

Stronger By Design Beginner Program

Workout A

****NOTES****

Exercise	Sets	Reps								Rep numbers are a target, not the Holy Scripture. Do not worry if you cannot reach the desired number on your first attempt. Record what you completed and aim to add at least 1 rep each week or training session
Mobility/Activation										
1. Joint Mobility Complex	Optional 3-5 minutes	Focus on what you need most								Always leave a rep or 2 in the tank...do not take any sets to failure. If you feel like your form is breaking down, stop the set
Dynamic Warm Up										
1. Glute Bridge	3	12-15								
2. Bird dog	3	5/side								
3. Deadbug	3	5/side								
4. Prone Y-W-T-A	3	5 sec hold each								
Block 1	Perform as slow Circuit		Week 1	Week 2	Week 3	Week 4	Week 5	Week 6- MASTERY		
1A. KB Deadlift/KB Elevated DL	3 sets	Increase Weekly	5-8 Reps	8-12 reps	12-15 reps	15-20 reps	5-8 with perfect strict form	8-12 flawless reps	Perform exercise block in a slow circuit fashion. I.E. complete 1A first set, perform 1B, then 1C, then 1 D for one set each and return to 1A and repeat for 3 sets each.	
1B. Egg Roll	3 sets	45-60 seconds	45-60 seconds	45-60 seconds	45-60 seconds	45-60 seconds	45-60 seconds	45-60 seconds	45-60 seconds	
1C. Push-up Plank/Forearm Plank	3	Maintain Max Tension	10-15 sec	Go a little longer	Little longer than last week	Max it out!	Maximize Tension 10-15 secs	20-30 seconds		
1D. Prone Neck Nods/turns	3	45-60 seconds	45-60 seconds	45-60 seconds	45-60 seconds	45-60 seconds	45-60 seconds	45-60 seconds	45-60 seconds	
Block 2	Perform as slow Circuit									
2A. 6 Point Row	3	Increase Weekly	5-8 Reps/side	8-12 reps/side	12-15 reps/side	15-20 reps/side	5-8 with perfect strict form	8-12 flawless reps		
2B. Supine Crosscrawl	3	10 touches L/R=1	10 touches L/R=1	10 touches L/R=1	10 touches L/R=1	10 touches L/R=1	10 touches L/R=1	10 touches L/R=1	10 touches L/R=1	
2C. Goblet Squat or Bodyweight squat	3	increase weekly	5-8 Reps	8-12 reps	12-15 reps	15-20 reps	5-8 with perfect strict form	5-8 flawless reps		
2D. 6 Point rock	3	20	20	20	20	20	20	20	20	
Block 3	Superset									
3A. Suitcase March	3	increase weekly	20 steps/side	30 steps/side	40 steps/side	40 steps/side	20 steps/side with 1 sec. pause knee up	20 steps/side with 1 sec. pause knee up	You may also move block 3 to one of your off days and do these as a stand alone workout.	
3B. Roll To Elbow	3	increase weekly	3/side	5/side	8/side	10/side	5 /side go heavier	5 flawless reps/side		

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Workout B										****NOTES****
Exercise	Sets	Reps								Rep numbers are a target, not the Holy Scripture. Do not worry if you cannot reach the desired number on your first attempt. Record what you completed and aim to add at least 1 rep each week or training session
Mobility/Activation										
1	Joint Mobility Complex	1	n/a							Always leave a rep or 2 in the tank...do not take any sets to failure. If you feel like your form is breaking down, stop the set
Dynamic Warm Up										
1	Glute Bridge	3	15							
2	Birdog	3	5/side							
3	Deadbug	3	5/side							
4	Prone Y-W-T-A	3	5 sec hold each							
Block 1	Perform as slow Circuit			Week 1	Week 2	Week 3	Week 4	Week 5	Week 6- Mastery	
1A.	Single Arm Deadlift/Elevated Single Arm DL	3 sets	Increase Weekly	5-8 Reps/side	8-12 reps/side	10-15 reps/side	15-20 reps/side	5-8/side with perfect strict form	8-12 Flawless Reps	Perform exercise block in a slow circuit fashion. I.E. complete 1A first set, perform 1B, then 1C, then 1 D for one set each and return to 1A and repeat for 3 sets each.
1B.	Windshield Wiper Roll	3 sets	45-60 seconds	45-60 seconds	45-60 seconds	45-60 seconds	45-60 seconds	45-60 seconds	45-60 seconds	
1C.	Half Kneeling KB Military Press	3	Increase Weekly	5-8 Reps/side	8-12 reps/side	10-15 reps/side	15-20 reps/side	5-8 with perfect strict form	8-12 flawless reps	
1D.	Commando Nods/ Turns	3	45-60 seconds	45-60 seconds	45-60 seconds	45-60 seconds	45-60 seconds	45-60 seconds	45-60 seconds	
Block 2	Perform as slow Circuit									
2A.	Supine Pull-Over	3	Increase Weekly	5-8 reps	8-12 reps	12-15 reps	15-20 reps	5-8 legs extended a little	5-8 legs extended a little more	
2B.	Marching Cross Crawl	3	20 touches	20	20	20	20	20	20	
2C.	Split Squat/ Assisted Split Squat	3	increase weekly	3-5 reps/side	5-8 reps/side	8-10 reps/side	10-12 reps/side	3-5 reps go heavy	5-8/side Flawless	
2D.	Single Leg Rock	3	10/side	10/side	10/side	10/side	10/side	10/side	10/side	
Block 3	Superset									
3A	Goat Bag Swing	3	increase weekly	10 reps	12 reps	15 reps	20 reps	10 reps go heavy	12-15 find your groove	You may also move block 3 to one of your off days and do these as a stand alone workout.
3B	Goblet March	3	increase weekly	20 steps	30 steps	40 steps	60 steps	20 steps w/ 1 sec pause at knee up	20 steps w/ 1 sec pause at knee up	