***Change movement every week. See list for exercise selection.**

3. Extra Work*: 3 sets 8 reps

***Select two movements from list below and change every week .**

DAY 2 - ME LOWER BODY

1. ME Movement*: work up to your best one rep max, then drop to 75% (of the max you just set) for 2 sets of 5 reps.

*Change movement every week. See list for exercise selection.

2. Hamstrings: 4 sets 6 reps (to failure)

*Change movement every week. See list for exercise selection.

3. Vertical Pulling*: 3 sets 6 reps (shy of failure)

*Change movement every week. See list for exercise selection.

4. Ab Training*: 4 sets 6-8 reps (to failure)

*Change movement every week. See list for exercise selection.

5. Lower Back*: 3 sets 8-10 reps (shy of failure)

*Select from list below and keep the same every week.

6. Extra Movement*: 3 sets 8-10 reps (shy of failure)

*Select from below and change as you wish.

WEEK 6

DAY 3 - ME UPPER BODY

1. ME Movement*: work up to your best single, then drop to 75% (of the max you just set) for 2 sets of 5 reps.

*Change movement every week. See list for exercise selection.

2. Triceps Extension Movement*: 4 sets 6 reps (to failure)

*Change movement every week. See list for exercise selection.

3. Rowing Movement*: 3 sets 6 reps (shy of failure)

*Change movement every week. See list for exercise selection.

4. Rear Delts*: 3 sets 8 reps (shy of failure)

*Change movement every week. See list for exercise selection.

DAY 4 - DE LOWER BODY

- 1. DE Movement:** deload, no sets today.
- 2. Deadlifts:** deload, no sets today.
- 3. Ab Work:** 3 sets 10 reps (explosive and shy of failure)
*Change movement every week. See list for exercise selection.
- 4. Lower Back:** 3 sets 6-8 reps (to failure)
*Change movement every week. See list for exercise selection.

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This phase is designed for recovery and restoration. PLEASE note you will NOT lose size or strength on this phase. In fact – it will prime you for greater gains in the next phase. Take this time to RELAX, give your body and mind a break. This phase will help you to recover from the last as well as deload your training for optimal future gains.

WEEK 7

DAY 1 - DE UPPER BODY

1. DE Movement: Bench Press – 8 sets 3 reps using bands or chains. The easiest way to do this is to drop the bar weight to 40% and add as much chain or band as you need to match the same bar speed you would have at 50% when using straight weight. DO NOT over-think this.

2. Triceps Pressing Movement*: 4 set 5 reps (shy of failure)

*Change movement every week. See list below for exercise selection.

3. Extra Work: 3 sets 8 reps

*Select two movements from list below and change every week 1.

DAY 2 - ME LOWER BODY

1. ME Movement*: work up to your best one rep max, then drop to 78% (of the max you just set) for 1 sets of 5 reps.

*Change movement every week. See list for exercise selection.

2. Hamstrings: 4 sets 6 reps (to failure)

*Change movement every week. See list for exercise selection.

3. Vertical Pulling*: 3 sets 6 reps (shy of failure)

*Change movement every week. See list for exercise selection.

4. Ab Training*: 4 sets 6-8 reps (to failure)

*Change movement every week. See list for exercise selection.

5. Lower Back*: 3 sets 8-10 reps (shy of failure)

*Select from list below and keep the same every week.

6. Extra Movement*: 3 sets 8-10 reps (shy of failure)

*Select from below and change as you wish.

WEEK 7

DAY 3 - ME UPPER BODY

1. ME Movement*: work up to your best single, then drop to 78% (of the max you just set) for 1 sets of 5 reps.

*Change movement every week. See list for exercise selection.

2. Triceps Extension Movement*: 4 sets 6 reps (to failure)

*Change movement every week. See list for exercise selection.

3. Rowing Movement*: 3 sets 6 reps (shy of failure)

*Change movement every week. See list for exercise selection.

4. Rear Delts*: 3 sets 8 reps (shy of failure)

*Change movement every week. See list for exercise selection.

DAY 4 - DE LOWER BODY

1. DE Movement: Box Squats – 8 sets 2 reps with 50% using bands or chains. The easiest way to do this is to drop the bar weight to 40% and add as much chain or band as you need to match the same bar speed you would have at 50% when using straight weight. DO NOT over-think this.

2. Deadlifts: 5 sets 1 rep with 50%

3. Ab Work: 3 sets 10 reps (explosive and shy of failure)

*Change movement every week. See list below for exercise selection.

