

NAME:

MONTH: JANUARY 2026

## STRENGTH DAY 1

PART 1: PRIMER						WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
		SETS	REPS	TEMPO	REST					
1A)	KB 2-Arm Tempo Hover Deadlift	2-3	5-6	2-1-2-1	30s	x5	x5	x6	x6	
	L)									
1B)	Bottom Push Up Iso Hold	2-3	30s+	ISO	30s	x30s	x35s	x40s	x45s	
	L) Incline Push Up Iso Hold or Quadruped Table Plank									
1C)	KB Reaching Dead Bug	2-3	30s	BREATH	30s	x30s	x30s	x30s	x30s	
	L)									

PART 2: MAIN STRENGTH x 20:00										
		SETS	REPS	TEMPO	REST					
2A)	DB or KB Hook Lying 1-Arm Floor Press	4	8-10 ea	2-1-1-1	60s	4x8 ea	4x8 ea	4x10 ea	4x10 ea	
	L)									
2B)	Double KB or Trap Bar Deadlift	4	6-8	2-1-1-1	60s	4x6 or 4x10	4x6 or 4x10	4x8 or 4x10	4x8 or 4x10	
	L) KB 2-Arm Deadlift		10							
2C)	DB or KB 3-Point Row	4	6-8 ea	2-1-1-1	60s	4x6 ea	4x6 ea	4x8 ea	4x8 ea	
	L) DB or KB Bench Supported 2-Point Row									
MAIN STRENGTH RATE OF PERCEIVED EXERTION (RPE) →						8	8-9	8-9	8-9	

DAILY CHECK LIST:					
How many hours of sleep did you get last night, approximately?					
On a scale of 1-5 (5 = amazing) how would you rate yesterday & today's nutrition?	1 - 2 - 3 - 4 - 5	1 - 2 - 3 - 4 - 5	1 - 2 - 3 - 4 - 5	1 - 2 - 3 - 4 - 5	1 - 2 - 3 - 4 - 5
On a scale of 1-5 (5 = amazing) how would you rate yesterday & today's hydration?	1 - 2 - 3 - 4 - 5	1 - 2 - 3 - 4 - 5	1 - 2 - 3 - 4 - 5	1 - 2 - 3 - 4 - 5	1 - 2 - 3 - 4 - 5
On a scale of 1-5 (5 = amazing) how ready do you feel to crush today's training session?	1 - 2 - 3 - 4 - 5	1 - 2 - 3 - 4 - 5	1 - 2 - 3 - 4 - 5	1 - 2 - 3 - 4 - 5	1 - 2 - 3 - 4 - 5

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## STRENGTH DAY 2

PART 1: PRIMER		SETS	REPS	TEMPO	REST	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
1A)	KB Goblet Tempo Squat	2-3	5-6	3-1-1-1	30s	x5	x5	x6	x6	
	L)									
1B)	KB or USB Get Up	2-3	1 ea	DYN	30s	x1 ea	x1 ea	x1 ea	x1 ea	
	L) Body Weight Get Up Progression		1-5 ea							
1C)	Forearm Side Plank	2-3	20-30s ea	ISO	30s	x20s ea	x25s ea	x25s ea	x30s ea	
	L) Side Bear Plank									

PART 2: MAIN STRENGTH x 20:00		SETS	REPS	TEMPO	REST					
2A)	Landmine Parallel Stance 1-Arm Press	4	6-8 ea	2-1-1-1	60s	4x6 ea	4x6 ea	4x8 ea	4x8 ea	
	L) Landmine Tall Kneel 1-Arm Press									
2B)	KB Goblet Squat	4	10-12	2-0-1-1	60s	4x10	4x10	4x12	4x12	
	L)									
2C)	Suspension Trainer Inverted Row	4	10-12	2-0-1-1	60s	4x10	4x10	4x12	4x12	
	L)									
MAIN STRENGTH RATE OF PERCEIVED EXERTION (RPE) →						8	8-9	8-9	8-9	

DAILY CHECK LIST:					
How many hours of sleep did you get last night, approximately?					
On a scale of 1-5 (5 = amazing) how would you rate yesterday & today's nutrition?	1 - 2 - 3 - 4 - 5	1 - 2 - 3 - 4 - 5	1 - 2 - 3 - 4 - 5	1 - 2 - 3 - 4 - 5	1 - 2 - 3 - 4 - 5
On a scale of 1-5 (5 = amazing) how would you rate yesterday & today's hydration?	1 - 2 - 3 - 4 - 5	1 - 2 - 3 - 4 - 5	1 - 2 - 3 - 4 - 5	1 - 2 - 3 - 4 - 5	1 - 2 - 3 - 4 - 5
On a scale of 1-5 (5 = amazing) how ready do you feel to crush today's training session?	1 - 2 - 3 - 4 - 5	1 - 2 - 3 - 4 - 5	1 - 2 - 3 - 4 - 5	1 - 2 - 3 - 4 - 5	1 - 2 - 3 - 4 - 5

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## STRENGTH DAY 3

PART 1: PRIMER		SETS	REPS	TEMPO	REST	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
1A)	Flexed Arm Hang or Active Straight Arm Hang	2-3	20-30s	ISO	30s	x20s ea	x25s ea	x25s ea	x30s ea	
	L) Suspension Trainer Deep Squat + Overhead Reach									
1B)	Floor Split Squat Iso Hold	2-3	30s ea	ISO	30s	x30s ea	x30s ea	x30s ea	x30s ea	
	L) Wall Supported or Suspension Trainer Assisted									
1C)	Partner Resistance Band Half Kneel Anti-Rotation Hold	2-3	20-30s ea	ISO	30s	x20s ea	x25s ea	x25s ea	x30s ea	
	L)									

PART 2: MAIN STRENGTH x 20:00		SETS	REPS	TEMPO	REST					
2A)	DB or KB 1-Arm Push Press	4	6-8 ea	DYN	60s	4x6 ea	4x6 ea	4x8 ea	4x8 ea	
	L) Landmine Parallel Stance 1-Arm Push Press									
2B)	KB Goblet (RFE) Split Squat w/ Pause	4	6-8 ea	2-1-1-1	60s	4x6 ea	4x6 ea	4x8 ea	4x8 ea	
	L) BW or Suspension Trainer Assisted Split Squat									
2C)	(Band Assisted) Pull Up or Chin Up	4	6-8	2-0-1-1	60s	4x6 or 4x8-10	4x6 or 4x8-10	4x8 or 4x8-10	4x8 or 4x8-10	
	L) Suspension Trainer Inverted Row		8-10	DYN						
MAIN STRENGTH RATE OF PERCEIVED EXERTION (RPE) →						8	8-9	8-9	8-9	

DAILY CHECK LIST:					
How many hours of sleep did you get last night, approximately?					
On a scale of 1-5 (5 = amazing) how would you rate yesterday & today's nutrition?					
On a scale of 1-5 (5 = amazing) how would you rate yesterday & today's hydration?					
On a scale of 1-5 (5 = amazing) how ready do you feel to crush today's training session?					