

## TRAINING GUIDELINES

1. **Strength Training Frequency:** 4 times per week (Monday, Wednesday, Friday, Saturday)
2. **Rest:** Rest time between sets is arbitrary. However 2-3 minutes is more than enough UNLESS otherwise noted.
3. **Tracking Progress:** Log each training session including sets, reps, and weights used. Email me with any questions/comments/concerns. Always here to help ☺
4. **Weekly Progression:**
  - a. **Main Move:** The main move is the 1st exercise of the day and the goal is to progress as often as possible. Progression could mean using heavier weight, better technique, feeling less fatigued...any number of factors. If you can use more weight, absolutely go for it. But do NOT sacrifice technique to get there.
  - b. **Accessory Work:** Accessory work encompasses all exercises following the main move. With these exercises you will also try to progress as often as possible while, again, never sacrificing form.
5. **Supersets:** Are indicated by a number (1, 2, 3) followed by a letter (a, b, c). Basically, if there are exercises labeled "1a" and "1b" that is a superset and you're meant to alternate back and forth between the two.
6. **Cluster Sets:** Are indicated by a series of reps (1, 2, 3) interrupted by dashes (-). For example, a common cluster set I use is: 3 x 2-2-2-2. All this means is for each set you will do 2 reps, rest 10sec, 2 reps, rest 10sec, 2 reps, rest 10sec, 2 reps, and then completely rest before the next set.
7. **Final Note:** I know this is a lot to take in and you probably have a number of questions. If that's the case, please e-mail me with a clear and concise list of your specific questions and I'll answer as soon as possible.

Good luck and get to work! It's time to get strong :)

## Day 1 (Monday): Lower Body

### Pre-Activation

<i>Cable Pull Through</i>	<i>Sets</i>	<i>Reps</i>	<i>Load</i>	<i>Rest Period</i>
<i>Week 1-4: 3 x 20</i>				60sec

Blow your glutes UP!!!! Arms straight – not bent. Hips backkkkk. Drive through the floor and SQUEEZE!

### Strength

1)

<i>2" Plate Elevated Sumo Deadlift</i>	<i>Sets</i>	<i>Reps</i>	<i>Load</i>	<i>Rest Period</i>
<i>Week 1-2: 3 x 5</i>				
<i>Week 3-4: 4 x 3</i>				

The deadlift bar + plates are elevated 2inches. You can just elevate them onto a 45lb plate on each side.

2a)

<i>Romanian Deadlift</i>	<i>Sets</i>	<i>Reps</i>	<i>Load</i>	<i>Rest Period</i>
<i>Week 1-4: 3 x 10</i>				

2b)

<i>Feet Elevated Side Plank with Pulse</i>	<i>Sets</i>	<i>Reps</i>	<i>Load</i>	<i>Rest Period</i>
<i>Week 1-4: 3 x 10/side</i>				

3a)

<i>Single-Leg RDL to Rev Lunge</i>	<i>Sets</i>	<i>Reps</i>	<i>Load</i>	<i>Rest Period</i>
<i>Week 1-4: 3 x 8/leg</i>				

3b)

<i>Reverse Crunch with 5sec Eccentric</i>	<i>Sets</i>	<i>Reps</i>	<i>Load</i>	<i>Rest Period</i>
<i>Week 1-4: 3 x 8</i>				

### Optional Finisher

Complete 3 rounds as quickly as possible without sacrificing technique.

- a) Goblet Squat with Pulse x 5 (LIGHT WEIGHT)
- b) Lateral Bear Crawl x 5 steps/side (SLOW)
- c) Lateral Band Walk x 8/leg (SLOW)

## Day 2 (Wednesday): Upper Body

1a)

<i>DB Bench Press</i>	<i>Sets</i>				<i>Reps</i>				<i>Load</i>				<i>Rest Period</i>			
<i>Week 1-2: 3 x 6</i>																
<i>Week 3-4: 4 x 6</i>																

1b)

<i>DB Row (Heavy!)</i>	<i>Sets</i>				<i>Reps</i>				<i>Load</i>				<i>Rest Period</i>			
<i>Week 1-2: 3 x 8/arm</i>																
<i>Week 3-4: 4 x 8/arm</i>																

2a)

<i>Neutral Grip Chin-Up Cluster</i>	<i>Sets</i>				<i>Reps</i>				<i>Load</i>				<i>Rest Period</i>			
<i>Week 1-4: 3 x 2-2-2-2</i>																

Assisted if needed ☺

2b)

<i>Push-Up with 5 Second Eccentric</i>	<i>Sets</i>				<i>Reps</i>				<i>Load</i>				<i>Rest Period</i>			
<i>Week 1-4: 3 x 8-10</i>																

This should be VERY hard! Elevate your hands if you need to.

