2026

YEAR OF **STRENGTH**



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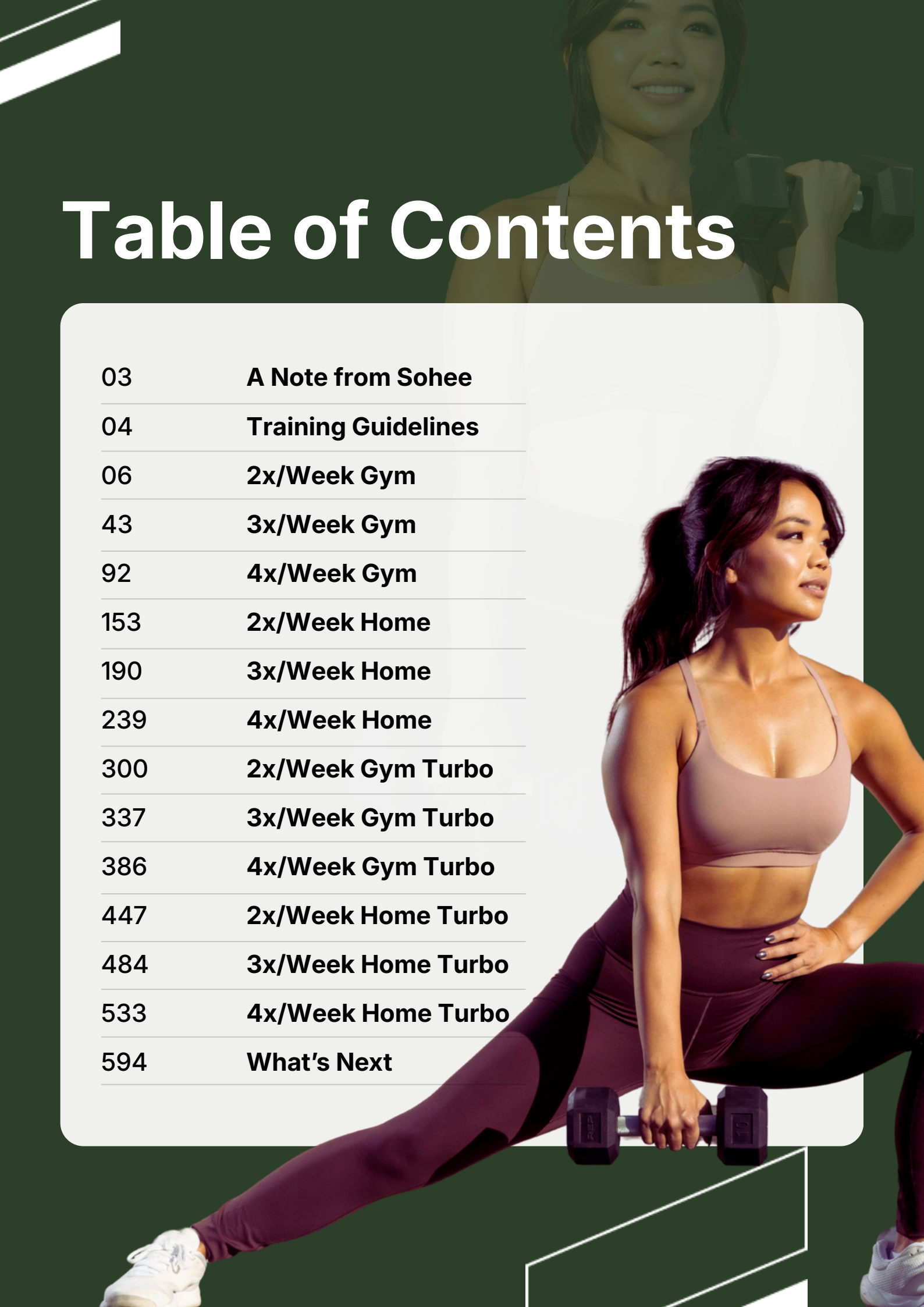

A NOTE FROM SOHEE

Another year, another Year of Strength — this one marking the 4th (or 5th? I've genuinely lost count) go-round of this program. If you're new here: this is an annual release, and each version builds on what came before it.

The core idea hasn't changed: a structured, flexible, 12-month lifting program you buy once and keep forever. No subscriptions, no expiration date.

What you get in this version:

- **Turbo Mode.** Similar programming condensed into ~30-minute sessions. This gives tighter execution for the days you're short on time. Admittedly, this has been my go-to since becoming a mom this year!
- **More exercise alternatives.** Every exercise comes with 3 alternatives to give you even more flexibility. No single option is "better"; pick whichever fits your equipment, joints, or mood that day. If you see reps listed next to an alternative, like "DB walking lunge 8-15 (ea)" or "BW pull-up AMRAP", that means the rep scheme is specific to that variation and different from the default.
- **Updated programming.** Unlike previous years, I've sprinkled in some plyometric and power work, as well as more exercises that get you out of the sagittal plane. All of this will help prepare you even better for the demands of everyday life.

Everything else you've come to expect is still here: gym and home versions, plus 2x, 3x, and 4x/week frequency options, so you can build the program around your life instead of the other way around.

And as always, while it's built as a 12-month arc, plenty of people run it back for a second or third year. If it's working, keep going. There's no rule that says you have to move on simply because the calendar did!

My hope for you this year is the same as always: find your consistency, and let the results compound.

Yours in health,
Sohee

Training Guidelines

Reading the Program

This training program is to be executed in ABC order. For example, if you have an exercise A, complete all sets and reps of that movement before moving on to B. If you have something like B1 B2, that's called a superset. In this case, do one set of B1 for the prescribed number of reps, rest, and then do B2. Rest, then go back to B1, etc.

Here are some abbreviations and acronyms you should be familiar with:

Alt.: alternating
AMRAP: As Many Reps As Possible
BB: barbell
BW: bodyweight
DB: dumbbell
ea: each (as in "each side")
ecc.-acc.: eccentric-accentuated
KB: kettlebell
OH-grip: overhand grip
UH-grip: underhand grip

Warm-Up Sets

For the big compound movements, never go straight into your working sets. I recommend 2-4 warm-up sets with progressively heavier weight and lower reps. For example, if I were to have a working set of back squats at 100lbs, I would warm up like so:

45lbs x 5
75lbs x 3
85lbs x 1

And then do my first working set. Pay close attention to how you feel and adjust weight/reps accordingly.

For accessory or isolation work, you can usually skip warm-up sets. Remember: the sets and reps I've prescribed for you refer to working sets only. If you have 3x5-8 back squats, for example, then the sets you perform to warm up do not count toward the working sets.

Training Guidelines continued

Load & Effort

You want to lift as heavy as you can within the prescribed rep range. This will be different for everyone as strength is relative, so I can't recommend specific weights for you. With time and experience, you'll be much more proficient at gauging when "heavy" is heavy enough for you.

Please do not go to failure unless otherwise noted. By failure, I mean you're struggling with the last rep and your form is clearly falling apart.

Instead, stop each set 1-2 reps shy of failure. You should feel like you maybe could've gotten one more quality rep before calling it good.

If you're trying out an exercise for the first time, err on the side of too light as opposed to too heavy. Use the first week to feel out the exercises and become familiar with them.

Deloads

A deload is a period of time (usually a minimum of one week up to several weeks in length) in which training is intentionally pulled back to aid in recovery, prevent injury, and give the joints a break. When strategically implemented, it supports your goals and helps ensure that you can keep lifting year after year while mitigating risk of burnout and injury. There are a number of ways to do this, but a deload is typically accomplished by scaling back on effort and/or total load.

My recommendations for a deload: do one fewer working set than prescribed for each exercise, and push at about 70% of your usual loads. In other words, treat your warm-up sets as your working sets.

A general rule of thumb is to deload once every 1 or 2 months. If you're feeling great and itching to push hard, you can deload less frequently, such as every 3-4 months. If you feel particularly run down, it might be a good idea to take an extended deload by tacking on an extra week or two, or taking an entire month to coast on your lifting workouts. Another option is to plan deload weeks to coincide with vacations/travel or other times when you might have limited access to heavy gym equipment.

Tracking Workouts

I strongly recommend that you track every workout session. Be sure to record the weight and reps performed for every working set, as well as any additional comments you want to make a note of (e.g., "go up 5lbs next week"). This will be a game changer with your training, as it'll give an extra level of focus and attention with each workout.

2X/WEEK
GYM VERSION

YEAR OF STRENGTH 2026

MONTH 1
Dynamic Warmup

90/90 hip switch x30s
quadruped adductor hinge x15s ea
thread the needle x15s ea
lunge windmill x15s ea
quad stretch to hamstring sweep x15s ea

MONTH 1

Day 1: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	pause leg press (2s pause)	3	5-8	3min	pause hack squat (2s pause)	pause front squat (2s pause)	pause back squat (2s pause)
B.	1-arm lat pulldown	3	5-8ea	2min	OH-grip lat pulldown 8-12	BW pull-up AMRAP	BW chin-up AMRAP
C1.	good morning	3	6-10	30s	B-stance good morning (ea)	Romanian deadlift	ecc.-acc. Romanian deadlift (4s lowering phase)
C2.	torso-elevated push-up	3	6-10	2min	BW push-up AMRAP	pause push-up (2s pause)	standing 1-arm landmine shoulder press (ea)
D1.	single-leg DB hip thrust	2	12-15ea	30s	DB hip thrust	hip thrust 6-10	B-stance hip thrust 8-12 (ea)
D2.	braced DB reverse lunge	2	8-12ea	2min	DB reverse lunge (ea)	DB step-up (ea)	high step-up (ea)
E.	DB upright row	2	12-15	2min	cable Y raise	DB lateral raise	DB high pull

MONTH 1

Day 2: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	leg press	3	5-8	30s	hack squat	front squat	back squat
A2.	standing DB shoulder press	3	6-10	3min	seated DB shoulder press	high incline DB press	ecc.-acc. standing DB shoulder press (4s lowering phase)
B1.	DB back extension	3	8-12	30s	BB back extension	hip-banded Romanian deadlift	hip thrust
B2.	3-point DB row	3	12-15ea	2min	deadstop 1-arm DB row (ea)	bent over DB seesaw row (ea)	pause UH-grip DB row (3s pause)
C1.	DB split squat	2-3	12-15ea	30s	B-stance goblet squat (ea)	braced DB curtsy lunge (ea)	DB curtsy lunge (ea)
C2.	DB glute bridge floor press	2-3	8-12	2min	DB floor press	flat DB bench press	bench press

MONTH 2
Dynamic Warmup

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scapular push-up x30s
dynamic ankle mobilization x15s ea
hip lunge to T-spine rotation x15s ea
open half-kneeling adductor dip x15s ea
standing hip opener x15s ea

MONTH 2

Day 1: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	Romanian deadlift	3	8-12	1min	good morning	B-stance DB Romanian deadlift (ea)	B-stance Romanian deadlift 5-8 (ea)
A2.	torso-elevated push-up	3	5-8	2min	eccentric-only push-up (5s lowering phase)	BW push-up	weighted push-up
B1.	DB split squat	3	6-10ea	30s	BW Bulgarian split squat (ea)	DB Bulgarian split squat (ea)	pause goblet Bulgarian split squat (2s pause) (ea)
B2.	OH-grip lat pulldown	3	5-8	2min	inverted row	rack pull-up	BW pull-up AMRAP
C1.	DB hip thrust	2	12-15	30s	pause DB hip thrust (3s pause)	BB back extension 6-10	pause BB back extension (2s pause) 6-10
C2.	deadstop 1-arm DB row	2	8-12ea	2min	bent over 1-arm lat pulldown (ea)	seated 1-arm cable row (ea)	3-point DB row (ea)
D.	deadbug	2	8-12ea	2min	shoulder tap (ea)	1-arm DB overhead march (ea)	KB or DB halo (ea)

MONTH 2

Day 2: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	hip thrust	3	8-12	3min	trap bar deadlift 3-5	sumo deadlift 3-5	conventional deadlift 3-5
B.	incline DB press	3	5-8	3min	bench press	military press	incline press
C1.	constant-tension DB Romanian deadlift	3	8-12	30s	ecc.-acc. DB Romanian deadlift (4s lowering phase)	pause DB good morning (2s pause)	pause good morning (2s pause)
C2.	chest-supported DB row	3	8-12	2min	bent over 1-arm landmine row (ea)	alt. DB gorilla row (ea)	bent over DB row
D1.	braced DB reverse lunge	2	8-12ea	30s	DB curtsy lunge (ea)	DB deficit reverse lunge (ea)	DB deficit curtsy lunge (ea)
D2.	seated DB shoulder press	2	12-15	2min	high incline DB press	seated Arnold press	standing Arnold press
E.	BW sit-up	2	8-12	2min	plank 1-arm DB row (ea)	plank saw	weighted deadbug (ea)

MONTH 3
Dynamic Warmup

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half-kneeling lunge to T-spine rotation x15s ea
quadruped adductor windmill x15s ea
lateral squat x15s ea
reverse lunge to OH reach x15s ea
YTWL x30s

MONTH 3

Day 1: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	leg press	3	5-8	3min	lever squat	hack squat	front squat
B.	flat DB bench press	3	5-8	3min	incline DB press	incline press	bench press
C.	4-3-1 DB sumo stiff-leg deadlift	3	6-10	3min	single-leg DB back extension (ea)	hip thrust	eccentric-only glute ham raise (5s lowering phase)
D.	pause bent over DB row (2s pause)	3	6-10	3min	bent over BB row	chest-supported T-bar row	Pendlay row
E1.	1-arm DB lateral squat	2	8-12ea	30s	1-arm DB lateral lunge (ea)	sliding 1-arm DB lateral lunge (ea)	foot-elevated 1-arm DB lateral squat (ea)
E2.	torso-elevated push-up	2	8-12	30s	band-assisted push-up	BW push-up AMRAP	weighted push-up
E3.	lat stretcher	2	8-12	2min	chest-supported 1-arm lat pulldown (ea)	UH-grip lat pulldown	OH-grip lat pulldown

MONTH 3

Day 2: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	pause DB glute bridge (3s pause)	3	6-10	3min	pause glute drive hip thrust (3s pause)	hip thrust	pause hip thrust (3s pause)
B.	flat DB bench press	3	6-10	3min	close-grip DB floor press	pause push-up (2s pause)	pause flat DB bench press (2s pause)
C.	DB Romanian deadlift 1.5 reps	3	8-12	2min	trap bar deadlift	Romanian deadlift	ecc.-acc. Romanian deadlift (4s lowering phase)
D.	OH-grip lat pulldown	3	5-8	3min	pause OH-grip lat pulldown (2s pause)	BW chin-up AMRAP	BW pull-up AMRAP
E1.	front foot-elevated DB split squat	3	8-12ea	30s	B-stance DB front squat (ea)	DB Bulgarian split squat (ea)	pause DB Bulgarian split squat (2s pause) (ea)
E2.	half-kneeling DB shoulder press	3	8-12	2min	1-arm DB push press (ea)	standing DB seesaw press (ea)	half-kneeling 1-arm DB shoulder press (ea)

MONTH 4
Dynamic Warmup

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scapular push-up x30s
bear squat x30s
standing hip opener x15s ea
front-to-back leg swing x15s ea
side-to-side leg swing x15s ea

MONTH 4

Day 1: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	pause leg press (2s pause)	3	5-8	3min	Zercher squat	box squat	back squat
B.	chest-supported DB row	3	6-10	3min	chest-supported T-bar row	pause chest-supported lat pulldown (2s pause)	bent over BB row
C.	DB split squat	3	6-10ea	3min	DB deficit reverse lunge (ea)	BB reverse lunge (ea)	BB deficit reverse lunge (ea)
D1.	seated Arnold press	2-3	8-12	0s	seated DB Z press	standing DB seesaw press (ea)	landmine shoulder press
D2.	seated bent over DB rear delt raise	2-3	12-15	2min	bent over DB rear delt raise	DB face pull	cable rear delt flye
E.	DB stiff-leg deadlift	2	8-12	2min	trap bar Romanian deadlift	BB sumo stiff-leg deadlift	stiff-leg deadlift
F.	UH-grip lat pulldown	2	8-12	2min	OH-grip lat pulldown	inverted row	lat stretcher

MONTH 4

Day 2: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB straddle lift	3	6-10	3min	KB straddle lift	trap bar squat	pause landmine squat (2s pause)
B.	high incline DB press	3	5-8	3min	standing DB shoulder press	military press	push press
C.	constant-tension DB Romanian deadlift	3	8-12	2min	pause DB Romanian deadlift (2s pause)	single-leg BB back extension (ea)	BB back extension
D.	B-stance 1-arm DB row	2-3	6-10ea	2min	standing 1-arm cable row (ea)	bent over 1-arm landmine row (ea)	seated 1-arm cable row (ea)
E.	goblet lateral box squat	2-3	8-12ea	2min	alt. DB lateral squat (ea)	lateral lunge (ea)	1-arm DB lateral step-up (ea)
F1.	pause DB floor press (2s pause)	2	6-10	30s	BW push-up AMRAP	alt. flat DB bench press (ea)	flat 1-arm DB bench press (ea)
F2.	DB pullover	2	12-15	2min	DB floor pullover	band pull-apart	pause band pull-apart (2s pause)

MONTH 5
Dynamic Warmup

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swimmers x30s
quadruped adductor hinge x15s ea
BW reverse lunge to OH reach x15s ea
standing hip rock to hamstring mobilization x15s ea
standing hip opener x15s ea

MONTH 5

Day 1: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	Romanian deadlift	3	5-8	4min	trap bar deadlift 3-5	sumo deadlift 3-5	conventional deadlift 3-5
B.	high incline DB press	3	5-8	3min	standing DB shoulder press	push press	military press
C.	DB glute bridge	3	8-12	3min	B-stance BB glute bridge (ea)	hip thrust triple contraction	pause hip thrust (3s pause)
D1.	deadstop 1-arm DB row	2-3	6-10ea	30s	low incline chest-supported DB row	bent over BB row	UH-grip BB row
D2.	deadstop torso-elevated push-up	2-3	5-8	2min	flat DB bench press	BW push-up AMRAP	weighted push-up
E.	lying machine leg curl	2	12-15	2min	single-leg lying leg curl 8-12 (ea)	lying cable leg curl	straight-leg feet-elevated BW hamstring thrust
F.	DB landmine rotation	2	8-12ea	1min	landmine rotation (ea)	DB diagonal lift (ea)	side-to-side med ball slam (ea)