4. Lower Back: 3 sets 6-8 (to failure)

*Change movement every week. See list below for exercise selection.

WEEK 8

DAY 1 - DE UPPER BODY

1. DE Movement: Bench Press – 8 sets 3 reps using bands or chains. The easiest way to do this is to drop the bar weight to 40% and add as much chain or band as you need to match the same bar speed you would have at 50% when using straight weight. DO NOT over-think this.

2. Triceps Pressing Movement*: 3 set 5 reps (shy of failure)

*Change movement every week. See list below for exercise selection.

3. Extra Work: 2 sets 8 reps

*Select two movements from list below and change every week

DAY 2 - ME LOWER BODY

1. ME Movement*: work up to your best one rep max, then drop to 80% (of the max you just set) for 2 sets of 3 reps.

*Change movement every week. See list for exercise selection.

2. Hamstrings: 3 sets 6 reps (to failure)

*Change movement every week. See list for exercise selection.

3. Vertical Pulling*: 2 sets 6 reps (shy of failure)

*Change movement every week. See list for exercise selection.

4. Ab Training*: 3 sets 6-8 reps (to failure)

*Change movement every week. See list for exercise selection.

5. Lower Back*: 2 sets 8-10 reps (shy of failure)

*Select from list below and keep the same every week.

6. Extra Movement*: 2 sets 8-10 reps (shy of failure)

*Select from below and change as you wish.

WEEK 8

DAY 3 - ME UPPER BODY

1. ME Movement*: work up to your best single, then drop to 80% (of the max you just set) for 2 sets of 3 reps.

*Change movement every week. See list for exercise selection.

2. Triceps Extension Movement*: 3 sets 6 reps (to failure)

*Change movement every week. See list for exercise selection.

3. Rowing Movement*: 2 sets 6 reps (shy of failure)

*Change movement every week. See list for exercise selection.

4. Rear Delts*: 2 sets 8 reps (shy of failure)

*Change movement every week. See list for exercise selection.

DAY 4 - DE LOWER BODY

1. DE Movement: Box Squats – 8 sets 2 reps with 50% using bands or chains. The easiest way to do this is to drop the bar weight to 40% and add as much chain or band as you need to match the same bar speed you would have at 50% when using straight weight. DO NOT over-think this. *ADD 3% MORE BARBELL WEIGHT TO WHAT YOU USED LAST WEEK.

2. Deadlifts: 5 sets 1 rep with 54%

3. Ab Work: 3 sets 10 reps (explosive and shy of failure)

*Change movement every week. See list below for exercise selection.

4. Lower Back: 3 sets 6-8 (to failure)

*Change movement every week. See list below for exercise selection.

WEEK 9

DAY 1 - DE UPPER BODY

1. DE Movement: Bench Press – 8 sets 3 reps using bands or chains. The easiest way to do this is to drop the bar weight to 40% and add as much chain or band as you need to match the same bar speed you would have at 50% when using straight weight. DO NOT over-think this.

2. Triceps Pressing Movement*: 2 set 5 reps (shy of failure)

*Change movement every week. See list below for exercise selection.

3. Extra Work: 2 sets 8 reps

*Select two movements from list below and change every week.

DAY 2 - ME LOWER BODY

1. ME Movement*: work up to your best one rep max, then drop to 82% (of the max you just set) for 3 sets of 1 rep.

*Change movement every week. See list for exercise selection.

2. Hamstrings: 2 sets 6 reps (to failure)

*Change movement every week. See list for exercise selection.

