

# PROJECT STRONG

## SAMPLE WEEK 1

### MONDAY 31 AUG

LOWER

#### BACK SQUAT

4x10 @60% of 1rm  
000,300,600,900

5 Sets

12 DBL DB Romanian Deadlifts  
+

15 Heavy Hip Thrusts  
000,300,600,900,1200

5 Sets

16 Weighted Jumping Lunges  
(Light and Controlled)

Rest 90 seconds between sets

### TUESDAY 1 SEP

UPPER

#### WEIGHTED PULL UPS

4x3 Heavy  
000,200,400,600

2x7 Bodyweight

800,1000

Barbell Bent Over Row

5x5 (Increasing weight each set)

000,300,600,900,1200

3x15

Reverse Flys (Light and Controlled)

Rest 90 seconds between sets

### WEDNESDAY 2 SEP

LIFT

#### 2 POWER CLEANS

EMOM 8 Mins  
@70% of 1rm Clean and Jerk

Rest 4 Mins

EMOM 8 Mins

1 Clean and Jerk

@70% of 1rm Clean and Jerk

3x1 Min Weighted Plank

Rest 1 min between sets

### THURSDAY 3 SEP

LOWER

#### PAUSED FRONT SQUAT

3 Building Sets @50-60-70%  
+

3 Working Sets @75% of 1rm

000,200,400,600,800,1000

\*Pause for 3 seconds

Bulgarian Split Squats

4x12 DBL DB (12R+12L)

Use moderate weight

000,300,600,900

Banded Glute Bridges

3x30

Rest 90 seconds between sets

### FRIDAY 4 SEP

UPPER

#### DBL DB BENCH PRESS

4x8 (Moderate weight)  
000,230,500,730

DBL DB Flys

4x8 (Light Weight)

1000,1200,1400,1600

Negative Push Ups

5x6 (4 Second Negative)

000,130,300,430,600

4x15 Banded Pull Aparts

Rest 90 second between sets

# PROJECT STRONG

## SAMPLE WEEK 2

### MONDAY 7 SEP

LIFT

#### POWER SNATCH

6x2 @65% of 1rm

000,130,300,430,600,730

Squat Snatch

6x1 @70% of 1rm

000,130,300,430,600,730

Overhead Squat

3x3 @70% of 1rm Snatch

000,200,400

3x8 Weighed Y's + W's

### TUESDAY 8 SEP

LOWER

#### BACK SQUAT

4x10@65% of 1rm

000,300,400,900

DBL DB Step Back Lunges

4x16

000,300,600,900

Weighte Back Extensions

4x12

000,300,600,900

### WEDNESDAY 9 SEP

UPPER

#### SHOULDER PRESS

5x4 (Heavy)

000,200,400,600,800

3x8 (Lighter)

1000,1200,1400

Lateral Raises + Frontal Raises

4x7+7 (Light DB's)

000,230,500,730

Tricep pull Downs (Banded)

3x15 (pause 1/2 second at bottom)

### THURSDAY 10 SEP

LIFT

#### DEADLIFT

5x7 @70% of 1rm

000,230,500,730,1000

Barbell Good Mornings

4x8 (Light)

000,200,400,600

Nordic Hamstring Curls

4x6

Work with a Partner

000,200,400,600

### FRIDAY 11 SEP

LOWER

#### TEMPO FRONT SQUATS

5x3 @70% fo 1rm

Tempo= 3 down 1 pause 0 up

000,200,400,600,800

Weighted Box Step Ups

4x6 (R+L) (Barbell)

000,300,600,900

3 Sets

12 (R+L) Weighted Jumping Lunges (Light)

+

1 Min Wall Sit

Rest 90 seconds between sets