MONTH 5

Day 2: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	eccentric-accentuated Romanian deadlift (4s lowering phase)	3	5-8	3min	good morning	BB back extension	DB back extension
B.	wide-grip lat pulldown	3	8-12	3min	inverted row	BW pull-up 3-5	weighted pull-up 3-5
C.	leg press	3	6-10	3min	hack squat	lever squat	landmine squat
D.	eccentric-accentuated DB push press (3s lowering phase)	3	8-12	3min	half-kneeling DB shoulder press	landmine shoulder press	incline press
E.	stability ball leg curl	2-3	12-20	2min	gliding leg curl AMRAP	sliding leg curl	ecc.-acc. stability ball leg curl (4s lowering phase) 8-12
F.	chest-supported 1-arm DB row	2-3	6-10ea	2min	chest-supported 1-arm lat pulldown (ea)	bent over 1-arm DB row (ea)	seated 1-arm cable row (ea)
G.	shoulder tap	2	8-12ea	2min	weighted plank to toe tap (ea)	weighted deadbug (ea)	cable-resisted deadbug (ea)

MONTH 6
Dynamic Warmup

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alt. wide-stance windmill to lateral squat x30s
bent over T-spine rotation x15s ea
BW reverse lunge x15s ea
quad stretch to hamstring sweep x15s ea
standing shoulder protraction to retraction x30s

MONTH 6

Day 1: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	front squat	3	3-5	3min	box squat	leg press	back squat
B.	pause flat DB bench press (2s pause)	3	3-5	3min	military press	incline press	bench press
C.	B-stance DB Romanian deadlift	3	5-8ea	3min	B-stance good morning (ea)	trap bar Romanian deadlift	B-stance Romanian deadlift (ea)
D.	eccentric-accentuated DB pullover (2s lowering phase)	3	5-8	3min	wide-grip lat pulldown	rack pull-up AMRAP	OH-grip lat pulldown
E.	goblet lateral box squat	2	6-10ea	2min	1-arm DB lateral step-up (ea)	alt. DB lateral squat (ea)	landmine lateral lunge (ea)
F1.	seated DB shoulder press	2	6-10	30s	close-grip DB floor press	feet-elevated push-up	weighted push-up
F2.	bent over DB row	2	6-10	2min	deadstop 1-arm DB row (ea)	Pendlay row	UH-grip BB row

MONTH 6

Day 2: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	good morning	3	5-8	3min	trap bar deadlift	sumo deadlift	conventional deadlift
B.	eccentric-accentuated OH-grip lat pulldown (4s ascending phase)	3	3-8	3min	pause inverted row (2s pause)	BW pull-up	weighted pull-up
C.	pause DB glute bridge (3s pause)	3	6-10	3min	BB back extension	hip thrust with pulse	pause hip thrust (3s pause)
D.	DB push press	3	5-8	3min	standing DB shoulder press	high incline DB press	incline DB press
E.	DB split squat	2-3	5-8ea	3min	DB walking lunge 8-12 (ea)	1-arm DB Bulgarian split squat w/ a twist (ea)	BB Bulgarian split squat (ea)
F1.	bent over DB seesaw row	2	6-10ea	30s	half-kneeling 1-arm cable pulldown (ea)	seated 1-arm cable row (ea)	B-stance 1-arm DB row (ea)
F2.	standing DB seesaw press	2	8-12ea	2min	half-kneeling 1-arm DB shoulder press (ea)	DB floor press	seated Arnold press

MONTH 7
Dynamic Warmup

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bear squat x30s
half-kneeling T-spine rotation x15s ea
bowler squat x15s ea
standing hip opener x15s ea
walking knee hug x30s

MONTH 7

Day 1: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	box jump	3	3-5	2min	pause DB squat (2s pause) 8-12	DB triple extension squat	seated vertical jump
B.	landmine deadlift	3	3-5	4min	trap bar deadlift 3-5	sumo deadlift 3-5	conventional deadlift 3-5
C.	landmine row	3	5-8	3min	bent over BB row	eccentric-only pull-up 1-3	pause OH-grip lat pulldown (2s pause)
D.	pause landmine squat (2s pause)	3	5-8	3min	hack squat	lever squat	leg press
E1.	DB push press	2	6-10	30s	incline press	push press	pause DB shoulder press (3s pause)
E2.	standing 1-arm cable row	2	8-12ea	2min	chest-supported 1-arm DB row (ea)	seated 1-arm cable row (ea)	bent over DB seesaw row (ea)
F1.	single-leg leg extension	2	6-10ea	30s	B-stance goblet squat (ea)	DB split squat (ea)	DB walking lunge (ea)
F2.	single-leg braced DB Romanian deadlift	2	6-10ea	2min	enhanced-eccentric lying machine leg curl (4s lowering phase) (ea)	straight-leg feet-elevated hamstring thrust	hand-to-hand KB swing (ea)

MONTH 7

Day 2: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB jump squat	3	3-5	2min	wall sit 30-45s	BW split squat jump 8-12 (ea)	box jump
B.	DB deficit reverse lunge	3	5-8ea	3min	pivot split squat (ea)	Zercher reverse lunge (ea)	BB split squat (ea)
C.	pause DB shoulder press (3s pause)	3	5-8	3min	high incline DB press	half-kneeling military press	push press
D1.	pause DB Romanian deadlift (2s pause)	3	6-10	30s	stiff-leg deadlift	B-stance good morning (ea)	Romanian deadlift
D2.	bent over 1-arm DB row	3	8-12ea	2min	bent over 1-arm landmine row (ea)	band-resisted bent over 1-arm DB row (ea)	3-point DB row (ea)
E1.	B-stance BW hip thrust	2	8-15ea	30s	feet-elevated BW glute bridge	single-leg BW hip thrust (ea)	single-leg BW deficit hip thrust (ea)
E2.	prone DB lateral raise	2	8-12	30s	DB lateral raise 21s 7 (ea)	lean-in 1-arm DB lateral raise (ea)	DB lateral raise
E3.	DB front raise	2	12-15	2min	cable upright row	DB high pull	DB upright row

MONTH 8
Dynamic Warmup

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alt. hip lunge to T-spine rotation x30s
alt. wide-stance windmill to lateral squat x30s
quad stretch to hamstring sweep x15s ea
side-to-side leg swing x15s ea
front-to-back leg swing x15s ea

MONTH 8

Day 1: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	box jump	2	5-8	30s	wall sit 30-45s	seated vertical jump	standing vertical jump
A2.	DB triple extension squat	2	8-15	1min	DB thruster	KB thruster	deadball OH throw
B.	pause landmine squat (2s pause)	3	5-8	3min	front squat	hack squat	back squat
C.	wide-grip lat pulldown	3	5-8	3min	isometric inverted row hold 10-20s	BW pull-up	weighted pull-up
D1.	landmine Romanian deadlift	3	6-10	30s	DB back extension	BB back extension	glute ham raise AMRAP
D2.	seated DB shoulder press	3	6-10	3min	high incline DB press	military press	standing DB shoulder press
E1.	single-leg DB glute bridge	2	8-12ea	30s	45-degree cable glute kickback (ea)	pause DB hip thrust (2s pause)	single-leg DB hip thrust (ea)
E2.	deadstop 1-arm DB row	2	6-10ea	2min	low incline chest-supported DB row	bent over BB row	Pendlay row

MONTH 8

Day 2: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	DB jump squat	2	5-8	30s	DB split squat jump (ea)	DB standing vertical jump	trap bar jump
A2.	deadstop torso-elevated push-up	2	6-10	1min	band-assisted push-up	torso-elevated plyo push-up	plyo push-up
B.	pause Romanian deadlift (2s pause)	3	5-8	3min	pause good morning (2s pause)	trap bar deadlift	Nordic hip hinge
C.	flat DB bench press	3	5-8	3min	DB floor press	incline press	bench press
D.	box squat	3	5-8	3min	Zercher squat	pause hack squat (2s pause)	pause lever squat (2s pause)
E1.	UH-grip DB row	2	8-12	30s	chest-supported 1-arm lat pulldown (ea)	bent over DB seesaw row (ea)	chest-supported T-bar row
E2.	DB back extension	2	8-15	2min	cable pull-through	DB straddle lift	KB straddle lift
F.	half-kneeling 1-arm DB shoulder press	2	8-12ea	2min	pause DB shoulder press (3s pause)	alt. incline DB press (ea)	1-arm incline DB press (ea)

MONTH 9
Dynamic Warmup

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hip lunge to T-spine rotation x15s ea
quadruped adductor hinge x15s ea
half-kneeling hip flexor mobilization x15s ea
body weight windmill x15s ea
dynamic shoulder circle x15s ea

MONTH 9

Day 1: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	body weight triple extension squat	2	30s	30s	single-leg calf hop 20s (ea)	multi-directional single-leg calf hop 20s (ea)	jump rope
A2.	alt. DB halo	2	30s	2min	side-to-side med ball slam (ea)	DB mock "slam"	bent over med ball slam
B.	landmine deadlift	3	5-8	3min	trap bar deadlift	sumo deadlift	conventional deadlift
C.	inverted row	3	5-8	3min	pause bent over DB row (2s pause)	bent over BB row	Pendlay row
D1.	front foot-elevated DB split squat	3	6-10ea	30s	1-arm DB Bulgarian split squat (ea)	DB deficit reverse lunge (ea)	landmine curtsy lunge (ea)
D2.	DB floor flye	3	5-8	2min	close-grip DB floor press	1-arm DB floor press (ea)	flat 1-arm DB bench press (ea)
E.	DB Romanian deadlift	2-3	8-12	3min	Romanian deadlift	DB glute emphasis back extension	hip thrust
F.	pause OH-grip lat pulldown (2s pause)	2-3	5-8	3min	seated pull-up	BW pull-up	weighted pull-up

MONTH 9

Day 2: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	single-leg BW box squat	2	5-8ea	30s	BW split squat jump (ea)	DB jump squat	box jump
A2.	DB landmine rotation	2	8-12ea	2min	half-kneeling alt. OH med ball slam (ea)	side-to-side OH med ball slam (ea)	OH med ball slam w/ power rotation (ea)
B.	lever squat	3	5-8	3min	hack squat	front squat	back squat
C.	seated pull-up	3	5-8	3min	landmine row 8-12	OH-grip lat pulldown	BW pull-up AMRAP
D1.	KB swing	3	8-12	30s	DB back extension	glute ham raise	band-assisted Nordic ham curl
D2.	pause DB floor press (2s pause)	3	5-8	2min	alt. incline DB press (ea)	pause bench press (2s pause)	close-grip bench press
E1.	1-arm B-stance DB Romanian deadlift	2-3	8-12ea	30s	B-stance DB good morning (ea)	single-leg DB back extension (ea)	single-leg DB hip thrust (ea)
E2.	half-kneeling 1-arm cable pulldown	2-3	6-10ea	2min	alt. DB gorilla row (ea)	pause chest-supported DB row (2s pause)	pause bent over DB row (2s pause)

MONTH 10
Dynamic Warmup

BW glute bridge to OH reach x30s
open book x15s ea
supine angel x15s ea
quadruped adductor hinge x15s ea
YTWL x10s ea

MONTH 10

Day 1: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	DB triple extension squat	2	3-5	30s	DB standing vertical jump	box jump	trap bar jump
A2.	DB diagonal lift	2	5-8ea	90s	side-to-side DB mock "slam" (ea)	horizontal wood chop (ea)	lateral med ball toss (ea)
B.	box squat	3	3-5	4min	leg press 6-10	hack squat	back squat
C.	seated DB shoulder press	3	5-8	3min	landmine shoulder press	military press	push press
D.	single-leg DB back extension	3	6-10ea	3min	BB back extension	hip thrust	pause Romanian deadlift (2s pause)
E.	bent over DB row	3	5-8	3min	wide-grip lat pulldown	BW pull-up	weighted pull-up
F.	single-leg BW box squat	2	8-12ea	2min	1-arm racked DB reverse lunge (ea)	alt. DB lateral squat (ea)	landmine lateral lunge (ea)
G.	flat DB bench press	2	6-10	2min	1-arm incline DB press (ea)	DB floor press	low incline DB press

MONTH 10

Day 2: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	standing vertical jump	2	5-8	30s	DB standing vertical jump	KB sled push 50 steps	sled push 50 steps
A2.	deadball OH throw	2	5-8	90s	torso-elevated plyo push-up	plank-to-plank	power plank-up from knees
B.	landmine Romanian deadlift	3	8-12	4min	good morning	sumo deadlift 3-5	conventional deadlift 3-5
C.	pause bent over DB row (2s pause)	3	5-8	3min	rack pull-up	UH-grip BB row	pause bent over BB row (3s pause)
D.	DB deficit reverse lunge	3	5-8ea	3min	single-leg leg press (ea)	B-stance back squat (ea)	Zercher reverse lunge (ea)
E.	pause flat DB bench press (2s pause)	3	6-10	3min	flat DB bench press	incline press	bench press
F.	single-leg leg extension	2	8-12ea	2min	braced skater squat (ea)	DB high step-up (ea)	contralateral braced 1-arm DB step-up (ea)
G.	seated 1-arm cable row	2	8-12ea	2min	band-resisted bent over 1-arm DB row (ea)	half-kneeling 1-arm cable pulldown (ea)	chest-supported 1-arm lat pulldown (ea)

MONTH 11
Dynamic Warmup

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bear squat x30s
half-kneeling T-spine rotation x15s ea
alt. wide-stance windmill to lateral squat x30s
bowler squat x15s ea
standing hip opener x15s ea

MONTH 11

Day 1: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	BW triple extension squat	2	6-10	30s	BW squat pulse 15-20	box jump	BW split squat jump (ea)
A2.	deadbug	2	6-10ea	1min	reverse crunch	cable crunch 8-12	bent over med ball slam
B.	pause DB Romanian deadlift (2s pause)	3	5-8	3min	good morning	stiff-leg deadlift	conventional deadlift
C.	DB floor press	3	5-8	3min	flat DB bench press	incline press	bench press
D1.	B-stance DB front squat	3	6-10ea	30s	DB Bulgarian split squat (ea)	BB Bulgarian split squat (ea)	BB deficit reverse lunge (ea)
D2.	seated 1-arm cable row	3	6-10ea	2min	bent over 1-arm landmine row (ea)	standing 1-arm cable row (ea)	B-stance 1-arm DB row (ea)
E1.	B-stance DB glute bridge	2	8-12ea	30s	pause DB back extension (2s pause)	hip thrust	B-stance hip thrust (ea)
E2.	seated DB Z press	2	12-15	2min	low incline DB press	DB push press	pause incline DB press (2s pause)

MONTH 11

Day 2: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	floating heel drop	2	8-15	30s	constant-tension BW step-up (ea)	jump rope 80-100	single-leg calf hop (ea)
A2.	pause torso-elevated push-up (2s pause)	2	5-8	1min	flat 1-arm DB bench press (ea)	BW push-up	weighted push-up
B.	pause goblet squat (2s pause)	3	5-8	3min	back squat	hack squat	lever squat
C.	OH-grip lat pulldown	3	5-8	3min	seated pull-up	BW pull-up	weighted pull-up
D1.	B-stance DB good morning	3	8-12ea	30s	single-leg braced KB swing (ea)	single-leg braced DB Romanian deadlift (ea)	B-stance Romanian deadlift (ea)
D2.	standing DB shoulder press	3	6-10	2min	seated Arnold press	push press	DB push press
E1.	pause DB glute bridge (3s pause)	2-3	6-10	30s	single-leg DB hip thrust 8-15 (ea)	pause glute drive hip thrust (3s pause)	pause hip thrust (5s pause)
E2.	UH-grip DB row	2-3	8-12	2min	low incline chest-supported DB row	seated 1-arm cable row (ea)	bent over batwing row (ea)

MONTH 12
Dynamic Warmup

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open half-kneeling adductor dip x15s ea
half-kneeling hip flexor mobilization x15s ea
half-kneeling T-spine rotation x15s ea
BW reverse lunge with OH reach x15s ea
BW windmill x15s ea

MONTH 12

Day 1: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	DB triple extension squat	2	3-5	30s	DB jump squat	box jump	trap bar jump
A2.	DB renegade row	2	6-10ea	90s	Pallof press (ea)	low-to-high cable wood chop (ea)	horizontal wood chop (ea)
B.	leg press	3	5-8	3min	box squat	front squat	back squat
C.	pause Romanian deadlift (2s pause)	3	5-8	3min	trap bar deadlift	conventional deadlift	sumo deadlift
D.	pause UH-grip DB row (3s pause)	3	5-8	3min	bent over BB row	pause chest-supported T-bar row (2s pause)	OH-grip lat pulldown
E.	flat DB bench press	3	6-10	3min	low incline DB press	weighted push-up	bench press
F1.	DB stiff-leg deadlift	3	12-15	30s	DB glute emphasis back extension	B-stance good morning (ea)	B-stance hip thrust (ea)
F2.	seated cable row	3	6-10	2min	isometric inverted row hold 15-30s	half-kneeling 1-arm cable pulldown (ea)	pause chest-supported DB row (2s pause)

MONTH 12

Day 2: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	double DB swing	2	15-20	30s	jump rope 30-60s	KB swing	sled push 50 steps
A2.	DB landmine rotation	2	6-10ea	90s	lateral med ball toss (ea)	DB diagonal lift (ea)	OH med ball slam
B.	BB back extension	3	5-8	3min	pause hip thrust (3s pause)	speed sumo deadlift	speed conventional deadlift
C.	standing DB shoulder press	3	5-8	3min	alt. DB floor press (ea)	pause flat DB bench press (2s pause)	close-grip bench press
D.	pause leg press (2s pause)	3	5-8	3min	pause lever squat (2s pause)	pause front squat (2s pause)	pause squat (2s pause)
E.	chest-supported 1-arm lat pulldown	2-3	6-10ea	3min	bent over 1-arm landmine row (ea)	deadstop 1-arm DB row (ea)	half-kneeling 1-arm cable pulldown (ea)
F1.	pause lying cable leg curl (2s pause)	2	5-8	30s	lying machine leg curl 8-12	band-assisted Nordic ham curl	eccentric-only glute ham raise (5s lowering phase) AMRAP
F2.	pause torso-elevated push-up (2s pause)	2	8-12	90s	pec deck	DB floor press	feet-elevated push-up

3X/WEEK
GYM VERSION

YEAR OF STRENGTH 2026

MONTH 1
Dynamic Warmup

90/90 hip switch x30s
quadruped adductor hinge x15s ea
thread the needle x15s ea
lunge windmill x15s ea
quad stretch to hamstring sweep x15s ea