3a)

<i>Seated Cable Row with ISO Hold on Chest – Underhand Grip</i>	<i>Sets</i>				<i>Reps</i>				<i>Load</i>				<i>Rest Period</i>			
<i>Week 1-4: 3 x 10</i>																

3b)

<i>Seated Band Pull Apart</i>	<i>Sets</i>				<i>Reps</i>				<i>Load</i>				<i>Rest Period</i>			
<i>Week 1-4: 3 x 15</i>																

3c)

<i>Seated Arnold Press</i>	<i>Sets</i>				<i>Reps</i>				<i>Load</i>				<i>Rest Period</i>			
<i>Week 1-4: 3 x 12</i>																

### **Optional Finisher**

Complete 3 rounds as quickly as possible without sacrificing technique. Slowwww and controlled, Lauren, feel the muscles on every rep ☺

- a) Chest Supported DB Rear Delt Raise x 12
- b) Chest Supported DB Front Delt Raise – Palms Up x 12
- c) Chest Supported DB Bicep Curl – Palms Up x 12

## Day 3 (Friday): Lower Body

### Pre-Activation

<i>Cable Pull Through</i>	<i>Sets</i>	<i>Reps</i>	<i>Load</i>	<i>Rest Period</i>
<i>Week 1-4: 3 x 12</i>				45sec

Blow your glutes UP!!!! Arms straight – not bent. Hips backkkkk. Drive through the floor and SQUEEZE!

### Strength

1a)

<i>Barbell Bulgarian Split Squat</i>	<i>Sets</i>	<i>Reps</i>	<i>Load</i>	<i>Rest Period</i>
<i>Week 1-2: 3 x 8/leg</i>				
<i>Week 3-4: 4 x 6/leg</i>				

1b)

<i>Glute Bridge</i>	<i>Sets</i>	<i>Reps</i>	<i>Load</i>	<i>Rest Period</i>
<i>Week 1-4: 4 x 8</i>				

2a)

<i>Single-Leg RDL</i>	<i>Sets</i>	<i>Reps</i>	<i>Load</i>	<i>Rest Period</i>
<i>Week 1-4: 4 x 8/leg</i>				

2b)

<i>Single-Leg Hip Thrust with ISO Hold at Top</i>	<i>Sets</i>	<i>Reps</i>	<i>Load</i>	<i>Rest Period</i>
<i>Week 1-4: 4 x 10/leg</i>				

3a)

<i>1.5 Goblet Squat</i>	<i>Sets</i>	<i>Reps</i>	<i>Load</i>	<i>Rest Period</i>
<i>Week 1-4: 3 x 12</i>				

3b)

<i>Lying Leg Curl on Physio Ball</i>	<i>Sets</i>	<i>Reps</i>	<i>Load</i>	<i>Rest Period</i>
<i>Week 1-4: 3 x 12</i>				

### Optional Finisher

Complete 3 rounds as quickly as possible without sacrificing technique.

- a) Goblet Squat with Pulse x 5 (LIGHT WEIGHT)
- b) Lateral Bear Crawl x 5 steps/side (SLOW)
- c) Lateral Band Walk x 8/leg (SLOW)

## Day 4 (Saturday): Upper Body

1a)

<i>Single-Arm DB Bench Press with Pause on Chest</i>	<i>Sets</i>	<i>Reps</i>	<i>Load</i>	<i>Rest Period</i>
<i>Week 1-2: 3 x 8/arm</i>				
<i>Week 3-4: 4 x 6/arm</i>				

1b)

<i>Chin-Up</i>	<i>Sets</i>	<i>Reps</i>	<i>Load</i>	<i>Rest Period</i>
<i>Week 1-2: 3 x 8</i>				
<i>Week 3-4: 4 x 6</i>				

Assisted if needed ☺

2a)

<i>Seated Machine Shoulder Press – Neutral Grip</i>	<i>Sets</i>	<i>Reps</i>	<i>Load</i>	<i>Rest Period</i>
<i>Week 1-4: 3 x 12</i>				

2b)

<i>Constant Tension DB Row</i>	<i>Sets</i>	<i>Reps</i>	<i>Load</i>	<i>Rest Period</i>
<i>Week 1-4: 3 x 12/arm</i>				

3a)

<i>Single-Arm Lat Pull Down</i>	<i>Sets</i>	<i>Reps</i>	<i>Load</i>	<i>Rest Period</i>
<i>Week 1-4: 3 x 12/arm</i>				

3b)

<i>Seated 1.5 DB Lateral Shoulder Raise</i>	<i>Sets</i>	<i>Reps</i>	<i>Load</i>	<i>Rest Period</i>
<i>Week 1-4: 3 x 12</i>				

### **Optional Finisher**

Complete 3 rounds as quickly as possible without sacrificing technique. This is no joke, Lauren, don't take this one lightly!

- a) Chest Supported DB Rear Delt Raise x 12
- b) Chest Supported DB Front Delt Raise – Palms Up x 12
- c) Chest Supported DB Bicep Curl – Palms Up x 12