

GROUP STRENGTH AND CONDITIONING



	DAY 1 MAX EFFORT LOWER	DAY 2 MAX EFFORT UPPER	DAY 3 AEROBIC POWER	DAY 4 DE LOWER	DAY 5 DE UPPER	DAY 6 TEAM OR GPP BASED
WEEK ONE	1) Trap Bar Deadlift: Work up to a heavy 3 + 3 Heavy Singles. Rest 2:00 2) DB Reverse Lunges: 4 x 6 ea. Rest 90s. 3) Sledpull Powerwalk: 6 x 60 yards, BW on your Sled. Rest 60s. 4) Reverse Hyper 4 x 15-20, AHAP. Rest 90s. 5) Plank Saw on Foam Roller: 4 x 10. Rest 60s.	1) Shoulder Press off Pins: Work up to a Heavy 3 + Heavy 1. Rest 2:00 *Set pins so you start eye level. 2) Neutral Grip DB Bench Press: 4 x 5, up to a heavy set. Rest 2:00 3) Chest Supported DB Rows: 4 x 8-10. Rest 60s. 4a) Seated Incline DB Curls: 3 x 8-10. Rest 45s. 4b) Bar Dips: 3 x 8-10. Rest 45s 5) <u>Standing Banded Rotations</u> : 4 x 10 ea. Rest 60s.	EMOM 30: Minute 1: 100 Ft. Heavy Sledpush Minute 2: 60s Bike Moderate Pace Minute 3: 100 ft. Front Rack Kettlebell Carry Minute 4: 15 Air Squats + 30 Mountain Climbers Minute 5: 60s Jump Rope Single Unders	1) Safety Squat Bar Wide Stance Box Squat w. chains: 6 x 4 @50% + 25% chain, every 60s. *16" Box 2) Conventional Deadlift against a band: 10 x 1@60%, every 60s. 3) <u>Goodmornings</u> : 4 x 8. Rest 90s. 4) DB Walking Lunges: 3 x 20. Rest 60s. 5) <u>Reverse Hyper</u> : 3-4 x 20-25. Rest 90s.	1) Speed Bench Press against bands: 12 x 3 @50%, every 60s. Change grip every 3 sets ie. close, medium, wide, medium. 2) Neutral Grip Pull-ups Cluster Sets: 4 x 2.2.2 (10s). Rest 2:00 3) Inverted Rows with elevated: 4 x 8-12. Rest 60s. 4) <u>Barbell Tricep Extensions from the Floor</u> : 5 x 10. Rest 60s. 5) <u>Turkish Get-up</u> : Accumulate 10-12 total reps. Rest as needed.	Part 1 for 20 Minutes: Strongman Stations *Stone to Shoulder *Yoke *Heavy Sled-drag *Keg *Have your clients go through multiple stations. This work should NOT be too taxing. Part 2: In teams of 2: Row or Bike for 20 Minutes *60s on 60s off alternating with your partner
FINISHER	Max Air Squats in 60s Max Squat Thrusts in 60s	2 Rounds of: 50 DB Renegade Rows (total) 50 Banded Pushdowns *Rest as needed	3 Rounds of: 15 <u>Banded Pull-Throughs</u> 30 <u>Banded Leg Curls</u> each.	2:00 Max Reps of <u>Glute March</u> on Bench 4:00 Max Distance Farmer Carry	Down the Rack of DB Fat Grip Hammer Curls (light) *Start at a weight you can curl 15x easily and perform a set of 10 working your way down the DB rack for submax reps at each weight.	100-200 Prone Leg Curls with ankle weights *In between sets complete 25 Banded Pull-aparts