MONTH 1

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	pause leg press (2s pause)	3	5-8	3min	pause hack squat (2s pause)	pause front squat (2s pause)	pause back squat (2s pause)
B.	good morning	3	6-10	3min	B-stance good morning (ea)	Romanian deadlift	ecc.-acc. Romanian deadlift (4s lowering phase)
C1.	single-leg DB hip thrust	3	12-15ea	30s	DB hip thrust	hip thrust 6-10	B-stance hip thrust 8-12 (ea)
C2.	braced DB reverse lunge	3	8-12ea	2min	DB reverse lunge (ea)	DB step-up (ea)	high step-up (ea)
D.	leg extension	2-3	12-15	2min	pause leg extension (2s pause) 8-12	pause heel-elevated DB squat (2s pause) 8-12	sissy squat AMRAP

MONTH 1

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	1-arm lat pulldown	3	5-8ea	3min	OH-grip lat pulldown 8-12	BW pull-up AMRAP	BW chin-up AMRAP
B.	low incline DB press	3	6-10	3min	flat DB bench press	incline DB press	incline press
C1.	bent over 1-arm DB row	3	6-10ea	30s	chest-supported 1-arm DB row (ea)	pause bent over 1-arm DB row (2s pause) (ea)	bent over 1-arm landmine row (ea)
C2.	torso-elevated push-up	3	6-10	2min	BW push-up AMRAP	pause push-up (2s pause)	standing 1-arm landmine shoulder press (ea)
D.	DB upright row	2	12-15	2min	cable Y raise	DB lateral raise	DB high pull
E.	alt. DB bicep curl	2	8-12ea	2min	DB hammer curl	rope hammer curl	ecc.-acc. DB bicep curl (3s lowering phase)

MONTH 1

Day 3: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	leg press	3	5-8	30s	hack squat	front squat	back squat
A2.	standing DB shoulder press	3	6-10	3min	seated DB shoulder press	high incline DB press	ecc.-acc. standing DB shoulder press (4s lowering phase)
B1.	DB back extension	3	8-12	30s	BB back extension	hip-banded Romanian deadlift	hip thrust
B2.	3-point DB row	3	12-15ea	2min	deadstop 1-arm DB row (ea)	bent over DB seesaw row (ea)	pause UH-grip DB row (3s pause)
C1.	DB split squat	2-3	12-15ea	30s	B-stance goblet squat (ea)	braced DB curtsy lunge (ea)	DB curtsy lunge (ea)
C2.	DB glute bridge floor press	2-3	8-12	2min	DB floor press	flat DB bench press	bench press

MONTH 2
Dynamic Warmup

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scapular push-up x30s
dynamic ankle mobilization x15s ea
hip lunge to T-spine rotation x15s ea
open half-kneeling adductor dip x15s ea
standing hip opener x15s ea

MONTH 2

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	Romanian deadlift	3	8-12	3min	good morning	B-stance DB Romanian deadlift (ea)	B-stance Romanian deadlift 5-8 (ea)
B.	DB split squat	3	6-10ea	3min	DB Bulgarian split squat (ea)	BB Bulgarian split squat (ea)	pause Bulgarian split squat (2s pause) (ea)
C1.	DB hip thrust	3	12-15	30s	pause DB hip thrust (3s pause)	BB back extension 6-10	pause BB back extension (2s pause) 6-10
C2.	BW donkey calf raise	3	12-15	2min	calf press on leg press	standing DB calf raise	single-leg DB calf raise (ea)
D.	goblet squat	2	8-12	2min	B-stance goblet squat (ea)	braced BW step-up (ea)	DB lateral step-down (ea)
E.	hamstring walkout	2	12-15	2min	lying cable leg curl	deficit hamstring thrust	lying machine leg curl

MONTH 2

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	OH-grip lat pulldown	3	5-8	1min	inverted row	rack pull-up	BW pull-up AMRAP
A2.	torso-elevated push-up	3	5-8	2min	eccentric-only push-up (5s lowering phase)	BW push-up	weighted push-up
B1.	bent over 1-arm lat pulldown	3	8-12ea	30s	standing 1-arm cable row (ea)	seated cable row	seated 1-arm cable row (ea)
B2.	seated DB Z press	3	8-12	2min	standing DB seesaw press (ea)	standing DB shoulder press	DB push press
C.	DB floor press	3	12-15	2min	low incline DB press	close-grip DB bench press	flat DB bench press
D.	bent over BW Y raise	2	12-15	2min	cable Y raise	bent over DB Y raise	prone DB Y raise
E.	deadbug	2	8-12ea	2min	shoulder tap (ea)	1-arm DB overhead march (ea)	KB or DB halo (ea)

MONTH 2

Day 3: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	hip thrust	3	8-12	3min	trap bar deadlift 3-5	sumo deadlift 3-5	conventional deadlift 3-5
B.	incline DB press	3	5-8	3min	bench press	military press	incline press
C1.	constant-tension DB Romanian deadlift	3	8-12	30s	ecc.-acc. DB Romanian deadlift (4s lowering phase)	pause DB good morning (2s pause)	pause good morning (2s pause)
C2.	chest-supported DB row	3	8-12	2min	bent over 1-arm landmine row (ea)	alt. DB gorilla row (ea)	bent over DB row
D1.	braced DB reverse lunge	2	8-12ea	30s	DB curtsy lunge (ea)	DB deficit reverse lunge (ea)	DB deficit curtsy lunge (ea)
D2.	seated DB shoulder press	2	12-15	2min	high incline DB press	seated Arnold press	standing Arnold press
E.	BW sit-up	2	8-12	2min	plank 1-arm DB row (ea)	plank saw	weighted deadbug (ea)

MONTH 3
Dynamic Warmup

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half-kneeling lunge to T-spine rotation x15s ea
quadruped adductor windmill x15s ea
lateral squat x15s ea
reverse lunge to OH reach x15s ea
YTWL x30s

MONTH 3

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	leg press	3-4	5-8	4min	lever squat	hack squat	front squat
B.	4-3-1 DB sumo stiff-leg deadlift	3	6-10	3min	single-leg DB back extension (ea)	hip thrust	eccentric-only glute ham raise (5s lowering phase)
C.	braced DB split squat	3	8-12ea	2min	alt. DB reverse lunge (ea)	BW split squat jump (ea)	DB split squat jump (ea)
D.	KB deadlift	3	12-15	2min	B-stance KB swing 8-12 (ea)	DB suitcase deadlift (ea)	1-arm KB suitcase deadlift (ea)
E.	1-arm DB lateral squat	2-3	8-12ea	2min	1-arm DB lateral lunge (ea)	sliding 1-arm DB lateral lunge (ea)	foot-elevated 1-arm DB lateral squat (ea)
F.	torso-elevated renegade row	2	8-12ea	90s	half-kneeling cable Pallof press (ea)	half-kneeling DB wood chop (ea)	low-to-high cable wood chop (ea)

MONTH 3

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	flat DB bench press	3-4	5-8	4min	incline DB press	incline press	bench press
B.	pause bent over DB row (2s pause)	3	6-10	3min	bent over BB row	chest-supported T-bar row	Pendlay row
C1.	torso-elevated push-up	3	8-12	30s	band-assisted push-up	BW push-up AMRAP	weighted push-up
C2.	flat DB flye	3	12-15	2min	pause flat DB flye (2s pause)	incline DB flye	pec deck
D1.	lat stretcher	3	8-12	30s	chest-supported 1-arm lat pulldown (ea)	UH-grip lat pulldown	OH-grip lat pulldown
D2.	high-to-low face pull	3	12-15	2min	face pull	pause band pull-apart (2s pause)	band pull-apart

MONTH 3

Day 3: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	pause DB glute bridge (3s pause)	3	6-10	3min	pause glute drive hip thrust (3s pause)	hip thrust	pause hip thrust (3s pause)
B.	flat DB bench press	3	6-10	3min	close-grip bench press	pause flat DB bench press (2s pause)	pause close-grip bench press (2s pause)
C.	DB Romanian deadlift 1.5 reps	3	8-12	2min	trap bar deadlift	Romanian deadlift	ecc.-acc. Romanian deadlift (4s lowering phase)
D.	OH-grip lat pulldown	3	5-8	3min	pause OH-grip lat pulldown (2s pause)	BW chin-up AMRAP	BW pull-up AMRAP
E1.	front foot-elevated DB split squat	3	8-12ea	30s	B-stance DB front squat (ea)	DB Bulgarian split squat (ea)	pause DB Bulgarian split squat (2s pause) (ea)
E2.	half-kneeling DB shoulder press	3	8-12	2min	1-arm DB push press (ea)	standing DB seesaw press (ea)	half-kneeling 1-arm DB shoulder press (ea)

MONTH 4
Dynamic Warmup

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scapular push-up x30s
bear squat x30s
standing hip opener x15s ea
front-to-back leg swing x15s ea
side-to-side leg swing x15s ea

MONTH 4

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	pause leg press (2s pause)	3-4	5-8	4min	Zercher squat	box squat	back squat
B.	DB split squat	3	6-10ea	3min	DB deficit reverse lunge (ea)	BB reverse lunge (ea)	BB deficit reverse lunge (ea)
C.	DB stiff-leg deadlift	3	8-12	3min	trap bar Romanian deadlift	BB sumo stiff-leg deadlift	stiff-leg deadlift
D.	band-assisted kneeling leg extension	3	8-12	2min	leg extension	bench step-over (ea)	pause leg extension (2s pause)
E.	reverse crunch	3	12-15	90s	cable crunch	DB mock "slam"	OH med ball slam

MONTH 4

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	chest-supported DB row	3-4	6-10	3min	chest-supported T-bar row	pause chest-supported lat pulldown (2s pause)	bent over BB row
B1.	seated Arnold press	3	8-12	0s	seated DB Z press	standing DB seesaw press (ea)	landmine shoulder press
B2.	seated bent over DB rear delt raise	3	12-15	3min	bent over DB rear delt raise	DB face pull	cable rear delt flye
C.	UH-grip lat pulldown	3	8-12	3min	OH-grip lat pulldown	inverted row	lat stretcher
D.	incline DB press	3	12-15	3min	low incline DB press	alt. incline DB press (ea)	close-grip DB floor press
E1.	torso-elevated push-up	2-3	8-12	0s	deadstop torso-elevated push-up	BW push-up	feet-elevated push-up
E2.	DB push press	2-3	8-15	1min	3-way 1-arm DB shoulder press (ea)	DB thruster	1-arm DB clean and press (ea)

MONTH 4

Day 3: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB straddle lift	3	6-10	3min	KB straddle lift	trap bar squat	pause landmine squat (2s pause)
B.	high incline DB press	3	5-8	3min	standing DB shoulder press	military press	push press
C.	constant-tension DB Romanian deadlift	3	8-12	2min	pause DB Romanian deadlift (2s pause)	single-leg BB back extension (ea)	BB back extension
D.	B-stance 1-arm DB row	2-3	6-10ea	2min	standing 1-arm cable row (ea)	bent over 1-arm landmine row (ea)	seated 1-arm cable row (ea)
E.	goblet lateral box squat	2-3	8-12ea	2min	alt. DB lateral squat (ea)	lateral lunge (ea)	1-arm DB lateral step-up (ea)
F1.	pause DB floor press (2s pause)	2	6-10	30s	BW push-up AMRAP	alt. flat DB bench press (ea)	flat 1-arm DB bench press (ea)
F2.	DB pullover	2	12-15	2min	DB floor pullover	band pull-apart	pause band pull-apart (2s pause)

MONTH 5
Dynamic Warmup

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swimmers x30s
quadruped adductor hinge x15s ea
BW reverse lunge to OH reach x15s ea
standing hip rock to hamstring mobilization x15s ea
standing hip opener x15s ea

MONTH 5

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	Romanian deadlift	3-4	5-8	4min	trap bar deadlift 3-5	sumo deadlift 3-5	conventional deadlift 3-5
B.	DB glute bridge	3	8-12	3min	B-stance BB glute bridge (ea)	hip thrust triple contraction	pause hip thrust (3s pause)
C.	Zercher squat	3	8-12	3min	Zercher reverse lunge (ea)	BB Bulgarian split squat (ea)	box squat 6-10
D.	lying machine leg curl	3	12-15	2min	single-leg lying leg curl 8-12 (ea)	lying cable leg curl	straight-leg feet-elevated BW hamstring thrust
E.	BW back extension	2-3	20-30	1min	BW reverse hyperextension	KB swing	BW glute emphasis back extension
F.	DB landmine rotation	2	8-12ea	1min	landmine rotation (ea)	DB diagonal lift (ea)	side-to-side med ball slam (ea)

MONTH 5

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	high incline DB press	3-4	5-8	3min	standing DB shoulder press	push press	military press
B1.	deadstop 1-arm DB row	3	6-10ea	30s	low incline chest-supported DB row	bent over BB row	UH-grip BB row
B2.	deadstop torso-elevated push-up	3	5-8	2min	flat DB bench press	BW push-up AMRAP	weighted push-up
C.	half-kneeling 1-arm cable pulldown	3	6-10ea	2min	seated 1-arm cable row (ea)	bent over 1-arm landmine row (ea)	1-arm lat pulldown (ea)
D.	standing DB seesaw press	3	8-12ea	2min	1-arm DB floor press (ea)	standing 1-arm landmine shoulder press (ea)	1-arm DB push press (ea)
E.	DB bicep curl	2-3	8-12	2min	incline DB bicep curl	EZ bar curl	DB spider curl

MONTH 5

Day 3: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	eccentric-accentuated Romanian deadlift(4s lowering phase)	3	5-8	3min	good morning	BB back extension	DB back extension
B.	wide-grip lat pulldown	3	8-12	3min	inverted row	BW pull-up 3-5	weighted pull-up 3-5
C.	leg press	3	6-10	3min	hack squat	lever squat	landmine squat
D.	eccentric-accentuated DB push press (3s lowering phase)	3	8-12	3min	half-kneeling DB shoulder press	landmine shoulder press	incline press
E.	stability ball leg curl	2-3	12-20	2min	gliding leg curl AMRAP	sliding leg curl	ecc.-acc. stability ball leg curl (4s lowering phase) 8-12
F.	chest-supported 1-arm DB row	2-3	6-10ea	2min	chest-supported 1-arm lat pulldown (ea)	bent over 1-arm DB row (ea)	seated 1-arm cable row (ea)
G.	shoulder tap	2	8-12ea	2min	weighted plank to toe tap (ea)	weighted deadbug (ea)	cable-resisted deadbug (ea)

MONTH 6
Dynamic Warmup

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alt. wide-stance windmill to lateral squat x30s
bent over T-spine rotation x15s ea
BW reverse lunge x15s ea
quad stretch to hamstring sweep x15s ea
standing shoulder protraction to retraction x30s

MONTH 6

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	front squat	3	3-5	4min	box squat	leg press	back squat
B.	B-stance DB Romanian deadlift	3	5-8ea	3min	B-stance good morning (ea)	trap bar Romanian deadlift	B-stance Romanian deadlift (ea)
C.	goblet lateral box squat	3	6-10ea	2min	1-arm DB lateral step-up (ea)	alt. DB lateral squat (ea)	landmine lateral lunge (ea)
D.	DB straddle lift	2-3	8-12	2min	DB glute emphasis back extension	B-stance DB swing (ea)	hand-to-hand KB swing (ea)
E.	band quadruped knee extension	2	8-12	2min	braced skater squat (ea)	constant-tension heel-elevated goblet squat	pause leg extension (2s pause)
F.	BW reverse lunge to step-up	2	6-10ea	2min	constant-tension BW step-up (ea)	DB jump squat	box jump

MONTH 6

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	pause flat DB bench press (2s pause)	3	3-5	4min	military press	incline press	bench press
B.	eccentric-accentuated DB pullover (2s lowering phase)	3	5-8	3min	wide-grip lat pulldown	rack pull-up AMRAP	OH-grip lat pulldown
C1.	seated DB shoulder press	3	6-10	30s	close-grip DB floor press	feet-elevated push-up	weighted push-up
C2.	bent over DB row	3	6-10	2min	deadstop 1-arm DB row (ea)	Pendlay row	UH-grip BB row
D.	seated bent over DB rear delt raise	2-3	12-15	90s	bent over DB Y raise	pause face pull (2s pause)	reverse pec deck
E.	deadbug	2	8-12ea	90s	plank 1-arm DB row (ea)	cable-resisted deadbug (ea)	DB drag (ea)

MONTH 6

Day 3: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	good morning	3	5-8	3min	trap bar deadlift	sumo deadlift	conventional deadlift
B.	eccentric-accentuated OH-grip lat pulldown (4s ascending phase)	3	3-8	3min	pause inverted row (2s pause)	BW pull-up	weighted pull-up
C.	pause DB glute bridge (3s pause)	3	6-10	3min	BB back extension	hip thrust with pulse	pause hip thrust (3s pause)
D.	DB push press	3	5-8	3min	standing DB shoulder press	high incline DB press	incline DB press
E.	DB split squat	2-3	5-8ea	3min	DB walking lunge 8-12 (ea)	1-arm DB Bulgarian split squat w/ a twist (ea)	BB Bulgarian split squat (ea)
F1.	bent over DB seesaw row	2	6-10ea	30s	half-kneeling 1-arm cable pulldown (ea)	seated 1-arm cable row (ea)	B-stance 1-arm DB row (ea)
F2.	standing DB seesaw press	2	8-12ea	2min	half-kneeling 1-arm DB shoulder press (ea)	DB floor press	seated Arnold press

MONTH 7
Dynamic Warmup

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bear squat x30s
half-kneeling T-spine rotation x15s ea
bowler squat x15s ea
standing hip opener x15s ea
walking knee hug x30s

MONTH 7

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	box jump	3	3-5	2min	pause DB squat (2s pause) 8-12	DB triple extension squat	seated vertical jump
B.	landmine deadlift	3	6-10	4min	trap bar deadlift 3-5	sumo deadlift 3-5	conventional deadlift 3-5
C.	pause landmine squat (2s pause)	3	5-8	3min	hack squat	lever squat	leg press
D1.	single-leg leg extension	3	6-10ea	30s	B-stance goblet squat (ea)	DB split squat (ea)	DB walking lunge (ea)
D2.	single-leg braced DB Romanian deadlift	3	6-10ea	2min	enhanced-eccentric lying machine leg curl (4s lowering phase) (ea)	straight-leg feet-elevated hamstring thrust	hand-to-hand KB swing (ea)
E.	standing cable hip abduction	2-3	8-12ea	2min	BW reverse hyperextension 12-20	BW frog reverse hyperextension 12-20	45-degree cable glute kickback (ea)