3. Vertical Pulling*: 1 sets 6 reps (shy of failure)

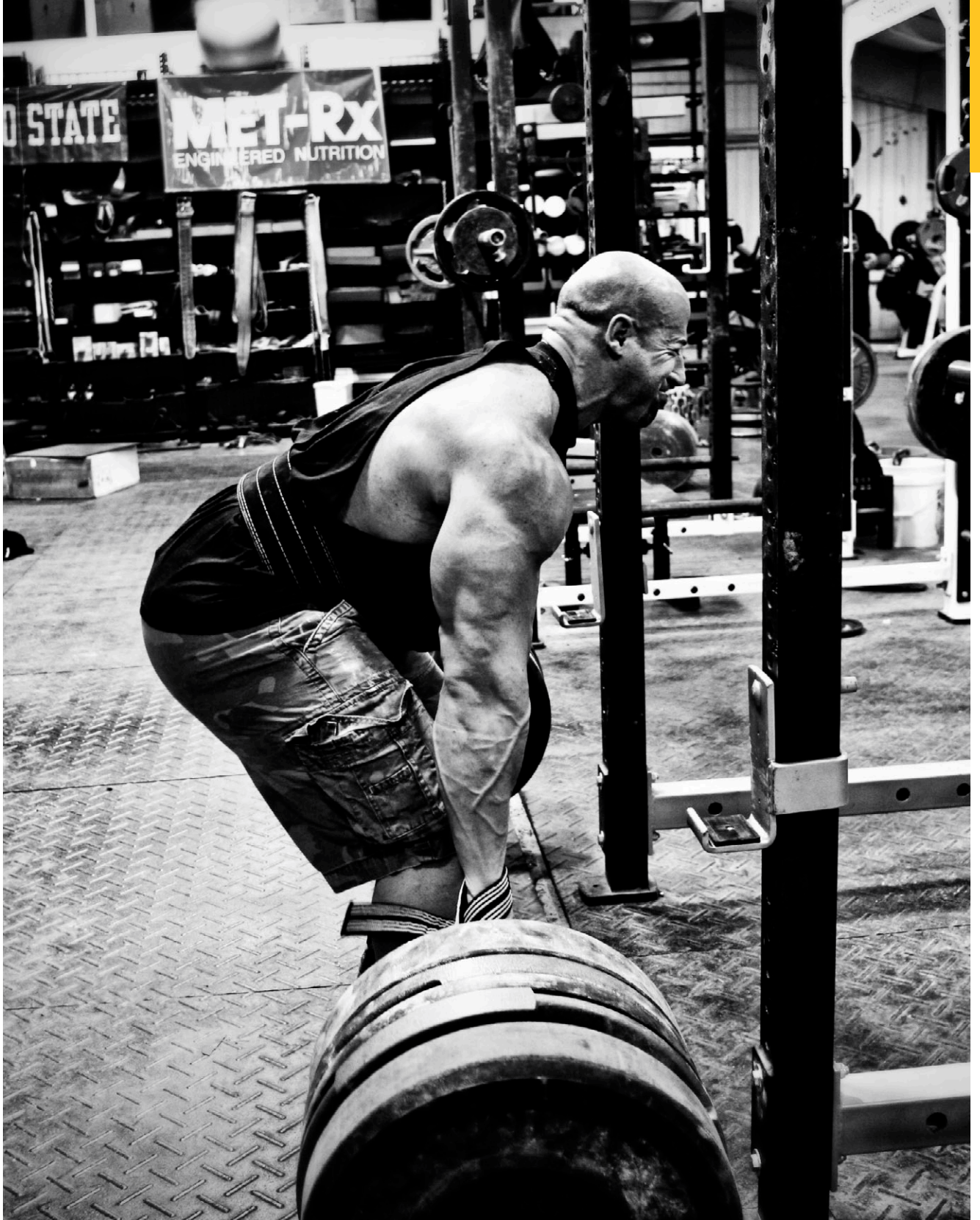
*Change movement every week. See list for exercise selection.

4. Ab Training*: 2 sets 6-8 reps (to failure)

*Change movement every week. See list for exercise selection.

5. Lower Back*: 2 sets 8-10 reps (shy of failure)

*Select from list below and keep the same every week.



DAY 3 - ME UPPER BODY

1. ME Movement*: work up to your best single, then drop to 82% (of the max you just set) for 3 sets of 1 rep.

*Change movement every week. See list for exercise selection.

2. Triceps Extension Movement*: 2 sets 6 reps (to failure)

*Change movement every week. See list for exercise selection.

3. Rowing Movement*: 2 sets 6 reps (shy of failure)

*Change movement every week. See list for exercise selection.

4. Rear Delts*: 2 sets 8 reps (shy of failure)

*Change movement every week. See list for exercise selection.

WEEK 9

DAY 4 - DE LOWER BODY

1. DE Movement: Box Squats – 8 sets 2 reps with 50% using bands or chains. The easiest way to do this is to drop the bar weight to 40% and add as much chain or band as you need to match the same bar speed you would have at 50% when using straight weight. DO NOT over-think this. *ADD 3% MORE BARBELL WEIGHT TO WHAT YOU USED LAST WEEK.

2. Deadlifts: 5 sets 1 rep with 56%

3. Ab Work: 2 sets 10 reps (explosive and shy of failure)

*Change movement every week. See list below for exercise selection.