MONTH 7

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	side-to-side DB mock "slam"	3	5-8ea	2min	OH med ball slam	side-to-side med ball slam (ea)	half-kneeling alt. OH med ball slam (ea)
B.	landmine row	3	5-8	3min	bent over BB row	eccentric-only pull-up 1-3	pause OH-grip lat pulldown (2s pause)
C1.	pause DB shoulder press (3s pause)	3	6-10	30s	incline press	push press	military press
C2.	standing 1-arm cable row	3	8-12ea	3min	chest-supported 1-arm DB row (ea)	seated 1-arm cable row (ea)	bent over DB seesaw row (ea)
D1.	torso-elevated push-up	3	6-10	30s	ecc.-acc. DB floor press (4s lowering phase)	band-assisted push-up	feet-elevated push-up
D2.	bent over BW Y raise	3	20-30	2min	band face pull	band pull-apart	rope face pull
E.	band rear delt flye	2	8-12	2min	cable rear delt flye	prone DB rear delt raise	reverse pec deck

MONTH 7

Day 3: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB jump squat	3	3-5	2min	wall sit 30-45s	BW split squat jump 8-12 (ea)	box jump
B.	DB deficit reverse lunge	3	5-8ea	3min	pivot split squat (ea)	Zercher reverse lunge (ea)	BB split squat (ea)
C.	pause DB shoulder press (3s pause)	3	5-8	3min	high incline DB press	half-kneeling military press	push press
D1.	pause DB Romanian deadlift (2s pause)	3	6-10	30s	stiff-leg deadlift	B-stance good morning (ea)	Romanian deadlift
D2.	bent over 1-arm DB row	3	8-12ea	2min	bent over 1-arm landmine row (ea)	band-resisted bent over 1-arm DB row (ea)	3-point DB row (ea)
E1.	B-stance BW hip thrust	2	8-15ea	30s	feet-elevated BW glute bridge	single-leg BW hip thrust (ea)	single-leg BW deficit hip thrust (ea)
E2.	prone DB lateral raise	2	8-12	30s	DB lateral raise 21s 7 (ea)	lean-in 1-arm DB lateral raise (ea)	DB lateral raise
E3.	DB front raise	2	12-15	2min	cable upright row	DB high pull	DB upright row

MONTH 8
Dynamic Warmup

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alt. hip lunge to T-spine rotation x30s
alt. wide-stance windmill to lateral squat x30s
quad stretch to hamstring sweep x15s ea
side-to-side leg swing x15s ea
front-to-back leg swing x15s ea

MONTH 8

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	box jump	3	5-8	2min	wall sit 30-45s	seated vertical jump	standing vertical jump
B.	pause landmine squat (2s pause)	3	5-8	4min	front squat	hack squat	back squat
C.	landmine Romanian deadlift	3	6-10	3min	DB back extension	BB back extension	glute ham raise AMRAP
D.	DB lateral step-down	3	6-10ea	2min	1-arm DB lateral step-up (ea)	DB lateral squat (ea)	landmine lateral lunge (ea)
E.	single-leg DB glute bridge	3	8-12ea	2min	45-degree cable glute kickback (ea)	pause DB hip thrust (2s pause)	single-leg DB hip thrust (ea)
F.	double DB swing	4	40s	20s	1-arm DB snatch 20s (ea)	KB swing	sled push

MONTH 8

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB triple extension squat	4	8-15	1min	DB thruster	KB thruster	deadball OH throw
B.	wide-grip lat pulldown	3	5-8	4min	isometric inverted row hold 10-20s	BW pull-up	weighted pull-up
C.	seated DB shoulder press	3	6-10	3min	high incline DB press	military press	seated BB shoulder press
D1.	deadstop 1-arm DB row	3	6-10ea	30s	low incline chest-supported DB row	bent over BB row	Pendlay row
D2.	deadstop torso-elevated push-up	3	6-10	3min	flat DB bench press	BW push-up AMRAP	weighted push-up
E1.	DB hammer curl	2-3	8-12	30s	DB spider curl	narrow-grip DB bicep curl	alt. DB bicep curl (ea)
E2.	DB OH tricep extension	2-3	12-15	90s	high incline DB Tate press	band-assisted dip 8-12	BW dip AMRAP

MONTH 8

Day 3: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	DB jump squat	2	5-8	30s	DB split squat jump (ea)	DB standing vertical jump	trap bar jump
A2.	deadstop torso-elevated push-up	2	6-10	1min	band-assisted push-up	torso-elevated plyo push-up	plyo push-up
B.	pause Romanian deadlift (2s pause)	3	5-8	3min	pause good morning (2s pause)	trap bar deadlift	Nordic hip hinge
C.	flat DB bench press	3	5-8	3min	DB floor press	incline press	bench press
D.	box squat	3	5-8	3min	Zercher squat	pause hack squat (2s pause)	pause lever squat (2s pause)
E1.	UH-grip DB row	2	8-12	30s	chest-supported 1-arm lat pulldown (ea)	bent over DB seesaw row (ea)	chest-supported T-bar row
E2.	DB back extension	2	8-15	2min	cable pull-through	DB straddle lift	KB straddle lift
F.	half-kneeling 1-arm DB shoulder press	2	8-12ea	2min	pause DB shoulder press (3s pause)	alt. incline DB press (ea)	1-arm incline DB press (ea)

MONTH 9
Dynamic Warmup

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hip lunge to T-spine rotation x15s ea
quadruped adductor hinge x15s ea
half-kneeling hip flexor mobilization x15s ea
body weight windmill x15s ea
dynamic shoulder circle x15s ea

MONTH 9

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	body weight triple extension squat	4	40s	20s	single-leg calf hop 20s (ea)	multi-directional single-leg calf hop 20s (ea)	jump rope
B.	landmine deadlift	3	5-8	4min	trap bar deadlift	sumo deadlift	conventional deadlift
C.	front foot-elevated DB split squat	3	6-10ea	3min	1-arm DB Bulgarian split squat (ea)	DB deficit reverse lunge (ea)	landmine curtsy lunge (ea)
D.	DB Romanian deadlift	3	8-12	3min	Romanian deadlift	DB glute emphasis back extension	hip thrust
E.	DB sumo squat	3	8-12	2min	B-stance DB squat (ea)	DB lateral lunge (ea)	1-arm DB lateral step-up (ea)
F.	side-lying BW adduction	2-3	8-15ea	2min	alt. adductor plate slide (ea)	standing cable hip adduction (ea)	Copenhagen plank (ea)

MONTH 9

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	alt. DB halo	3	12-15ea	1min	side-to-side med ball slam (ea)	DB mock "slam"	bent over med ball slam
B.	inverted row	3	5-8	3min	pause bent over DB row (2s pause)	bent over BB row	Pendlay row
C.	incline DB press	3	6-10	3min	seated DB shoulder press	bench press	incline press
D1.	pause OH-grip lat pulldown (2s pause)	3	5-8	30s	seated pull-up	BW pull-up	weighted pull-up
D2.	DB floor flye	3	8-12	3min	close-grip DB floor press	1-arm DB floor press (ea)	flat 1-arm DB bench press (ea)
E.	high-to-low face pull	2-3	8-12	2min	cable rear delt flye	prone DB rear delt raise	reverse pec deck
F.	cable bicep curl (straight bar)	2-3	8-12	2min	alt. DB hammer curl (ea)	incline DB bicep curl	EZ bar curl

MONTH 9

Day 3: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	single-leg BW box squat	2	5-8ea	30s	BW split squat jump (ea)	DB jump squat	box jump
A2.	DB landmine rotation	2	8-12ea	2min	half-kneeling alt. OH med ball slam (ea)	side-to-side OH med ball slam (ea)	OH med ball slam w/ power rotation (ea)
B.	lever squat	3	5-8	3min	hack squat	front squat	back squat
C.	seated pull-up	3	5-8	3min	landmine row 8-12	OH-grip lat pulldown	BW pull-up AMRAP
D1.	KB swing	3	8-12	30s	DB back extension	glute ham raise	band-assisted Nordic ham curl
D2.	pause DB floor press (2s pause)	3	5-8	2min	alt. incline DB press (ea)	pause bench press (2s pause)	close-grip bench press
E1.	1-arm B-stance DB Romanian deadlift	2-3	8-12ea	30s	B-stance DB good morning (ea)	single-leg DB back extension (ea)	single-leg DB hip thrust (ea)
E2.	half-kneeling 1-arm cable pulldown	2-3	6-10ea	2min	seated 1-arm cable row (ea)	alt. DB gorilla row (ea)	pause chest-supported DB row (2s pause) 6-10

MONTH 10
Dynamic Warmup

BW glute bridge to OH reach x30s
open book x15s ea
supine angel x15s ea
quadruped adductor hinge x15s ea
YTWL x10s ea

MONTH 10

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB triple extension squat	3	3-5	90s	DB standing vertical jump	box jump	trap bar jump
B.	box squat	3	3-5	4min	leg press 6-10	hack squat	back squat
C.	single-leg DB back extension	3	6-10ea	3min	BB back extension	hip thrust	pause Romanian deadlift (2s pause)
D.	4-3-1 DB sumo stiff-leg deadlift	3	5-8	3min	eccentric-only glute ham raise (5s lowering phase)	pause lying cable leg curl (2s pause)	band-assisted Nordic ham curl
E.	single-leg BW box squat	3	8-12ea	2min	1-arm racked DB reverse lunge (ea)	alt. DB lateral squat (ea)	landmine lateral lunge (ea)
F.	KB swing	2	12-15	90s	cable pull-through	B-stance DB glute bridge (ea)	BW glute emphasis back extension 20-30

MONTH 10

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB diagonal lift	3	5-8ea	90s	side-to-side DB mock "slam" (ea)	horizontal wood chop (ea)	lateral med ball toss (ea)
B.	seated DB shoulder press	3	5-8	3min	landmine shoulder press	military press	push press
C.	bent over DB row	3	5-8	3min	wide-grip lat pulldown	BW pull-up	weighted pull-up
D1.	flat DB bench press	3	6-10	30s	1-arm incline DB press (ea)	DB floor press	low incline DB press
D2.	3-point DB row	3	6-10ea	3min	seated 1-arm cable row (ea)	bent over 1-arm landmine row (ea)	bent over 1-arm DB row (ea)
E.	bent over DB rear delt raise	2-3	8-12	2min	prone DB rear delt raise	prone DB Y raise	cable Y raise
F.	crossbody tricep extension	2-3	8-12	2min	DB skull crusher	BW bench dip	band-assisted dip

MONTH 10

Day 3: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	standing vertical jump	2	5-8	30s	DB standing vertical jump	KB sled push 50 steps	sled push 50 steps
A2.	deadball OH throw	2	5-8	90s	torso-elevated plyo push-up	plank-to-plank	power plank-up from knees
B.	landmine Romanian deadlift	3	8-12	4min	good morning	sumo deadlift 3-5	conventional deadlift 3-5
C.	pause bent over DB row (2s pause)	3	5-8	3min	rack pull-up	UH-grip BB row	pause bent over BB row (3s pause)
D.	DB deficit reverse lunge	3	5-8ea	3min	single-leg leg press (ea)	B-stance back squat (ea)	Zercher reverse lunge (ea)
E.	pause flat DB bench press (2s pause)	3	6-10	3min	flat DB bench press	incline press	bench press
F.	single-leg leg extension	2	8-12ea	2min	braced skater squat (ea)	DB high step-up (ea)	contralateral braced 1-arm DB step-up (ea)
G.	seated 1-arm cable row	2	8-12ea	2min	band-resisted bent over 1-arm DB row (ea)	half-kneeling 1-arm cable pulldown (ea)	chest-supported 1-arm lat pulldown (ea)

MONTH 11
Dynamic Warmup

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bear squat x30s
half-kneeling T-spine rotation x15s ea
alt. wide-stance windmill to lateral squat x30s
bowler squat x15s ea
standing hip opener x15s ea

MONTH 11

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	BW triple extension squat	3	6-10	90s	BW squat pulse 15-20	box jump	BW split squat jump (ea)
B.	pause DB Romanian deadlift (2s pause)	4	5-8	4min	good morning	stiff-leg deadlift	conventional deadlift
C.	B-stance DB front squat	3	6-10ea	3min	DB Bulgarian split squat (ea)	BB Bulgarian split squat (ea)	BB deficit reverse lunge (ea)
D.	B-stance DB glute bridge	3	6-10ea	3min	pause DB back extension (2s pause)	hip thrust	B-stance hip thrust (ea)
E.	prone DB leg curl	3	8-12	2min	stability ball leg curl	gliding leg curl	lying machine leg curl
F.	extra range side-lying BW hip abduction	2	12-15ea	2min	side-lying hip raise (ea)	lateral band walk (ea)	standing cable hip abduction (ea)

MONTH 11

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	deadbug	3	6-10ea	2min	reverse crunch	cable crunch 8-12	bent over med ball slam
B.	DB floor press	4	5-8	4min	flat DB bench press	incline press	bench press
C.	seated 1-arm cable row	3	6-10ea	2min	B-stance 1-arm DB row (ea)	bent over 1-arm landmine row (ea)	standing 1-arm cable row (ea)
D.	seated DB Z press	3	6-10	3min	low incline DB press	standing 1-arm landmine shoulder press (ea)	pause incline DB press (2s pause)
E.	alt. lat pulldown	3	8-12ea	2min	DB floor pullover	tall-kneeling 1-arm cable pull-in (ea)	1-arm lat pulldown (ea)
F.	prone DB rear delt raise	3	12-15	2min	cable rear delt flye	bent over DB rear delt raise	face pull

MONTH 11

Day 3: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	floating heel drop	2	20-30s	30s	constant-tension BW step-up (ea)	jump rope 80-100	single-leg calf hop (ea)
A2.	pause torso-elevated push-up (2s pause)	2	5-8	1min	flat 1-arm DB bench press (ea)	BW push-up	weighted push-up
B.	pause goblet squat (2s pause)	3	5-8	3min	back squat	hack squat	lever squat
C.	OH-grip lat pulldown	3	5-8	3min	seated pull-up	BW pull-up	weighted pull-up
D1.	B-stance DB good morning	3	8-12ea	30s	single-leg braced KB swing (ea)	single-leg braced DB Romanian deadlift (ea)	B-stance Romanian deadlift (ea)
D2.	standing DB shoulder press	3	6-10	2min	seated Arnold press	push press	seated BB shoulder press
E1.	pause DB glute bridge (3s pause)	2-3	6-10	30s	single-leg DB hip thrust 8-15 (ea)	pause glute drive hip thrust (3s pause)	pause hip thrust (5s pause)
E2.	UH-grip DB row	2-3	8-12	2min	low incline chest-supported DB row	seated 1-arm cable row (ea)	bent over batwing row (ea)

MONTH 12
Dynamic Warmup

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open half-kneeling adductor dip x15s ea
half-kneeling hip flexor mobilization x15s ea
half-kneeling T-spine rotation x15s ea
BW reverse lunge with OH reach x15s ea
BW windmill x15s ea

MONTH 12

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB triple extension squat	3	3-5	2min	DB jump squat	box jump	trap bar jump
B.	leg press	4	5-8	3min	box squat	front squat	back squat
C.	pause Romanian deadlift (2s pause)	3	5-8	3min	trap bar deadlift	conventional deadlift	sumo deadlift
D.	pause goblet squat (2s pause)	3	6-10	2min	front foot-elevated DB split squat (ea)	single-leg leg extension (ea)	contralateral braced DB step-up (ea)
E.	DB stiff-leg deadlift	3	8-12	2min	DB glute emphasis back extension	B-stance good morning (ea)	B-stance hip thrust (ea)
F.	banded cha-cha	2-3	15-20ea	90s	side-lying hip raise 8-12 (ea)	standing cable hip abduction 12-15 (ea)	extra range side-lying BW hip abduction (ea)

MONTH 12

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB renegade row	3	6-10ea	2min	Pallof press (ea)	low-to-high cable wood chop (ea)	horizontal wood chop (ea)
B.	pause UH-grip DB row (3s pause)	4	5-8	3min	bent over BB row	pause chest-supported T-bar row (2s pause)	OH-grip lat pulldown
C.	flat DB bench press	3	6-10	3min	low incline DB press	weighted push-up	bench press
D1.	seated cable row	3	6-10	30s	isometric inverted row hold 15-30s	half-kneeling 1-arm cable pulldown (ea)	pause chest-supported DB row (2s pause)
D2.	seated DB Z press	3	8-12	2min	half-kneeling 1-arm DB shoulder press (ea)	standing DB shoulder press	DB push press
E.	standing 1-arm cable lateral raise	2-3	8-12ea	2min	prone DB lateral raise	1-arm DB lateral throw (ea)	1-arm DB leaning lateral raise (ea)
F.	high-to-low 1-arm face pull	2-3	8-12ea	90s	prone DB face pull	reverse pec deck	standing 1-arm face pull (ea)

MONTH 12

Day 3: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	double DB swing	2	15-20	30s	jump rope 30-60s	KB swing	sled push 30-50 steps
A2.	DB landmine rotation	2	6-10ea	90s	lateral med ball toss (ea)	DB diagonal lift (ea)	OH med ball slam
B.	BB back extension	3	5-8	3min	pause hip thrust (3s pause)	speed sumo deadlift	speed conventional deadlift
C.	standing DB shoulder press	3	5-8	3min	alt. DB floor press (ea)	pause flat DB bench press (2s pause)	close-grip bench press
D.	pause leg press (2s pause)	3	5-8	3min	pause lever squat (2s pause)	pause front squat (2s pause)	pause squat (2s pause)
E.	chest-supported 1-arm lat pulldown	2-3	6-10ea	3min	bent over 1-arm landmine row (ea)	deadstop 1-arm DB row (ea)	half-kneeling 1-arm cable pulldown (ea)
F1.	pause lying cable leg curl (2s pause)	2	5-8	30s	lying machine leg curl 8-12	band-assisted Nordic ham curl	eccentric-only glute ham raise (5s lowering phase) AMRAP
F2.	pause torso-elevated push-up (2s pause)	2	8-12	90s	pec deck	DB floor press	feet-elevated push-up

4X/WEEK
GYM VERSION

YEAR OF STRENGTH 2026

MONTH 1
Dynamic Warmup

90/90 hip switch x30s
quadruped adductor hinge x15s ea
thread the needle x15s ea
lunge windmill x15s ea
quad stretch to hamstring sweep x15s ea

MONTH 1

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	pause leg press (2s pause)	3	5-8	3min	pause hack squat (2s pause)	pause front squat (2s pause)	pause back squat (2s pause)
B.	good morning	3	6-10	3min	B-stance good morning (ea)	Romanian deadlift	ecc.-acc. Romanian deadlift (4s lowering phase)
C1.	single-leg DB hip thrust	3	12-15ea	30s	DB hip thrust	hip thrust 6-10	B-stance hip thrust 8-12 (ea)
C2.	braced DB reverse lunge	3	8-12ea	2min	DB reverse lunge (ea)	DB step-up (ea)	high step-up (ea)
D.	leg extension	2-3	12-15	2min	pause leg extension (2s pause) 8-12	pause heel-elevated DB squat (2s pause) 8-12	sissy squat AMRAP

MONTH 1

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	1-arm lat pulldown	3	5-8ea	3min	OH-grip lat pulldown 8-12	BW pull-up AMRAP	BW chin-up AMRAP
B.	low incline DB press	3	6-10	3min	flat DB bench press	incline DB press	incline press
C1.	bent over 1-arm DB row	3	6-10ea	30s	chest-supported 1-arm DB row (ea)	pause bent over 1-arm DB row (2s pause) (ea)	bent over 1-arm landmine row (ea)
C2.	torso-elevated push-up	3	6-10	2min	BW push-up AMRAP	pause push-up (2s pause)	standing 1-arm landmine shoulder press (ea)
D.	DB upright row	2	12-15	2min	cable Y raise	DB lateral raise	DB high pull
E.	alt. DB bicep curl	2	8-12ea	2min	DB hammer curl	rope hammer curl	ecc.-acc. DB bicep curl (3s lowering phase)

MONTH 1

Day 3: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	leg press	3	5-8	3min	hack squat	front squat	back squat
B.	DB back extension	3	8-12	3min	BB back extension	hip-banded Romanian deadlift	hip thrust
C.	DB split squat	3	12-15ea	2min	B-stance goblet squat (ea)	braced DB curtsy lunge (ea)	DB curtsy lunge (ea)
D.	BW squat pulse	3	8-15	2min	BW squat iso hold 20-45s	single-leg wall sit 20-30s (ea)	DB split squat pulse 8-12 (ea)
E.	constant-tension DB Romanian deadlift	5	15-20	30s	double DB swing	B-stance KB swing 8-15 (ea)	KB swing

MONTH 1

Day 4: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	seated DB shoulder press	3	6-10	3min	seated Arnold press 8-12	high incline DB press	seated BB shoulder press
B.	chest-supported DB row	3	8-12	2min	pause chest-supported DB row (2s pause)	pause chest-supported lat pulldown (2s pause)	Pendlay row 5-8
C1.	DB glute bridge floor press	3	8-12	30s	DB floor press	flat DB bench press	bench press
C2.	3-point DB row	3	12-15ea	2min	deadstop 1-arm DB row (ea)	bent over DB seesaw row (ea)	pause UH-grip DB row (3s pause)
D.	seated face pull	2	12-15	2min	high-to-low 1-arm face pull (ea)	cable rear delt flye	reverse pec deck
E.	DB skull crusher	2	15-20	2min	bench dip	torso-elevated BW tricep extension AMRAP	rope tricep pushdown

MONTH 2
Dynamic Warmup

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scapular push-up x30s
dynamic ankle mobilization x15s ea
hip lunge to T-spine rotation x15s ea
open half-kneeling adductor dip x15s ea
standing hip opener x15s ea

MONTH 2

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	Romanian deadlift	3	8-12	3min	good morning	B-stance DB Romanian deadlift (ea)	B-stance Romanian deadlift 5-8 (ea)
B.	DB split squat	3	6-10ea	3min	DB Bulgarian split squat (ea)	BB Bulgarian split squat (ea)	pause Bulgarian split squat (2s pause) (ea)
C1.	DB hip thrust	3	12-15	30s	pause DB hip thrust (3s pause)	BB back extension 6-10	pause BB back extension (2s pause) 6-10
C2.	BW donkey calf raise	3	12-15	2min	calf press on leg press	standing DB calf raise	single-leg DB calf raise (ea)
D.	goblet squat	2	8-12	2min	B-stance goblet squat (ea)	braced BW step-up (ea)	DB lateral step-down (ea)
E.	hamstring walkout	2	12-15	2min	lying cable leg curl	deficit hamstring thrust	lying machine leg curl

MONTH 2

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	OH-grip lat pulldown	3	5-8	1min	inverted row	rack pull-up	BW pull-up AMRAP
A2.	torso-elevated push-up	3	5-8	2min	eccentric-only push-up (5s lowering phase)	BW push-up	weighted push-up
B1.	bent over 1-arm lat pulldown	3	8-12ea	30s	standing 1-arm cable row (ea)	seated cable row	seated 1-arm cable row (ea)
B2.	seated DB Z press	3	8-12	2min	standing DB seesaw press (ea)	standing DB shoulder press	DB push press
C.	DB floor press	3	12-15	2min	low incline DB press	close-grip DB bench press	flat DB bench press
D.	bent over BW Y raise	2	12-15	2min	cable Y raise	bent over DB Y raise	prone DB Y raise
E.	deadbug	2	8-12ea	2min	shoulder tap (ea)	1-arm DB overhead march (ea)	KB or DB halo (ea)

MONTH 2

Day 3: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	hip thrust	3	8-12	4min	trap bar deadlift 3-5	sumo deadlift 3-5	conventional deadlift 3-5
B.	constant-tension DB Romanian deadlift	3	8-12	2min	ecc.-acc. DB Romanian deadlift (4s lowering phase)	pause DB good morning (2s pause)	pause good morning (2s pause)
C1.	braced DB reverse lunge	3	8-12ea	30s	DB curtsy lunge (ea)	DB deficit reverse lunge (ea)	DB deficit curtsy lunge (ea)
C2.	standing band-resisted psoas march	3	8-12ea	2min	band-resisted psoas march (ea)	seated leg raise (ea)	seated weighted leg extension (ea)
D.	KB swing	5	8-12	30s	hand-to-hand KB swing (ea)	B-stance DB swing (ea)	B-stance KB swing (ea)

MONTH 2

Day 4: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	incline DB press	3	5-8	3min	bench press	military press	incline press
B.	UH-grip DB row	3	6-10	3min	chest-supported T-bar row	Pendlay row	UH-grip BB row
C1.	seated DB shoulder press	3	8-12	30s	high incline DB press	standing 1-arm landmine shoulder press (ea)	seated Arnold press
C2.	bent over DB row	3	12-15	2min	chest-supported DB row	bent over 1-arm landmine row (ea)	alt. DB gorilla row (ea)
D.	band lat stretcher	3	15-20	90s	tall-kneeling 1-arm straight-arm band lat pulldown (ea)	DB pullover	band pull-apart
E.	BW sit-up	2	8-12	2min	plank 1-arm DB row (ea)	plank saw	weighted deadbug (ea)

MONTH 3
Dynamic Warmup

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half-kneeling lunge to T-spine rotation x15s ea
quadruped adductor windmill x15s ea
lateral squat x15s ea
reverse lunge to OH reach x15s ea
YTWL x30s

MONTH 3

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	leg press	3-4	5-8	4min	lever squat	hack squat	front squat
B.	4-3-1 DB sumo stiff-leg deadlift	3	6-10	3min	single-leg DB back extension (ea)	hip thrust	eccentric-only glute ham raise (5s lowering phase)
C.	braced DB split squat	3	8-12ea	2min	alt. DB reverse lunge (ea)	BW split squat jump (ea)	DB split squat jump (ea)
D.	KB deadlift	3	12-15	2min	B-stance KB swing 8-12 (ea)	DB suitcase deadlift (ea)	1-arm KB suitcase deadlift (ea)
E.	1-arm DB lateral squat	2-3	8-12ea	2min	1-arm DB lateral lunge (ea)	sliding 1-arm DB lateral lunge (ea)	foot-elevated 1-arm DB lateral squat (ea)
F.	torso-elevated renegade row	2	8-12ea	90s	half-kneeling cable Pallof press (ea)	half-kneeling DB wood chop (ea)	low-to-high cable wood chop (ea)

MONTH 3

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	flat DB bench press	3-4	5-8	4min	incline DB press	incline press	bench press
B.	pause bent over DB row (2s pause)	3	6-10	3min	bent over BB row	chest-supported T-bar row	Pendlay row
C1.	torso-elevated push-up	3	8-12	30s	band-assisted push-up	BW push-up AMRAP	weighted push-up
C2.	flat DB flye	3	12-15	2min	pause flat DB flye (2s pause)	incline DB flye	pec deck
D1.	lat stretcher	3	8-12	30s	chest-supported 1-arm lat pulldown (ea)	UH-grip lat pulldown	OH-grip lat pulldown
D2.	high-to-low face pull	3	12-15	2min	face pull	pause band pull-apart (2s pause)	band pull-apart

MONTH 3

Day 3: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	pause DB glute bridge (3s pause)	3-4	6-10	4min	pause glute drive hip thrust (3s pause)	hip thrust	pause hip thrust (3s pause)
B.	DB Romanian deadlift 1.5 reps	3	8-12	2min	trap bar deadlift	Romanian deadlift	ecc.-acc. Romanian deadlift (4s lowering phase)
C.	front foot-elevated DB split squat	3	8-12ea	2min	B-stance DB front squat (ea)	DB Bulgarian split squat (ea)	pause DB Bulgarian split squat (2s pause) (ea)
D.	45-degree cable glute kickback	3	12-15ea	2min	DB straddle lift	single-leg DB back extension (ea)	DB glute emphasis back extension
E1.	goblet box squat	3	12-15	0s	DB sumo squat	heel-elevated DB squat	goblet squat
E2.	compact hip hinge	3	12-15	2min	double DB swing	KB swing	hand-to-hand KB swing (ea)

MONTH 3

Day 4: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	flat DB bench press	3-4	6-10	4min	close-grip bench press	pause flat DB bench press (2s pause)	pause close-grip bench press (2s pause)
B.	OH-grip lat pulldown	3	5-8	3min	pause OH-grip lat pulldown (2s pause)	BW chin-up AMRAP	BW pull-up AMRAP
C1.	half-kneeling DB shoulder press	3	8-12	30s	high incline DB press	standing landmine shoulder press	standing 1-arm landmine shoulder press (ea)
C2.	3-point DB row	3	12-15ea	2min	seated 1-arm cable row (ea)	bent over batwing row (ea)	bent over DB seesaw row (ea)
D1.	rope tricep pushdown	3	15-20	30s	high incline DB Tate press	DB skull crusher	DB rolling tricep extension
D2.	rope hammer curl	3	12-15	2min	incline DB bicep curl	cable bicep curl	EZ bar curl

MONTH 4
Dynamic Warmup

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scapular push-up x30s
bear squat x30s
standing hip opener x15s ea
front-to-back leg swing x15s ea
side-to-side leg swing x15s ea

MONTH 4

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	pause leg press (2s pause)	3-4	5-8	4min	Zercher squat	box squat	back squat
B.	DB split squat	3	6-10ea	3min	DB deficit reverse lunge (ea)	BB reverse lunge (ea)	BB deficit reverse lunge (ea)
C.	DB stiff-leg deadlift	3	8-12	3min	trap bar Romanian deadlift	BB sumo stiff-leg deadlift	stiff-leg deadlift
D.	band-assisted kneeling leg extension	3	8-12	2min	leg extension	bench step-over (ea)	pause leg extension (2s pause)
E.	reverse crunch	3	12-15	90s	cable crunch	DB mock "slam"	OH med ball slam

MONTH 4

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	chest-supported DB row	3-4	6-10	3min	chest-supported T-bar row	pause chest-supported lat pulldown (2s pause)	bent over BB row
B1.	seated Arnold press	3	8-12	0s	seated DB Z press	standing DB seesaw press (ea)	landmine shoulder press
B2.	seated bent over DB rear delt raise	3	12-15	3min	bent over DB rear delt raise	DB face pull	cable rear delt flye
C.	UH-grip lat pulldown	3	8-12	3min	OH-grip lat pulldown	inverted row	lat stretcher
D.	incline DB press	3	12-15	3min	low incline DB press	alt. incline DB press (ea)	close-grip DB floor press
E1.	torso-elevated push-up	2-3	8-12	0s	deadstop torso-elevated push-up	BW push-up	feet-elevated push-up
E2.	DB push press	2-3	8-15	1min	3-way 1-arm DB shoulder press (ea)	DB thruster	1-arm DB clean and press (ea)

MONTH 4

Day 3: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB straddle lift	3-4	6-10	3min	KB straddle lift	trap bar squat	pause landmine squat (2s pause)
B.	constant-tension DB Romanian deadlift	3	8-12	3min	pause DB Romanian deadlift (2s pause)	single-leg BB back extension (ea)	BB back extension
C.	goblet lateral box squat	3	8-12ea	2min	alt. DB lateral squat (ea)	lateral lunge (ea)	1-arm DB lateral step-up (ea)
D1.	pause DB hip thrust (3s pause)	3	12-15	30s	pause DB glute bridge (3s pause)	single-leg BW deficit hip thrust (ea)	pause single-leg DB hip thrust (2s pause) (ea)
D2.	standing cable hip adduction	3	8-12ea	2min	standing band hip adduction (ea)	alt. adductor plate slide (ea)	bent-leg Copenhagen plank (ea)
E.	side plank march	3	8-12ea	90s	suitcase isometric hold 20-60s (ea)	side plank 20-30s (ea)	side plank row (ea)

MONTH 4

Day 4: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	high incline DB press	3-4	5-8	3min	standing DB shoulder press	military press	push press
B.	B-stance 1-arm DB row	3	6-10ea	3min	standing 1-arm cable row (ea)	bent over 1-arm landmine row (ea)	seated 1-arm cable row (ea)
C1.	pause DB floor press (2s pause)	3	6-10	30s	BW push-up AMRAP	alt. flat DB bench press (ea)	flat 1-arm DB bench press (ea)
C2.	DB pullover	3	12-15	2min	DB floor pullover	band pull-apart	pause band pull-apart (2s pause)
D.	pause bent over DB row (2s pause)	3	8-12	2min	pause chest-supported DB row (2s pause)	inverted row	pause inverted row (2s pause)
E.	prone DB face pull	3	12-15	2min	standing 1-arm face pull (ea)	high-to-low face pull	reverse pec deck

MONTH 5
Dynamic Warmup

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swimmers x30s
quadruped adductor hinge x15s ea
BW reverse lunge to OH reach x15s ea
standing hip rock to hamstring mobilization x15s ea
standing hip opener x15s ea

MONTH 5

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	Romanian deadlift	3-4	5-8	4min	trap bar deadlift 3-5	sumo deadlift 3-5	conventional deadlift 3-5
B.	DB glute bridge	3	8-12	3min	B-stance BB glute bridge (ea)	hip thrust triple contraction	pause hip thrust (3s pause)
C.	Zercher squat	3	8-12	3min	Zercher reverse lunge (ea)	BB Bulgarian split squat (ea)	box squat 6-10
D.	lying machine leg curl	3	12-15	2min	single-leg lying leg curl 8-12 (ea)	lying cable leg curl	straight-leg feet-elevated BW hamstring thrust
E.	BW back extension	2-3	20-30	1min	BW reverse hyperextension	KB swing	BW glute emphasis back extension
F.	DB landmine rotation	2	8-12ea	1min	landmine rotation (ea)	DB diagonal lift (ea)	side-to-side med ball slam (ea)

MONTH 5

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	high incline DB press	3-4	5-8	3min	standing DB shoulder press	push press	military press
B1.	deadstop 1-arm DB row	3	6-10ea	30s	low incline chest-supported DB row	bent over BB row	UH-grip BB row
B2.	deadstop torso-elevated push-up	3	5-8	2min	flat DB bench press	BW push-up AMRAP	weighted push-up
C.	half-kneeling 1-arm cable pulldown	3	6-10ea	2min	seated 1-arm cable row (ea)	bent over 1-arm landmine row (ea)	1-arm lat pulldown (ea)
D.	standing DB seesaw press	3	8-12ea	2min	1-arm DB floor press (ea)	standing 1-arm landmine shoulder press (ea)	1-arm DB push press (ea)
E.	DB bicep curl	2-3	8-12	2min	incline DB bicep curl	EZ bar curl	DB spider curl

MONTH 5

Day 3: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	eccentric-accentuated Romanian deadlift (4s lowering phase)	3-4	5-8	3min	good morning	BB back extension	DB back extension
B.	leg press	3	6-10	3min	hack squat	lever squat	landmine squat
C.	double DB swing	3	12-15	2min	cable pull-through	KB straddle lift	KB swing
D.	braced DB split squat	3	8-12ea	3min	DB walking lunge (ea)	1-arm DB Bulgarian split squat w/ a twist (ea)	pivot split squat (ea)
E.	stability ball leg curl	3	12-20	2min	gliding leg curl AMRAP	sliding leg curl	ecc.-acc. stability ball leg curl (4s lowering phase) 8-12
F.	shoulder tap	2	8-12ea	2min	weighted plank to toe tap (ea)	weighted deadbug (ea)	cable-resisted deadbug (ea)

MONTH 5

Day 4: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	wide-grip lat pulldown	3-4	8-12	3min	inverted row	BW pull-up 3-5	weighted pull-up 3-5
B.	eccentric-accentuated DB push press (3s lowering phase)	3	5-8	3min	half-kneeling military press	landmine shoulder press	incline press
C1.	chest-supported 1-arm DB row	3	6-10ea	30s	chest-supported 1-arm lat pulldown (ea)	bent over 1-arm DB row (ea)	seated 1-arm cable row (ea)
C2.	torso-elevated push-up	3	12-15	2min	DB floor press	eccentric-only push-up (5s lowering phase) AMRAP	BW push-up AMRAP
D.	prone DB rear delt raise	3	8-12	2min	cable rear delt flye	DB face pull	face pull
E.	DB OH tricep extension	2-3	15-20	2min	torso-elevated BW tricep extension AMRAP	rope tricep pushdown	DB skull crusher

MONTH 6
Dynamic Warmup

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alt. wide-stance windmill to lateral squat x30s
bent over T-spine rotation x15s ea
BW reverse lunge x15s ea
quad stretch to hamstring sweep x15s ea
standing shoulder protraction to retraction x30s

MONTH 6

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	front squat	3	3-5	4min	box squat	leg press	back squat
B.	B-stance DB Romanian deadlift	3	5-8ea	3min	B-stance good morning (ea)	trap bar Romanian deadlift	B-stance Romanian deadlift (ea)
C.	goblet lateral box squat	3	6-10ea	2min	1-arm DB lateral step-up (ea)	alt. DB lateral squat (ea)	landmine lateral lunge (ea)
D.	DB straddle lift	2-3	8-12	2min	DB glute emphasis back extension	B-stance DB swing (ea)	hand-to-hand KB swing (ea)
E.	band quadruped knee extension	2	8-12	2min	braced skater squat (ea)	constant-tension heel-elevated goblet squat	pause leg extension (2s pause)
F.	BW reverse lunge to step-up	2	6-10ea	2min	constant-tension BW step-up (ea)	DB jump squat	box jump