4. Lower Back: 2 sets 6-8 (to failure)

*Change movement every week. See list below for exercise selection.

DAY 1 - DE UPPER BODY

1. DE Movement: Bench Press – 8 sets 3 reps using bands or chains. The easiest way to do this is to drop the bar weight to 40% and add as much chain or band as you need to match the same bar speed you would have at 50% when using straight weight. DO NOT over-think this.

2. Triceps Pressing Movement*: 2 set 5 reps (shy of failure)

*Change movement every week. See list below for exercise selection.

3. Extra Work: 2 sets 8 reps

*Select two movements from list below and change every week

WEEK 10

DAY 2 - ME LOWER BODY

1. ME Movement*: work up to your best one rep max, then drop to 86% (of the max you just set) for 2 sets of 1 rep.

*Change movement every week. See list for exercise selection.

2. Hamstrings: 2 sets 6 reps (to failure)

*Change movement every week. See list for exercise selection.

3. Vertical Pulling*: 1 sets 6 reps (shy of failure)

*Change movement every week. See list for exercise selection

DAY 3 - ME UPPER BODY

1. ME Movement*: work up to your best single, then drop to 86% (of the max you just set) for 2 sets of 1 rep.

*Change movement every week. See list for exercise selection.

2. Triceps Extension Movement*: 2 sets 6 reps (to failure)

*Change movement every week. See list for exercise selection.

3. Rowing Movement*: 2 sets 6 reps (shy of failure)

*Change movement every week. See list for exercise selection.

4. Rear Delts*: 2 sets 8 reps (shy of failure)

*Change movement every week. See list for exercise selection.

WEEK 10

DAY 4 - DE LOWER BODY

1. DE Movement: Box Squats – 8 sets 2 reps with 50% using bands or chains. The easiest way to do this is to drop the bar weight to 40% and add as much chain or band as you need to match the same bar speed you would have at 50% when using straight weight. DO NOT over-think this. *ADD 3% MORE BARBELL WEIGHT TO WHAT YOU USED LAST WEEK.

2. Deadlifts: 5 sets 1 rep with 58%

3. Ab Work: 2 sets 10 reps (explosive and shy of failure)

*Change movement every week. See list below for exercise selection.

4. Lower Back: 2 sets 6-8 (to failure)

*Change movement every week. See list below for exercise selection.

DAY 1 - DE UPPER BODY

1. DE Movement: Bench Press – 8 sets 3 reps using bands or chains. The easiest way to do this is to drop the bar weight to 40% and add as much chain or band as you need to match the same bar speed you would have at 50% when using straight weight. DO NOT over-think this.

2. Triceps Pressing Movement*: 2 set 5 reps (shy of failure)

*Change movement every week. See list below for exercise selection.

3. Extra Work: 2 sets 8 reps

*Select two movements from list below and change every week

WEEK 11

DAY 2 - ME LOWER BODY

1. ME Movement*: work up to your best one rep max, then drop to 88% (of the max you just set) for 2 sets of 1 rep.

*Change movement every week. See list for exercise selection.

2. Hamstrings: 2 sets 6 reps (to failure)

*Change movement every week. See list for exercise selection.

DAY 3 - ME UPPER BODY

1. ME Movement*: work up to your best single, then drop to 88% (of the max you just set) for 2 sets of 1 rep.

*Change movement every week. See list for exercise selection.

2. Triceps Extension Movement*: 2 sets 6 reps (to failure)

*Change movement every week. See list for exercise selection.

WEEK 11

DAY 4 - DE LOWER BODY

1. DE Movement: Box Squats – 8 sets 2 reps with 50% using bands or chains. The easiest way to do this is to drop the bar weight to 40% and add as much chain or band as you need to match the same bar speed you would have at 50% when using straight weight. DO NOT over-think this.

2. Deadlifts: 5 sets 1 rep with 60%

3. Ab Work: 2 sets 10 reps (explosive and shy of failure)

*Change movement every week. See list below for exercise selection.

4. Lower Back: 2 sets 6-8 (to failure)

*Change movement every week. See list below for exercise selection.

DAY 1 - DE UPPER BODY

- 1. DE Movement:** Bench Press – 8 sets 3 reps using bands or chains. The easiest way to do this is to drop the bar weight to 40% and add as much chain or band as you need to match the same bar speed you would have at 50% when using straight weight. DO NOT over-think this.