MONTH 6

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	pause flat DB bench press (2s pause)	3	3-5	4min	military press	incline press	bench press
B.	eccentric-accentuated DB pullover (2s lowering phase)	3	5-8	3min	wide-grip lat pulldown	rack pull-up AMRAP	OH-grip lat pulldown
C1.	seated DB shoulder press	3	6-10	30s	close-grip DB floor press	feet-elevated push-up	weighted push-up
C2.	bent over DB row	3	6-10	2min	deadstop 1-arm DB row (ea)	Pendlay row	UH-grip BB row
D.	seated bent over DB rear delt raise	2-3	12-15	90s	bent over DB Y raise	pause face pull (2s pause)	reverse pec deck
E.	deadbug	2	8-12ea	90s	plank 1-arm DB row (ea)	cable-resisted deadbug (ea)	DB drag (ea)

MONTH 6

Day 3: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	good morning	3	5-8	4min	trap bar deadlift	sumo deadlift	conventional deadlift
B.	pause DB glute bridge (3s pause)	3	6-10	3min	BB back extension	hip thrust with pulse	pause hip thrust (3s pause)
C.	DB split squat	3	5-8ea	3min	DB walking lunge 8-12 (ea)	1-arm DB Bulgarian split squat w/ a twist (ea)	BB Bulgarian split squat (ea)
D.	BW step-up	3	6-10ea	2min	braced BW step-up (ea)	single-leg leg extension (ea)	DB reverse lunge to step-up (ea)
E.	single-leg DB calf raise	3	15-20ea	1min	floating heel drop 8-15	single-leg calf hop (ea)	multi-directional single-leg calf hop (ea)

MONTH 6

Day 4: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	eccentric-accentuated OH-grip lat pulldown (4s ascending phase)	3	3-8	4min	pause inverted row (2s pause)	BW pull-up	weighted pull-up
B.	DB push press	3	5-8	3min	standing DB shoulder press	high incline DB press	incline DB press
C1.	bent over DB seesaw row	3	6-10ea	30s	half-kneeling 1-arm cable pulldown (ea)	seated 1-arm cable row (ea)	B-stance 1-arm DB row (ea)
C2.	standing DB seesaw press	3	8-12ea	2min	half-kneeling 1-arm DB shoulder press (ea)	DB floor press	seated Arnold press
D.	bent over DB rear delt raise	2	8-12	2min	prone DB rear delt raise	cable rear delt flye	high-to-low face pull
E1.	incline DB bicep curl	2	8-12	30s	cable bicep curl (straight bar)	DB hammer curl	EZ bar curl
E2.	bench dip	2	15-20	90s	high incline DB Tate press	DB OH tricep extension	standing EZ bar tricep extension

MONTH 7
Dynamic Warmup

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bear squat x30s
half-kneeling T-spine rotation x15s ea
bowler squat x15s ea
standing hip opener x15s ea
walking knee hug x30s

MONTH 7

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	box jump	3	3-5	2min	pause DB squat (2s pause) 8-12	DB triple extension squat	seated vertical jump
B.	landmine deadlift	3	6-10	4min	trap bar deadlift 3-5	sumo deadlift 3-5	conventional deadlift 3-5
C.	pause landmine squat (2s pause)	3	5-8	3min	hack squat	lever squat	leg press
D1.	single-leg leg extension	3	6-10ea	30s	B-stance goblet squat (ea)	DB split squat (ea)	DB walking lunge (ea)
D2.	single-leg braced DB Romanian deadlift	3	6-10ea	2min	enhanced-eccentric lying machine leg curl (4s lowering phase) (ea)	straight-leg feet-elevated hamstring thrust	hand-to-hand KB swing (ea)
E.	standing cable hip abduction	2-3	8-12ea	2min	BW reverse hyperextension 12-20	BW frog reverse hyperextension 12-20	45-degree cable glute kickback (ea)

MONTH 7

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	side-to-side DB mock "slam"	3	5-8ea	2min	OH med ball slam	side-to-side med ball slam (ea)	half-kneeling alt. OH med ball slam (ea)
B.	landmine row	3	5-8	3min	bent over BB row	eccentric-only pull-up 1-3	pause OH-grip lat pulldown (2s pause)
C1.	pause DB shoulder press (3s pause)	3	6-10	30s	incline press	push press	military press
C2.	standing 1-arm cable row	3	8-12ea	3min	chest-supported 1-arm DB row (ea)	seated 1-arm cable row (ea)	bent over DB seesaw row (ea)
D1.	torso-elevated push-up	3	6-10	30s	ecc.-acc. DB floor press (4s lowering phase)	band-assisted push-up	feet-elevated push-up
D2.	bent over BW Y raise	3	20-30	2min	band face pull	band pull-apart	rope face pull
E.	band rear delt flye	2	8-12	2min	cable rear delt flye	prone DB rear delt raise	reverse pec deck

MONTH 7

Day 3: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB jump squat	3	3-5	2min	wall sit 30-45s	BW split squat jump 8-12 (ea)	box jump
B.	DB deficit reverse lunge	3	5-8ea	3min	pivot split squat (ea)	Zercher reverse lunge (ea)	BB split squat (ea)
C.	pause DB Romanian deadlift (2s pause)	3	6-10	3min	stiff-leg deadlift	B-stance good morning (ea)	Romanian deadlift
D.	band quadruped knee extension	3	8-12	2min	bench step-over (ea)	single-leg leg extension (ea)	leg extension
E.	lying machine leg curl	3	8-12	2min	deficit hamstring thrust	Nordic ham curl 3-5	pause lying leg curl (2s pause)
F.	B-stance BW hip thrust	2	8-15ea	2min	feet-elevated BW glute bridge	single-leg BW hip thrust (ea)	single-leg BW deficit hip thrust (ea)

MONTH 7

Day 4: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	pause DB shoulder press (3s pause)	3	5-8	3min	high incline DB press	half-kneeling military press	push press
B1.	pause chest-supported DB row (2s pause)	3	5-8	30s	inverted row	wide-grip seated cable row	seated cable row
B2.	deadstop torso-elevated push-up	3	8-12	3min	BW push-up	close-grip DB bench press	DB floor press
C1.	bent over 1-arm DB row	3	8-12ea	30s	3-point DB row (ea)	bent over 1-arm landmine row (ea)	band-resisted bent over 1-arm DB row (ea)
C2.	prone DB lateral raise	3	8-12	30s	DB lateral raise 21s 7 (ea)	lean-in 1-arm DB lateral raise (ea)	DB lateral raise
C3.	DB front raise	3	12-15	2min	cable upright row	DB high pull	DB upright row
D1.	rope hammer curl	2	8-12	30s	DB preacher curl	Zottman curl	DB hammer curl
D2.	OH rope tricep extension	2	15-20	2min	torso-elevated BW tricep extension AMRAP	band-assisted dip 6-10	rope tricep pushdown

MONTH 8
Dynamic Warmup

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alt. hip lunge to T-spine rotation x30s
alt. wide-stance windmill to lateral squat x30s
quad stretch to hamstring sweep x15s ea
side-to-side leg swing x15s ea
front-to-back leg swing x15s ea

MONTH 8

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	box jump	3	5-8	2min	wall sit 30-45s	seated vertical jump	standing vertical jump
B.	pause landmine squat (2s pause)	3	5-8	4min	front squat	hack squat	back squat
C.	landmine Romanian deadlift	3	6-10	3min	DB back extension	BB back extension	glute ham raise AMRAP
D.	DB lateral step-down	3	6-10ea	2min	1-arm DB lateral step-up (ea)	DB lateral squat (ea)	landmine lateral lunge (ea)
E.	single-leg DB glute bridge	3	8-12ea	2min	45-degree cable glute kickback (ea)	pause DB hip thrust (2s pause)	single-leg DB hip thrust (ea)
F.	double DB swing	4	40s	20s	1-arm DB snatch 20s (ea)	KB swing	sled push

MONTH 8

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB triple extension squat	4	8-15	1min	DB thruster	KB thruster	deadball OH throw
B.	wide-grip lat pulldown	3	5-8	4min	isometric inverted row hold 10-20s	BW pull-up	weighted pull-up
C.	seated DB shoulder press	3	6-10	3min	high incline DB press	military press	seated BB shoulder press
D1.	deadstop 1-arm DB row	3	6-10ea	30s	low incline chest-supported DB row	bent over BB row	Pendlay row
D2.	deadstop torso-elevated push-up	3	6-10	3min	flat DB bench press	BW push-up AMRAP	weighted push-up
E1.	DB hammer curl	2-3	8-12	30s	DB spider curl	narrow-grip DB bicep curl	alt. DB bicep curl (ea)
E2.	DB OH tricep extension	2-3	12-15	90s	high incline DB Tate press	band-assisted dip 8-12	BW dip AMRAP

MONTH 8

Day 3: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB jump squat	3	5-8	2min	DB split squat jump (ea)	DB standing vertical jump	trap bar jump
B.	pause Romanian deadlift (2s pause)	3	5-8	4min	pause good morning (2s pause)	trap bar deadlift	Nordic hip hinge
C.	box squat	3	5-8	3min	Zercher squat	pause hack squat (2s pause)	pause lever squat (2s pause)
D.	DB back extension	3	8-15	3min	cable pull-through	DB straddle lift	KB straddle lift
E.	bench step-over	2-3	12-15ea	2min	B-stance wall sit 30-45s (ea)	eccentric-only shrimp squat 3-5 (ea)	leg extension
F.	DB deficit hamstring thrust	2-3	12-15	2min	gliding leg curl	stability ball leg curl	lying machine leg curl

MONTH 8

Day 4: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	deadstop torso-elevated push-up	3	6-10	2min	band-assisted push-up	torso-elevated plyo push-up	plyo push-up
B.	flat DB bench press	3	5-8	4min	DB floor press	incline press	bench press
C.	UH-grip DB row	3	8-12	3min	pause UH-grip BB row (3s pause)	chest-supported 1-arm lat pulldown (ea)	chest-supported T-bar row
D.	half-kneeling 1-arm DB shoulder press	3	8-12ea	3min	pause DB shoulder press (3s pause)	alt. incline DB press (ea)	1-arm incline DB press (ea)
E.	bent over 1-arm landmine row	3	8-12ea	3min	rack pull-up	seated 1-arm cable row (ea)	1-arm lat pulldown (ea)
F1.	prone DB lateral raise	2-3	8-12	30s	1-arm leaning DB lateral raise (ea)	cable upright row	DB lateral raise
F2.	prone DB rear delt raise	2-3	12-15	90s	cable Y raise	seated bent over DB rear delt raise	reverse pec deck

MONTH 9
Dynamic Warmup

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hip lunge to T-spine rotation x15s ea
quadruped adductor hinge x15s ea
half-kneeling hip flexor mobilization x15s ea
body weight windmill x15s ea
dynamic shoulder circle x15s ea

MONTH 9

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	body weight triple extension squat	4	40s	20s	single-leg calf hop 20s (ea)	multi-directional single-leg calf hop 20s (ea)	jump rope
B.	landmine deadlift	3	5-8	4min	trap bar deadlift	sumo deadlift	conventional deadlift
C.	front foot-elevated DB split squat	3	6-10ea	3min	1-arm DB Bulgarian split squat (ea)	DB deficit reverse lunge (ea)	landmine curtsy lunge (ea)
D.	DB Romanian deadlift	3	8-12	3min	Romanian deadlift	DB glute emphasis back extension	hip thrust
E.	DB sumo squat	3	8-12	2min	B-stance DB squat (ea)	DB lateral lunge (ea)	1-arm DB lateral step-up (ea)
F.	side-lying BW adduction	2-3	8-15ea	2min	alt. adductor plate slide (ea)	standing cable hip adduction (ea)	Copenhagen plank (ea)

MONTH 9

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	alt. DB halo	3	12-15ea	1min	side-to-side med ball slam (ea)	DB mock "slam"	bent over med ball slam
B.	inverted row	3	5-8	3min	pause bent over DB row (2s pause)	bent over BB row	Pendlay row
C.	incline DB press	3	6-10	3min	seated DB shoulder press	bench press	incline press
D1.	pause OH-grip lat pulldown (2s pause)	3	5-8	30s	seated pull-up	BW pull-up	weighted pull-up
D2.	DB floor flye	3	8-12	3min	close-grip DB floor press	1-arm DB floor press (ea)	flat 1-arm DB bench press (ea)
E.	high-to-low face pull	2-3	8-12	2min	cable rear delt flye	prone DB rear delt raise	reverse pec deck
F.	cable bicep curl (straight bar)	2-3	8-12	2min	alt. DB hammer curl (ea)	incline DB bicep curl	EZ bar curl

MONTH 9

Day 3: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	single-leg BW box squat	3	5-8ea	2min	BW split squat jump (ea)	DB jump squat	box jump
B.	lever squat	3	5-8	4min	hack squat	front squat	back squat
C.	KB swing	3	8-12	3min	DB back extension	glute ham raise	band-assisted Nordic ham curl
D.	DB step-up	3	8-12ea	2min	DB walking lunge (ea)	landmine lateral lunge (ea)	BB deficit reverse lunge (ea)
E.	1-arm B-stance DB Romanian deadlift	3	8-12ea	2min	B-stance DB good morning (ea)	single-leg DB back extension (ea)	single-leg DB hip thrust (ea)
F.	half-kneeling band Pallof press	2-3	6-10ea	2min	torso-elevated renegade row (ea)	high-to-low cable wood chop (ea)	half-kneeling DB wood chop (ea)

MONTH 9

Day 4: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB landmine rotation	3	8-12ea	2min	half-kneeling alt. OH med ball slam (ea)	side-to-side OH med ball slam (ea)	OH med ball slam w/ power rotation (ea)
B.	seated pull-up	3	5-8	3min	landmine row 8-12	OH-grip lat pulldown	BW pull-up AMRAP
C.	pause DB floor press (2s pause)	3	5-8	3min	alt. incline DB press (ea)	pause bench press (2s pause)	close-grip bench press
D1.	half-kneeling 1-arm cable pulldown	3	8-12ea	30s	seated 1-arm cable row (ea)	alt. DB gorilla row (ea)	pause chest-supported DB row (2s pause) 6-10
D2.	3-way 1-arm DB shoulder press	3	6-10ea	3min	BW push-up	pause torso-elevated push-up (2s pause)	weighted push-up
E.	seated DB lateral raise	2-3	8-12	2min	lean-in 1-arm DB lateral raise (ea)	DB lateral raise 21s 7 (ea)	1-arm cable lateral raise (ea)
F.	rope tricep pushdown	2-3	12-15	2min	standing EZ bar tricep extension	OH rope tricep extension	DB rolling tricep extension

MONTH 10
Dynamic Warmup

BW glute bridge to OH reach x30s
open book x15s ea
supine angel x15s ea
quadruped adductor hinge x15s ea
YTWL x10s ea

MONTH 10

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB triple extension squat	3	3-5	90s	DB standing vertical jump	box jump	trap bar jump
B.	box squat	3	3-5	4min	leg press 6-10	hack squat	back squat
C.	single-leg DB back extension	3	6-10ea	3min	BB back extension	hip thrust	pause Romanian deadlift (2s pause)
D.	4-3-1 DB sumo stiff-leg deadlift	3	5-8	3min	eccentric-only glute ham raise (5s lowering phase)	pause lying cable leg curl (2s pause)	band-assisted Nordic ham curl
E.	single-leg BW box squat	3	8-12ea	2min	1-arm racked DB reverse lunge (ea)	alt. DB lateral squat (ea)	landmine lateral lunge (ea)
F.	KB swing	2	12-15	90s	cable pull-through	B-stance DB glute bridge (ea)	BW glute emphasis back extension 20-30

MONTH 10

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB diagonal lift	3	5-8ea	90s	side-to-side DB mock "slam" (ea)	horizontal wood chop (ea)	lateral med ball toss (ea)
B.	seated DB shoulder press	3	5-8	3min	landmine shoulder press	military press	push press
C.	bent over DB row	3	5-8	3min	wide-grip lat pulldown	BW pull-up	weighted pull-up
D1.	flat DB bench press	3	6-10	30s	1-arm incline DB press (ea)	DB floor press	low incline DB press
D2.	3-point DB row	3	6-10ea	3min	seated 1-arm cable row (ea)	bent over 1-arm landmine row (ea)	bent over 1-arm DB row (ea)
E.	bent over DB rear delt raise	2-3	8-12	2min	prone DB rear delt raise	prone DB Y raise	cable Y raise
F.	crossbody tricep extension	2-3	8-12	2min	DB skull crusher	BW bench dip	band-assisted dip

MONTH 10

Day 3: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	standing vertical jump	3	5-8	90s	DB standing vertical jump	KB sled push 50 steps	sled push 50 steps
B.	landmine Romanian deadlift	3	8-12	4min	good morning	sumo deadlift 3-5	conventional deadlift 3-5
C.	DB deficit reverse lunge	3	5-8ea	3min	single-leg leg press (ea)	B-stance back squat (ea)	Zercher reverse lunge (ea)
D.	constant-tension DB hip thrust	3	12-15	3min	double DB swing	DB straddle lift	KB straddle lift
E.	single-leg leg extension	3	8-12ea	2min	braced skater squat (ea)	DB high step-up (ea)	contralateral braced 1-arm DB step-up (ea)
F.	lateral band walk	2	12-15ea	90s	banded cha-cha (ea)	side-lying hip raise 8-12 (ea)	standing cable hip abduction (ea)

MONTH 10

Day 4: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	deadball OH throw	3	5-8	2min	torso-elevated plyo push-up	plank-to-plank	power plank-up from knees
B.	pause bent over DB row (2s pause)	3	5-8	3min	rack pull-up	UH-grip BB row	pause bent over BB row (3s pause)
C.	pause flat DB bench press (2s pause)	3	5-8	3min	flat DB bench press	incline press	bench press
D1.	seated 1-arm cable row	3	8-12ea	30s	band-resisted bent over 1-arm DB row (ea)	half-kneeling 1-arm cable pulldown (ea)	chest-supported 1-arm lat pulldown (ea)
D2.	seated Arnold press	3	8-12	3min	half-kneeling DB shoulder press	1-arm DB push press (ea)	alt. DB Z press (ea)
E.	DB face pull	2-3	12-15	2min	cable rear delt flye	seated bent over DB rear delt raise	reverse pec deck
F.	incline DB bicep curl	2-3	8-12	2min	EZ bar curl	alt. DB bicep curl (ea)	DB spider curl

MONTH 11
Dynamic Warmup

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bear squat x30s
half-kneeling T-spine rotation x15s ea
alt. wide-stance windmill to lateral squat x30s
bowler squat x15s ea
standing hip opener x15s ea