WEEK 12

DAY 2 - ME LOWER BODY

1. ME Movement*: work up to your best one rep max, then drop to 90% (of the max you just set) for 1 set of 1 rep.

*Change movement every week. See list for exercise selection.

2. Hamstrings: 2 sets 6 reps (to failure)

*Change movement every week. See list for exercise selection.

DAY 3 - ME UPPER BODY

1. ME Movement*: work up to your best single, then drop to 90% (of the max you just set) for 2 sets of 1 rep.

*Change movement every week. See list for exercise selection.

2. Triceps Extension Movement*: 2 sets 6 reps (to failure)

*Change movement every week. See list for exercise selection.

WEEK 12

DAY 4 - DE LOWER BODY

1. DE Movement: Box Squats – 8 sets 2 reps with 50% using bands or chains. The easiest way to do this is to drop the bar weight to 40% and add as much chain or band as you need to match the same bar speed you would have at 50% when using straight weight. DO NOT over-think this.

2. Deadlifts: 5 sets 1 rep with 50%

DAY 1 - DE UPPER BODY

- 1. DE Movement:** Bench Press – 8 sets 3 reps using bands or chains. The easiest way to do this is to drop the bar weight to 40% and add as much chain or band as you need to match the same bar speed you would have at 50% when using straight weight. DO NOT over-think this.

WEEK 13

DAY 2 - ME LOWER BODY

- 1. ME Movement:** work up to your best one rep max.

WEEK 13

DAY 3 - ME UPPER BODY

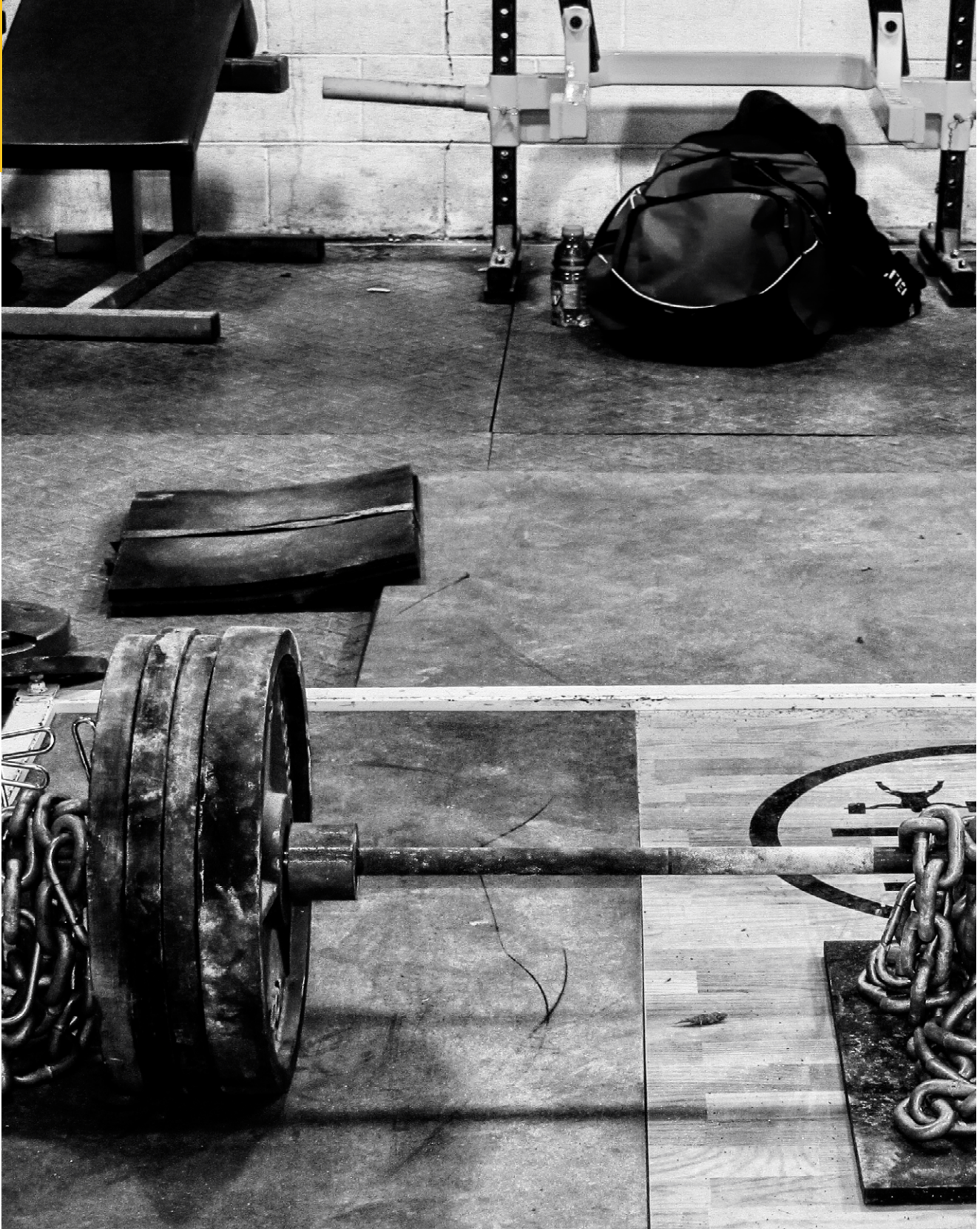
- 1. ME Movement:** work up to your best single.