MONTH 11

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	BW triple extension squat	3	6-10	90s	BW squat pulse 15-20	box jump	BW split squat jump (ea)
B.	pause DB Romanian deadlift (2s pause)	4	5-8	4min	good morning	stiff-leg deadlift	conventional deadlift
C.	B-stance DB front squat	3	6-10ea	3min	DB Bulgarian split squat (ea)	BB Bulgarian split squat (ea)	BB deficit reverse lunge (ea)
D.	B-stance DB glute bridge	3	6-10ea	3min	pause DB back extension (2s pause)	hip thrust	B-stance hip thrust (ea)
E.	prone DB leg curl	3	8-12	2min	stability ball leg curl	gliding leg curl	lying machine leg curl
F.	extra range side-lying BW hip abduction	2	12-15ea	2min	side-lying hip raise (ea)	lateral band walk (ea)	standing cable hip abduction (ea)

MONTH 11

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	deadbug	3	6-10ea	2min	reverse crunch	cable crunch 8-12	bent over med ball slam
B.	DB floor press	4	5-8	4min	flat DB bench press	incline press	bench press
C.	seated 1-arm cable row	3	6-10ea	2min	B-stance 1-arm DB row (ea)	bent over 1-arm landmine row (ea)	standing 1-arm cable row (ea)
D.	seated DB Z press	3	6-10	3min	low incline DB press	standing 1-arm landmine shoulder press (ea)	pause incline DB press (2s pause)
E.	alt. lat pulldown	3	8-12ea	2min	DB floor pullover	tall-kneeling 1-arm cable pull-in (ea)	1-arm lat pulldown (ea)
F.	prone DB rear delt raise	3	12-15	2min	cable rear delt flye	bent over DB rear delt raise	face pull

MONTH 11

Day 3: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	floating heel drop	3	30s	2min	constant-tension BW step-up (ea)	jump rope 80-100	single-leg calf hop (ea)
B.	pause goblet squat (2s pause)	4	5-8	4min	back squat	hack squat	lever squat
C.	B-stance DB good morning	3	8-12ea	3min	single-leg braced KB swing (ea)	single-leg braced DB Romanian deadlift (ea)	B-stance Romanian deadlift (ea)
D.	pause DB glute bridge (3s pause)	3	6-10	3min	single-leg DB hip thrust 8-15 (ea)	pause glute drive hip thrust (3s pause)	pause hip thrust (5s pause)
E.	goblet lateral box squat	3	8-12ea	2min	landmine curtsy lunge (ea)	alt. DB lateral squat (ea)	DB lateral lunge (ea)
F.	cable pull-through	3	15-20	2min	45-degree cable glute kickback (ea)	eccentric-only glute ham raise (5s lowering phase) AMRAP	DB back extension

MONTH 11

Day 4: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	pause torso-elevated push-up (2s pause)	3	5-8	2min	flat 1-arm DB bench press (ea)	BW push-up	weighted push-up
B.	OH-grip lat pulldown	4	5-8	4min	seated pull-up	BW pull-up	weighted pull-up
C.	standing DB shoulder press	3	6-10	3min	seated Arnold press	push press	seated BB shoulder press
D.	UH-grip DB row	3	8-12	3min	landmine row	seated 1-arm cable row (ea)	chest-supported T-bar row
E.	DB lateral raise	3	6-10	2min	standing 1-arm cable lateral raise (ea)	seated DB lateral raise	DB 6 ways
F1.	DB hammer curl	2	12-15	30s	DB spider curl	DB bicep curl	cable bicep curl (straight bar)
F2.	DB skull crusher	2	15-20	2min	torso-elevated BW tricep extension AMRAP	BW dip AMRAP	EZ bar skull crusher

MONTH 12
Dynamic Warmup

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open half-kneeling adductor dip x15s ea
half-kneeling hip flexor mobilization x15s ea
half-kneeling T-spine rotation x15s ea
BW reverse lunge with OH reach x15s ea
BW windmill x15s ea

MONTH 12

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB triple extension squat	3	3-5	2min	DB jump squat	box jump	trap bar jump
B.	leg press	4	5-8	3min	box squat	front squat	back squat
C.	pause Romanian deadlift (2s pause)	3	5-8	3min	trap bar deadlift	conventional deadlift	sumo deadlift
D.	pause goblet squat (2s pause)	3	6-10	2min	front foot-elevated DB split squat (ea)	single-leg leg extension (ea)	contralateral braced DB step-up (ea)
E.	DB stiff-leg deadlift	3	8-12	2min	DB glute emphasis back extension	B-stance good morning (ea)	B-stance hip thrust (ea)
F.	banded cha-cha	2-3	15-20ea	90s	side-lying hip raise 8-12 (ea)	standing cable hip abduction 12-15 (ea)	extra range side-lying BW hip abduction (ea)

MONTH 12

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB renegade row	3	6-10ea	2min	Pallof press (ea)	low-to-high cable wood chop (ea)	horizontal wood chop (ea)
B.	pause UH-grip DB row (3s pause)	4	5-8	3min	bent over BB row	pause chest-supported T-bar row (2s pause)	OH-grip lat pulldown
C.	flat DB bench press	3	6-10	3min	low incline DB press	weighted push-up	bench press
D1.	seated cable row	3	6-10	30s	isometric inverted row hold 15-30s	half-kneeling 1-arm cable pulldown (ea)	pause chest-supported DB row (2s pause)
D2.	seated DB Z press	3	8-12	2min	half-kneeling 1-arm DB shoulder press (ea)	standing DB shoulder press	DB push press
E.	standing 1-arm cable lateral raise	2-3	8-12ea	2min	prone DB lateral raise	1-arm DB lateral throw (ea)	1-arm DB leaning lateral raise (ea)
F.	high-to-low 1-arm face pull	2-3	8-12ea	90s	prone DB face pull	reverse pec deck	standing 1-arm face pull (ea)

MONTH 12

Day 3: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	double DB swing	3	15-20	2min	jump rope 30-60s	KB swing	sled push 50 steps
B.	BB back extension	4	5-8	3min	pause hip thrust (3s pause)	speed sumo deadlift	speed conventional deadlift
C.	pause leg press (2s pause)	3	5-8	3min	pause lever squat (2s pause)	pause front squat (2s pause)	pause squat (2s pause)
D.	pause lying cable leg curl (2s pause)	3	5-8	3min	lying machine leg curl 8-12	band-assisted Nordic ham curl	eccentric-only glute ham raise (5s lowering phase) AMRAP
E.	leg extension	3	12-15	2min	sissy squat AMRAP	band quadruped knee extension	DB walking lunge (ea)
F.	lateral band walk	3	12-20ea	90s	45-degree cable glute kickback 8-12 (ea)	standing band hip abduction (ea)	BW glute emphasis back extension

MONTH 12

Day 4: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB landmine rotation	3	6-10ea	3min	lateral med ball toss (ea)	DB diagonal lift (ea)	OH med ball slam
B.	standing DB shoulder press	4	5-8	3min	alt. DB floor press (ea)	pause flat DB bench press (2s pause)	close-grip bench press
C.	chest-supported 1-arm lat pulldown	3	6-10ea	3min	bent over 1-arm landmine row (ea)	deadstop 1-arm DB row (ea)	half-kneeling 1-arm cable pulldown (ea)
D1.	pause torso-elevated push-up (2s pause)	3	8-12	30s	pec deck	DB floor press	feet-elevated push-up
D2.	alt. DB gorilla row	3	8-12ea	2min	band-assisted chin-up 5-8	rack pull-up AMRAP	inverted row
E.	high incline DB Tate press	2-3	12-15	2min	band-assisted dip 8-12	standing EZ bar tricep extension	crossbody tricep extension
F.	DB spider curl	2-3	12-15	2min	alt. DB hammer curl (ea)	DB preacher curl	EZ bar curl



2X/WEEK
HOME VERSION

YEAR OF STRENGTH 2026

MONTH 1

Dynamic Warmup

90/90 hip switch x30s
quadruped adductor hinge x15s ea
thread the needle x15s ea
lunge windmill x15s ea
quad stretch to hamstring sweep x15s ea

MONTH 1

Day 1: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB front squat	3	6-12	3min	pause heel-elevated DB squat (2s pause)	front foot-elevated DB split squat (ea)	foam roller DB hack squat
B.	bent over 1-arm band lat pulldown	3	8-15ea	2min	bent over band lat pulldown	inverted row AMRAP	pause inverted row - 6 ways (2s pause) AMRAP
C1.	DB good morning	3	6-12	30s	B-stance DB good morning 8-12 (ea)	DB stiff-leg deadlift 8-12	ecc.-acc. B-stance DB Romanian deadlift (3s lowering phase) (ea)
C2.	torso-elevated push-up	3	6-12	2min	BW push-up AMRAP	DB glute bridge floor press	pause push-up (2s pause) AMRAP
D1.	single-leg DB hip thrust	3	8-15ea	30s	DB hip thrust	pause DB glute bridge (3s pause)	pause single-leg BW deficit hip thrust (2s pause) (ea)
D2.	braced DB reverse lunge	3	8-15ea	2min	DB reverse lunge (ea)	DB step-up (ea)	DB kneel-to-stand (ea)
E.	DB upright row	2	12-20	2min	band Y raise	DB lateral raise	DB high pull

MONTH 1

Day 2: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	goblet squat	3	6-12	30s	goblet squat 1.5 reps	pause DB front squat (2s pause)	B-stance DB squat (ea)
A2.	standing DB shoulder press	3	6-12	3min	seated Arnold press 8-12	high incline DB press	seated DB shoulder press
B1.	band good morning	3	8-15	30s	BW reverse hyperextension	DB hip thrust	pause DB hip thrust (3s pause)
B2.	bent over DB seesaw row	3	8-15ea	2min	UH-grip DB row	deadstop 1-arm DB row (ea)	pause chest-supported DB row (2s pause)
C1.	DB split squat	3	12-20ea	30s	B-stance goblet squat (ea)	braced DB curtsy lunge (ea)	DB curtsy lunge (ea)
C2.	DB glute bridge floor press	3	8-15	2min	DB floor press	flat DB bench press	flat 1-arm DB bench press (ea)

MONTH 2

Dynamic Warmup

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scapular push-up x30s
dynamic ankle mobilization x15s ea
hip lunge to T-spine rotation x15s ea
open half-kneeling adductor dip x15s ea
standing hip opener x15s ea

MONTH 2

Day 1: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	DB Romanian deadlift	3	6-12	1min	DB good morning	B-stance DB Romanian deadlift (ea)	pause B-stance DB Romanian deadlift (2s pause) (ea)
A2.	torso-elevated push-up	3	5-8	2min	eccentric-only push-up (5s lowering phase)	BW push-up	weighted push-up
B1.	DB split squat	3	8-15ea	30s	BW Bulgarian split squat (ea)	DB Bulgarian split squat (ea)	pause goblet Bulgarian split squat (2s pause) (ea)
B2.	band lat pulldown	3	6-12	1min	prone towel pull-up AMRAP	inverted row	BW pull-up AMRAP
C1.	DB hip thrust	2	6-12	30s	pause DB hip thrust (3s pause)	DB back extension	pause DB back extension (2s pause)
C2.	standing 1-arm band row	2	8-15ea	2min	half-kneeling 1-arm band row (ea)	seated band row	seated 1-arm band row (ea)
D.	deadbug	2	8-12ea	2min	shoulder tap (ea)	1-arm DB overhead march (ea)	KB or DB halo (ea)

MONTH 2

Day 2: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	KB deadlift	3	6-12	1min	DB suitcase deadlift (ea)	Nordic hip hinge 3-5	Nordic ham curl 3-5
A2.	DB floor press	3	6-12	2min	flat DB bench press	standing DB shoulder press	incline DB press
B1.	constant-tension DB Romanian deadlift	3	8-15	30s	ecc.-acc. DB Romanian deadlift (4s lowering phase)	DB good morning	pause DB good morning (2s pause)
B2.	UH-grip DB row	3	8-15	2min	pause UH-grip DB row (3s pause)	3-point DB row (ea)	bent over DB row
C1.	braced DB reverse lunge	2	8-15ea	30s	DB curtsy lunge (ea)	DB deficit reverse lunge (ea)	DB deficit curtsy lunge (ea)
C2.	seated DB shoulder press	2	8-15	2min	high incline DB press	half-kneeling 1-arm DB shoulder press (ea)	standing Arnold press
D.	BW sit-up	2	8-12	2min	plank 1-arm DB row (ea)	plank saw	weighted deadbug (ea)

MONTH 3
Dynamic Warmup

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half-kneeling lunge to T-spine rotation x15s ea
quadruped adductor windmill x15s ea
lateral squat x15s ea
reverse lunge to OH reach x15s ea
YTWL x30s

MONTH 3

Day 1: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	goblet squat	3	6-12	3min	pause heel-elevated DB squat (2s pause)	foam roller DB hack squat	B-stance DB squat (ea)
B.	close-grip DB floor press	3	6-12	3min	incline DB press	DB floor press	flat DB bench press
C.	DB stiff-leg deadlift	3	6-12	2min	pause DB back extension (2s pause)	Nordic hip hinge 3-5	Nordic ham curl 3-5
D.	band row	3	6-12	3min	chest-supported DB row	deadstop 1-arm DB row (ea)	pause bent over DB row (2s pause)
E1.	1-arm DB lateral squat	2	8-15ea	30s	1-arm DB lateral lunge (ea)	sliding 1-arm DB lateral lunge (ea)	foot-elevated 1-arm DB lateral squat (ea)
E2.	torso-elevated push-up	2	8-15	30s	band-assisted push-up	BW push-up AMRAP	weighted push-up
E3.	band lat stretcher	2	8-15	2min	DB floor pullover	inverted row	prone towel pull-up AMRAP

MONTH 3

Day 2: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	pause DB glute bridge (3s pause)	3	6-12	3min	pause single-leg DB hip thrust (3s pause) (ea)	B-stance DB hip thrust (ea)	pause DB hip thrust (5s pause)
B.	flat DB bench press	3	6-12	3min	close-grip DB floor press	pause push-up (2s pause)	pause flat DB bench press (2s pause)
C.	DB Romanian deadlift 1.5 reps	3	8-15	2min	DB Romanian deadlift	DB stiff-leg deadlift	ecc.-acc. DB Romanian deadlift (4s lowering phase)
D.	inverted row	3	5-8	3min	prone band lat pulldown 12-20	BW chin-up AMRAP	BW pull-up AMRAP
E1.	front foot-elevated DB split squat	3	8-12ea	30s	B-stance DB front squat (ea)	DB Bulgarian split squat (ea)	pause DB Bulgarian split squat (2s pause) (ea)
E2.	half-kneeling DB shoulder press	3	8-15	2min	high incline DB press	DB push press	half-kneeling 1-arm DB shoulder press (ea)

MONTH 4
Dynamic Warmup

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scapular push-up x30s
bear squat x30s
standing hip opener x15s ea
front-to-back leg swing x15s ea
side-to-side leg swing x15s ea

MONTH 4

Day 1: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	goblet squat	3	6-12	3min	goblet squat 1.5 reps	pause heel-elevated DB squat (2s pause)	foam roller DB hack squat
B.	bent over DB row	3	6-12	3min	chest-supported DB row	pause bent over DB row (2s pause)	pause bent over 1-arm DB row (2s pause) (ea)
C.	DB split squat	3	6-12ea	3min	1-arm DB Bulgarian split squat w/ a twist (ea)	DB reverse lunge (ea)	DB deficit reverse lunge (ea)
D1.	seated Arnold press	2-3	8-15	0s	seated DB Z press	standing DB seesaw press (ea)	seated DB shoulder press
D2.	seated bent over DB rear delt raise	2-3	12-20	2min	bent over DB rear delt raise	DB face pull	band rear delt flye
E.	DB Romanian deadlift	2	8-15	2min	B-stance DB Romanian deadlift (ea)	DB stiff-leg sumo deadlift	4-3-1 DB sumo stiff-leg deadlift
F.	bent over band lat pulldown	2	8-15	2min	bent over 1-arm band lat pulldown (ea)	tall-kneeling 1-arm straight-arm band lat pulldown (ea)	prone band lat pulldown 12-20

MONTH 4

Day 2: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB straddle lift	3	6-12	3min	KB straddle lift	DB front squat	ecc.-acc. goblet squat (4s lowering phase)
B.	high incline DB press	3	8-15	3min	standing DB shoulder press	DB push press	ecc.-acc. DB push press (3s lowering phase)
C.	constant-tension DB Romanian deadlift	3	8-15	2min	pause DB Romanian deadlift (2s pause)	single-leg DB back extension (ea)	pause DB back extension (2s pause)
D.	B-stance 1-arm DB row	2-3	6-10ea	2min	alt. DB gorilla row (ea)	standing 1-arm band row (ea)	bent over 1-arm DB row (ea)
E.	goblet lateral box squat	2-3	8-15ea	2min	alt. DB lateral squat (ea)	lateral lunge (ea)	1-arm DB lateral step-up (ea)
F1.	pause DB floor press (2s pause)	2	6-10	30s	BW push-up AMRAP	alt. flat DB bench press (ea)	flat 1-arm DB bench press (ea)
F2.	DB pullover	2	12-15	2min	DB floor pullover	band pull-apart	pause band pull-apart (2s pause)

MONTH 5
Dynamic Warmup

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swimmers x30s

quadruped adductor hinge x15s ea

BW reverse lunge to OH reach x15s ea

standing hip rock to hamstring mobilization x15s ea

standing hip opener x15s ea

MONTH 5

Day 1: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	pause DB Romanian deadlift (2s pause)	3	6-12	3min	DB Romanian deadlift	DB stiff-leg deadlift	4-3-1 DB sumo stiff-leg deadlift
B.	high incline DB press	3	6-12	3min	low incline DB press	DB push press	standing DB shoulder press
C.	DB front squat	3	8-15	3min	heel-elevated DB squat	DB Bulgarian split squat (ea)	DB step-up (ea)
D1.	deadstop 1-arm DB row	2-3	6-12ea	30s	low incline chest-supported DB row	bent over batwing row (ea)	UH-grip DB row
D2.	deadstop torso-elevated push-up	2-3	6-12	2min	flat DB bench press	BW push-up AMRAP	weighted push-up
E.	prone band leg curl	2	12-20	2min	single-leg stability ball leg curl 8-12 (ea)	pause prone band leg curl (2s pause)	straight-leg feet-elevated BW hamstring thrust
F.	DB landmine rotation	2	8-12ea	1min	KB diagonal lift (ea)	DB diagonal lift (ea)	side-to-side DB mock "slam" (ea)