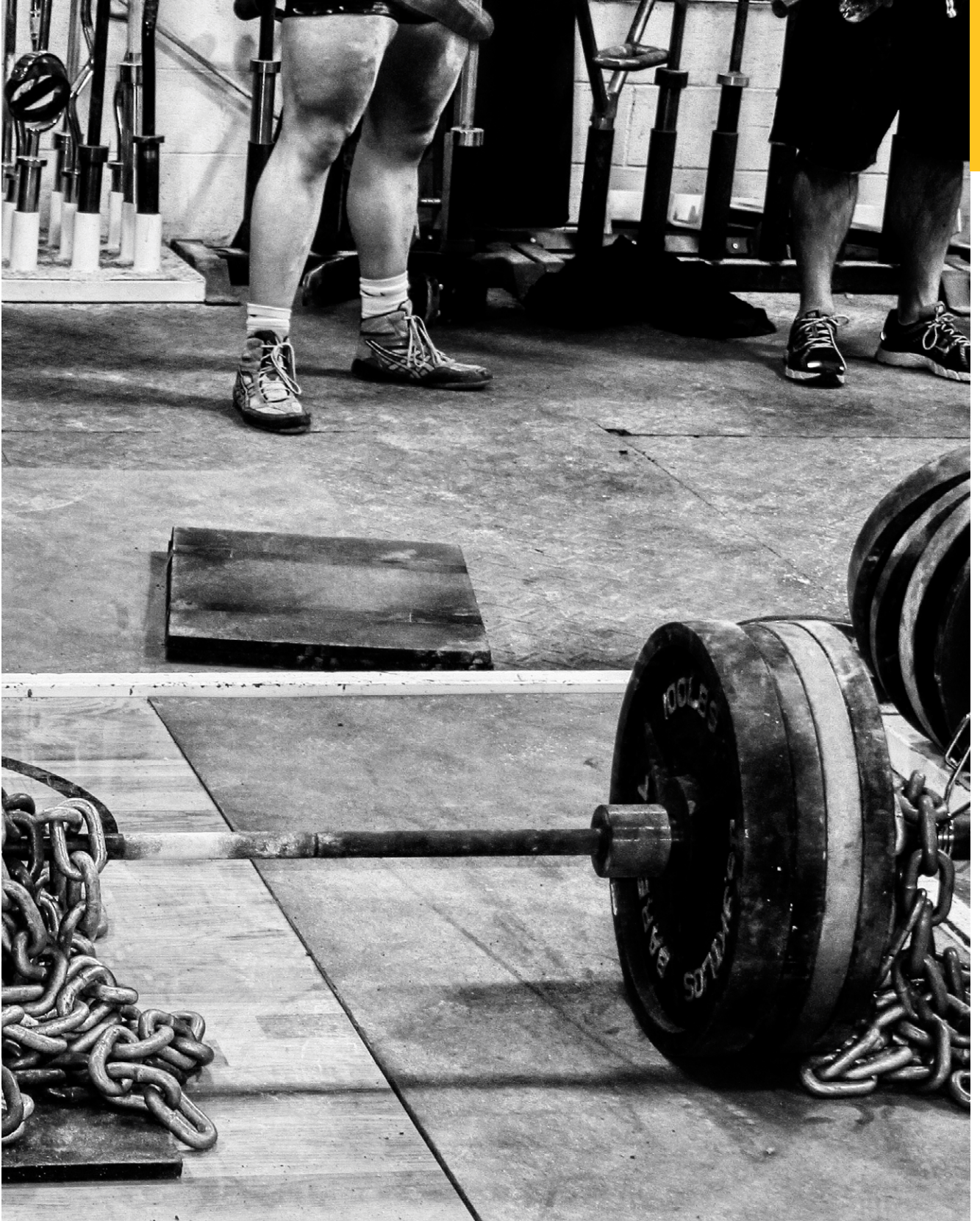
WEEK 13

DAY 4 - DE LOWER BODY

1. DE Movement: Box Squats – 8 sets 2 reps with 50% using bands or chains. The easiest way to do this is to drop the bar weight to 40% and add as much chain or band as you need to match the same bar speed you would have at 50% when using straight weight. DO NOT over-think this.

2. Deadlifts: 5 sets 1 rep with 50%





LOWER BODY DAY MOVEMENT SELECTION GUIDE

ME MOVEMENTS

- Box Squats
- Free Squats
- Safety Bar Box Squats
- Cambered Bar Box Squats
- Close Stance Box Squats
- Manta Ray Box Squats
- Trap Bar Deadlifts
- Belt Squats
- Close Stance Front Squats
- Close Stance Front Box Squats

LOWER BODY DAY MOVEMENT SELECTION GUIDE

DE LOWER BODY MOVEMENTS

- Box Squats
- Box Squats with Safety Squat Bar
- Box Squats with Cambered Squat Bar
- Box Squats with Buffalo Bar
- Box Squats with Spider Bar

LOWER BODY DAY MOVEMENT SELECTION GUIDE

HAMSTRINGS

- Stiff-Leg Deadlifts
- Glute-Ham Raises
- Leg Press with Feet high and wide
- Romanian Deadlifts
- Pull-Throughs
- Dumbbell Stiff-Legs
- Dimel Deadlifts

LOWER BODY DAY MOVEMENT SELECTION GUIDE

VERTICAL PULLING*

- Wide Grip Pulldowns
- Close Grip Pulldowns
- Chins
- Close Grip Chins
- Any Machine Pulldowns

*You can use different grips and bars for these movements.

LOWER BODY DAY MOVEMENT SELECTION GUIDE

LOWER BACK

- Reverse Hypers
- 45-Degree Back Raises
- Strict Good Mornings
- Pull-Throughs

LOWER BODY DAY MOVEMENT SELECTION GUIDE

EXTRA MOVEMENTS*

- Leg Presses
- Hack Squats
- Lunges
- Leg Curls

*You can use different grips and bars for these movements.

UPPER BODY DAY MOVEMENT SELECTION GUIDE

ME MOVEMENTS*

- Floor Press
- One Board Press
- Two Board Press
- Reverse Band Press w/ Average Bands
- Close Grip Bench Press
- Close Grip Incline Press
- Low Pin Presses (3-6 inches off chest)
- Close Grip Decline Press

*You can add chains or bands to any of these.

UPPER BODY DAY MOVEMENT SELECTION GUIDE

DE MOVEMENTS*

- Bench Press

*Alternatives can be one board press or floor press.

UPPER BODY DAY MOVEMENT SELECTION GUIDE

TRICEPS EXTENSIONS MOVEMENTS

- JM press
- Dumbbell JM Press
- JM Press on Smith Machine
- Dumbbell Extensions on Floor
- Dumbbell Extensions on Flat Bench
- Dumbbell Extensions on Decline Bench
- Cable Extensions on Flat Bench
- Elbows Out Extensions (Tate Press) on Flat Bench
- Elbows Out Extensions (Tate Press) on Incline Bench

UPPER BODY DAY MOVEMENT SELECTION GUIDE

TRICEPS PRESSING MOVEMENTS

- Close Grip 3-Board Press
- Close Grip 4-Board Press
- Close Grip High Pin Press
- Close Grip Bench Press
- Close Grip Suspended Chain Press

UPPER BODY DAY MOVEMENT SELECTION GUIDE

ROWING MOVEMENTS

- Chest Supported Row
- Barbell Rows
- Dumbbell Rows
- Any Machine Rows

UPPER BODY DAY MOVEMENT SELECTION GUIDE

REAR DELTS

- Dumbbell Cleans
- Face Pulls
- Bent Over Dumbbell Raises
- Chest Supported Dumbbell Raises

UPPER BODY DAY MOVEMENT SELECTION GUIDE

UPPER BODY EXTRA

- Any Type of Rowing Movement
- Any Type of Pulldown Movement
- Any Type of Hammer Curl
- Any Type of Pushdown
- Any Type of Front Raise
- Any Type of Side Raise

Recovery Phase

2.3

STRONG(ER) PROGRAM 2.3

THE RECOVERY PHASE

WEEK 14

ACTIVE RECOVERY (3 SESSIONS PER WEEK)*

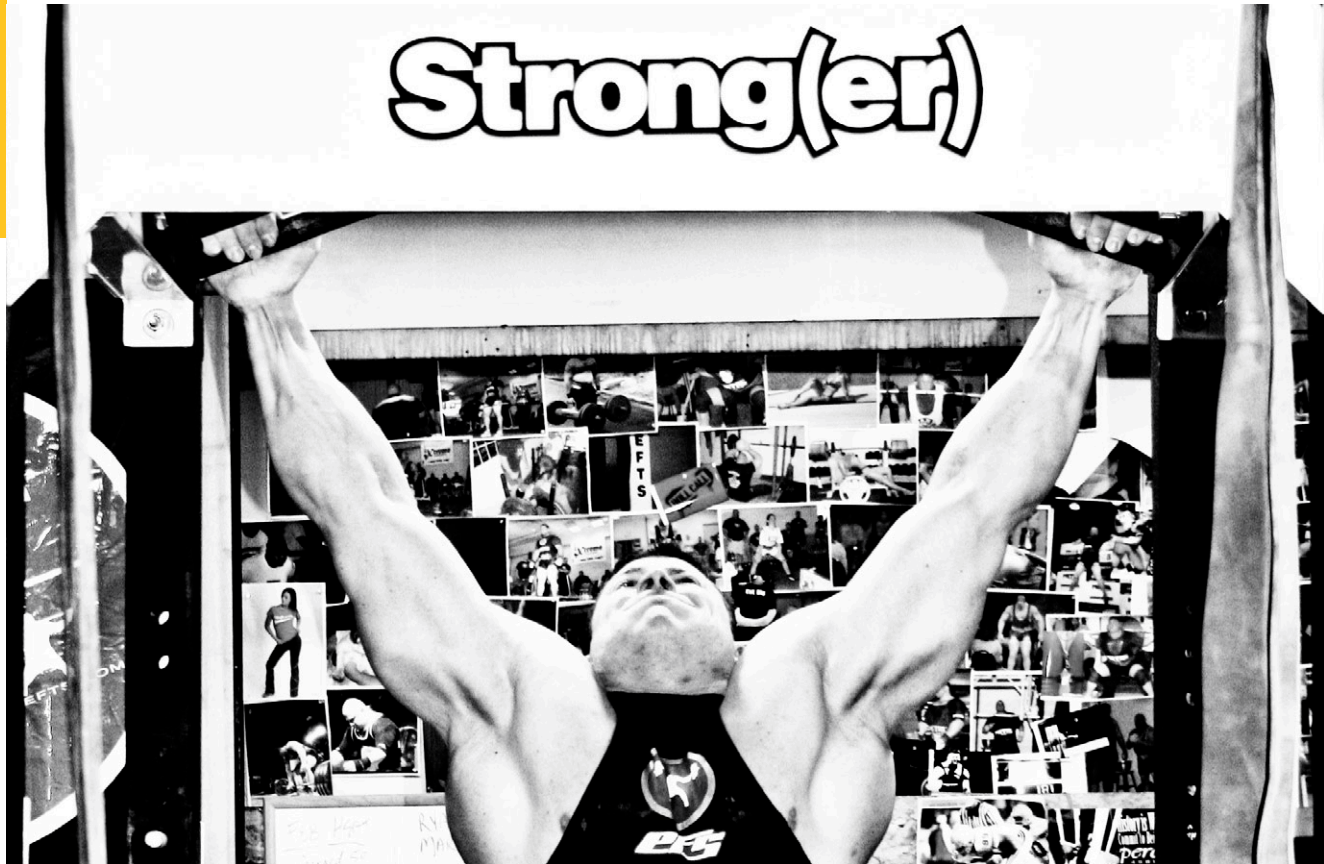
- Lat Pulldowns
- Close Stance Free Squat
- Dumbbell Presses
- Dumbbell Rows
- Dumbbell Curls
- Back Raises
- Stiff-Leg Deadlifts

*Perform circuit of one movement after the next with zero rest. The weight should be light enough to allow for 15 reps with a 2-3 count pause in the stretched position of each movement. Perform for 2 sets.



WEEK 15

TAKE THE ENTIRE WEEK OFF



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