MONTH 5

Day 2: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB good morning	3	6-12	3min	pause DB good morning (2s pause)	ecc.-acc. DB Romanian deadlift (4s lowering phase)	DB back extension
B.	band lat pulldown	3	8-12	3min	3-point DB row (ea)	BW pull-up 3-5	weighted pull-up 3-5
C.	goblet box squat	3	6-12	3min	front heel-elevated DB split squat (ea)	heel-elevated DB squat	pause DB foam roller hack squat (2s pause)
D.	eccentric-accentuated DB push press (3s lowering phase)	3	6-12	3min	half-kneeling 1-arm DB shoulder press (ea)	pause DB shoulder press (3s pause)	DB floor press
E1.	stability ball leg curl	2-3	12-20	30s	gliding leg curl AMRAP	sliding leg curl	eccentric-only sliding leg curl 6-12
E2.	chest-supported 1-arm DB row	2-3	6-12ea	2min	1-arm band lat pulldown (ea)	bent over 1-arm DB row (ea)	deadstop 1-arm DB row (ea)
F.	shoulder tap	2	8-15ea	2min	weighted plank to toe tap (ea)	weighted deadbug (ea)	band-resisted deadbug (ea)

MONTH 6
Dynamic Warmup

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alt. wide-stance windmill to lateral squat x30s
bent over T-spine rotation x15s ea
BW reverse lunge x15s ea
quad stretch to hamstring sweep x15s ea
standing shoulder protraction to retraction x30s

MONTH 6

Day 1: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	B-stance goblet squat	3	6-12ea	3min	pause heel-elevated DB squat (2s pause)	pause DB foam roller hack squat (2s pause)	pause B-stance goblet squat (2s pause) (ea)
B.	flat DB bench press	3	6-12	3min	alt. DB Z press (ea)	incline DB press	pause flat DB bench press (2s pause)
C.	DB suitcase deadlift	3	8-15ea	3min	DB good morning	B-stance DB Romanian deadlift (ea)	single-leg braced DB Romanian deadlift (ea)
D.	DB floor pullover	3	8-15	3min	inverted row - 6 ways	ecc.-acc. DB pullover (2s lowering phase)	bent over 1-arm band lat pulldown (ea)
E.	goblet lateral box squat	2	6-10ea	2min	1-arm DB lateral step-up (ea)	alt. DB lateral squat (ea)	1-arm DB lateral squat (ea)
F1.	seated DB shoulder press	2	6-10	30s	close-grip DB floor press	feet-elevated push-up	weighted push-up
F2.	bent over DB row	2	6-12	2min	deadstop 1-arm DB row (ea)	standing 1-arm band row (ea)	pause bent over DB row (2s pause)

MONTH 6

Day 2: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	compact hip hinge	3	8-15	0s	DB Romanian deadlift	rear foot-elevated DB Romanian deadlift (ea)	DB stiff-leg deadlift
A2.	hamstring walkout	3	8-15	2min	prone band leg curl	sliding leg curl	seated hamstring heel curl
B.	band lat pulldown	3	8-15	3min	pause UH-grip DB row (3s pause)	prone towel pull-up AMRAP	inverted row - 6 ways 3-8
C.	B-stance DB glute bridge	3	6-12ea	3min	pause DB glute bridge (3s pause)	DB hip thrust with pulse	pause single-leg BW hip thrust (2s pause) (ea)
D1.	DB push press	3	6-12	30s	standing DB shoulder press	high incline DB press	incline DB press
D2.	bent over DB seesaw row	3	6-12ea	2min	half-kneeling 1-arm band row (ea)	seated 1-arm band row (around feet) (ea)	B-stance 1-arm DB row (ea)
E.	DB split squat	3	6-12ea	2min	DB walking lunge 8-15 (ea)	B-stance goblet squat (ea)	1-arm DB Bulgarian split squat w/ a twist (ea)

MONTH 7

Dynamic Warmup

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bear squat x30s

half-kneeling T-spine rotation x15s ea

bowler squat x15s ea

standing hip opener x15s ea

walking knee hug x30s

MONTH 7

Day 1: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	box jump	3	3-5	2min	pause DB squat (2s pause) 8-12	DB triple extension squat	seated vertical jump
B1.	DB Romanian deadlift	3	8-15	30s	rear foot-elevated DB Romanian deadlift (ea)	DB stiff-leg deadlift	pause DB Romanian deadlift (2s pause)
B2.	pause deficit hamstring thrust (4s pause)	3	3-8	2min	gliding leg curl	sliding leg curl	eccentric-only sliding leg curl
C1.	pause bent over DB row (2s pause)	3	6-12	30s	DB pullover	prone band lat pulldown	bent over band lat pulldown
C2.	single-leg band terminal knee extension (TKE)	3	8-15ea	30s	pause goblet squat (2s pause)	DB split squat (ea)	DB deficit reverse lunge (ea)
C3.	goblet squat	3	8-15	2min	goblet squat 1.5 reps	heel-elevated DB squat	heel-elevated foam roller DB hack squat
D1.	pause DB shoulder press (3s pause)	2	6-12	30s	low incline DB press	DB push press	standing DB shoulder press
D2.	DB reverse lunge to forward lunge	2	6-12ea	30s	B-stance goblet squat (ea)	DB split squat (ea)	DB walking lunge (ea)
D3.	single-leg braced DB Romanian deadlift	2	6-12ea	2min	single-leg braced DB swing (ea)	straight-leg feet-elevated hamstring thrust	hand-to-hand KB swing (ea)

MONTH 7

Day 2: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB jump squat	3	3-5	3min	wall sit 30-45s	BW split squat jump 8-12 (ea)	box jump
B.	DB deficit reverse lunge	3	6-12ea	3min	pivot split squat (ea)	DB Bulgarian split squat (ea)	pause DB split squat (2s pause) (ea)
C.	pause DB shoulder press (3s pause)	3	6-12	3min	high incline DB press	half-kneeling DB shoulder press	ecc.-acc. DB push press (3s lowering phase)
D1.	pause DB Romanian deadlift (2s pause)	3	8-15	30s	DB stiff-leg deadlift	B-stance 1-arm KB Romanian deadlift from deadstop (ea)	single-leg braced DB Romanian deadlift (ea)
D2.	stability ball leg curl	3	12-20	30s	deficit hamstring thrust	pause prone band leg curl (2s pause)	prone band leg curl
D3.	pause chest-supported DB row (2s pause)	3	6-12	2min	inverted row - 6 ways	pause seated band row (3s pause)	standing 1-arm band row (ea)
E1.	B-stance BW hip thrust	2	8-15ea	30s	feet-elevated BW glute bridge	single-leg BW hip thrust (ea)	single-leg deficit BW hip thrust (ea)
E2.	prone DB lateral raise	2	8-15	30s	DB lateral raise 21s 7 (ea)	lean-in 1-arm DB lateral raise (ea)	DB lateral raise
E3.	DB front raise	2	12-20	2min	band upright row	DB high pull	DB upright row

MONTH 8
Dynamic Warmup

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alt. hip lunge to T-spine rotation x30s
alt. wide-stance windmill to lateral squat x30s
quad stretch to hamstring sweep x15s ea
side-to-side leg swing x15s ea
front-to-back leg swing x15s ea

MONTH 8

Day 1: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	box jump	2	5-8	30s	wall sit 30-45s	seated vertical jump	standing vertical jump
A2.	DB triple extension squat	2	8-15	1min	DB thruster	KB thruster	deadball OH throw
B1.	heel-elevated DB squat	3	5-8	30s	1-arm DB Bulgarian split squat (ea)	assisted pistol squat (ea)	sissy squat AMRAP
B2.	band-resisted bent over 1-arm DB row	3	5-8ea	3min	isometric inverted row hold 10-20s	BW pull-up	weighted pull-up
C1.	eccentric-accentuated DB Romanian deadlift (4s lowering phase)	3	6-12	30s	DB Romanian deadlift	DB back extension	single-leg DB back extension (ea)
C2.	seated Arnold press	3	6-12	3min	high incline DB press	seated Z press	seated DB shoulder press
D1.	single-leg DB glute bridge	2	8-15ea	30s	45-degree knee-banded glute kickback (ea)	pause DB hip thrust (2s pause)	single-leg DB hip thrust (ea)
D2.	deadstop 1-arm DB row	2	6-12ea	2min	low incline chest-supported DB row	pause seated band row (3s pause)	bent over DB seesaw row (ea)

MONTH 8

Day 2: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	DB jump squat	2	5-8	30s	DB split squat jump (ea)	BW split squat jump (ea)	DB standing vertical jump
A2.	deadstop torso-elevated push-up	2	6-10	1min	band-assisted push-up	torso-elevated plyo push-up	plyo push-up
B1.	pause DB Romanian deadlift (2s pause)	3	6-12	30s	pause DB good morning (2s pause)	pause Nordic ham curl (2s pause)	Nordic hip hinge
B2.	flat DB bench press	3	6-12	3min	DB floor press	incline DB press	flat 1-arm DB bench press (ea)
C1.	goblet box squat	3	6-12	30s	DB reverse lunge (ea)	heel-elevated DB foam roller hack squat	pause DB front squat (2s pause)
C2.	UH-grip DB row	3	8-15	2min	DB pullover	seated 1-arm band row (around feet) (ea)	chest-supported 1-arm DB row (ea)
D.	DB back extension	2	8-15	3min	band pull-through	DB straddle lift	KB straddle lift
E.	half-kneeling 1-arm DB shoulder press	2	8-15ea	3min	pause DB shoulder press (3s pause)	alt. incline DB press (ea)	1-arm incline DB press (ea)

MONTH 9
Dynamic Warmup

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hip lunge to T-spine rotation x15s ea
quadruped adductor hinge x15s ea
half-kneeling hip flexor mobilization x15s ea
body weight windmill x15s ea
dynamic shoulder circle x15s ea

MONTH 9

Day 1: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	BW triple extension squat	2	6-10	30s	single-leg calf hop 20s (ea)	multi-directional single-leg calf hop 20s (ea)	jump rope
A2.	alt. DB halo	2	6-10ea	2min	side-to-side med ball slam (ea)	DB mock "slam"	bent over med ball slam
B1.	single-leg prone band leg curl	3	8-12ea	0s	Nordic hip hinge 3-5	prone band leg curl	single-leg stability ball leg curl (ea)
B2.	DB straddle lift	3	12-15	3min	KB swing	1-arm DB suitcase deadlift (ea)	DB stiff-leg deadlift
C.	3-point DB row	3	6-12ea	3min	pause bent over DB row (2s pause)	seated band row (around feet)	bent over 1-arm DB row (ea)
D1.	front foot-elevated DB split squat	3	6-12ea	30s	1-arm DB Bulgarian split squat (ea)	DB deficit reverse lunge (ea)	DB curtsy lunge (ea)
D2.	incline DB press	3	8-15	2min	seated DB shoulder press	BW push-up AMRAP	pause incline DB press (2s pause)
E1.	DB Romanian deadlift	2-3	8-15	30s	B-stance DB hip thrust (ea)	DB glute emphasis back extension	pause single-leg DB hip thrust (2s pause) (ea)
E2.	pause UH-grip DB row (3s pause)	2-3	8-12	2min	band lat pulldown	seated pull-up 5-8	BW pull-up AMRAP

MONTH 9

Day 2: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	single-leg BW box squat	2	5-8ea	30s	BW split squat jump (ea)	DB jump squat	box jump
A2.	DB landmine rotation	2	8-12ea	2min	half-kneeling alt. OH med ball slam (ea)	side-to-side OH med ball slam (ea)	OH med ball slam w/ power rotation (ea)
B1.	braced skater squat	3	6-12ea	0s	bench step-over (ea)	band-assisted kneeling leg extension	sissy squat 5-8
B2.	pause goblet squat (2s pause)	3	6-12	3min	B-stance wall sit 30-45s (ea)	wall sit 30-45s	heel-elevated DB squat
C.	seated pull-up	3	5-8	3min	ecc.-acc. DB pullover (2s lowering phase) 6-12	inverted row - 6 ways	BW pull-up AMRAP
D1.	KB swing	3	5-8	30s	band pull-through	band-assisted Nordic ham curl	Nordic hip hinge
D2.	pause DB floor press (2s pause)	3	6-12	2min	DB floor press	alt. flat DB bench press (ea)	close-grip DB bench press
E1.	1-arm B-stance DB Romanian deadlift	2-3	8-12ea	30s	B-stance DB good morning (ea)	single-leg DB back extension (ea)	single-leg DB hip thrust (ea)
E2.	half-kneeling 1-arm band row	2-3	6-12ea	2min	alt. DB gorilla row (ea)	pause chest-supported DB row (2s pause) 6-10	bent over DB seesaw row (ea)

MONTH 10
Dynamic Warmup

BW glute bridge to OH reach x30s
open book x15s ea
supine angel x15s ea
quadruped adductor hinge x15s ea
YTWL x10s ea

MONTH 10

Day 1: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	DB triple extension squat	2	3-8	30s	DB standing vertical jump	box jump	DB jump squat
A2.	DB diagonal lift	2	5-8ea	90s	side-to-side DB mock "slam" (ea)	horizontal band wood chop (ea)	lateral med ball toss (ea)
B.	goblet squat	3	6-12	3min	pause goblet squat (2s pause)	pause DB front squat (2s pause)	pause heel-elevated DB squat (2s pause)
C.	seated DB shoulder press	3	6-12	3min	deadstop torso-elevated push-up	pike push-up AMRAP	DB push press
D.	B-stance DB good morning	3	6-12ea	3min	feet-elevated BW glute bridge 20-30	pause DB Romanian deadlift (2s pause)	single-leg braced DB Romanian deadlift (ea)
E.	bent over DB row	3	6-12	3min	band lat pulldown	BW pull-up	weighted pull-up
F.	single-leg BW box squat	2	8-15ea	2min	1-arm racked DB reverse lunge (ea)	alt. DB lateral squat (ea)	DB lateral lunge (ea)
G.	flat DB bench press	2	6-12	2min	1-arm incline DB press (ea)	low incline DB press	DB floor press

MONTH 10

Day 2: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	standing vertical jump	2	5-8	30s	DB standing vertical jump	KB sled push 50 steps	KB swing 15-20
A2.	deadball OH throw	2	5-8	2min	torso-elevated plyo push-up	plank-to-plank	power plank-up from knees
B1.	DB hip thrust	3	8-15	0s	DB good morning	1-arm DB suitcase deadlift (ea)	pause DB Romanian deadlift (2s pause)
B2.	hamstring walkout	3	8-15	3min	sliding leg curl	single-leg stability ball leg curl (ea)	stability ball leg curl
C1.	bent over band lat pulldown	3	6-12	0s	inverted row - 6 ways	UH-grip DB row	DB pullover
C2.	bent over DB seesaw row	3	6-12ea	3min	alt. DB gorilla row (ea)	pause seated band row (3s pause)	pause bent over DB row (2s pause)
D1.	DB split squat	3	6-12ea	30s	1-arm DB Bulgarian split squat (ea)	B-stance goblet squat (ea)	DB deficit reverse lunge (ea)
D2.	alt. DB floor press	3	6-12ea	3min	high incline DB press	pause flat DB bench press (2s pause)	flat DB bench press
E1.	single-leg band terminal knee extension (TKE)	2	8-12ea	30s	braced skater squat (ea)	DB high step-up (ea)	contralateral braced 1-arm DB step-up (ea)
E2.	band lat stretcher	2	8-15	2min	band-resisted bent over 1-arm DB row (ea)	chest-supported 1-arm DB row (ea)	bent over 1-arm band lat pulldown (ea)

MONTH 11
Dynamic Warmup

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bear squat x30s
half-kneeling T-spine rotation x15s ea
alt. wide-stance windmill to lateral squat x30s
bowler squat x15s ea
standing hip opener x15s ea

MONTH 11

Day 1: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	BW triple extension squat	2	6-10	30s	BW squat pulse 15-20	box jump	BW split squat jump (ea)
A2.	deadbug	2	6-10ea	1min	reverse crunch	band crunch	bent over med ball slam
B.	pause DB Romanian deadlift (2s pause)	3	5-8	3min	hamstring walkout	DB deficit hamstring thrust 12-15	pause Nordic ham curl (2s pause)
C.	DB floor press	3	6-12	3min	alt. flat DB bench press (ea)	low incline DB press	flat DB bench press
D1.	B-stance DB front squat	3	6-12ea	30s	DB split squat (ea)	DB Bulgarian split squat (ea)	DB deficit reverse lunge (ea)
D2.	seated 1-arm band row (around feet)	3	6-12ea	2min	band lat pulldown	bent over 1-arm DB row (ea)	B-stance 1-arm DB row (ea)
E1.	B-stance DB glute bridge	3	8-15ea	30s	pause BW reverse hyperextension (2s pause)	DB hip thrust	B-stance DB hip thrust (ea)
E2.	seated DB Z press	3	12-15	2min	low incline DB press	DB push press	pause incline DB press (2s pause)

MONTH 11

Day 2: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	floating heel drop	2	8-15	30s	constant-tension BW step-up (ea)	jump rope 80-100	single-leg calf hop (ea)
A2.	pause torso-elevated push-up (2s pause)	2	5-8	1min	flat 1-arm DB bench press (ea)	BW push-up	weighted push-up
B.	pause goblet squat (2s pause)	3	6-12	3min	heel-elevated DB squat	front foot-elevated DB split squat (ea)	sissy squat AMRAP
C.	eccentric-accentuated DB pullover (2s lowering phase)	3	5-8	3min	prone towel pull-up	BW pull-up	weighted pull-up
D1.	B-stance DB good morning	3	8-15ea	30s	single-leg braced KB swing (ea)	single-leg braced DB Romanian deadlift (ea)	B-stance DB Romanian deadlift (ea)
D2.	standing DB shoulder press	3	6-12	2min	seated Arnold press	seated DB shoulder press	seated DB Z press
E1.	pause DB glute bridge (3s pause)	3	6-12	30s	single-leg DB hip thrust 8-15 (ea)	knee-banded quadruped hip extension 12-15 (ea)	pause DB hip thrust (5s pause)
E2.	UH-grip DB row	3	8-15	3min	low incline chest-supported DB row	tall-kneeling 1-arm band pull-in (ea)	bent over batwing row (ea)

MONTH 12
Dynamic Warmup

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open half-kneeling adductor dip x15s ea
half-kneeling hip flexor mobilization x15s ea
half-kneeling T-spine rotation x15s ea
BW reverse lunge with OH reach x15s ea
BW windmill x15s ea

MONTH 12

Day 1: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	DB triple extension squat	2	3-5	30s	standing vertical jump	DB jump squat	box jump
A2.	DB renegade row	2	6-10ea	90s	band Pallof press (ea)	low-to-high band wood chop (ea)	horizontal band wood chop (ea)
B.	1-arm racked DB reverse lunge	3	6-12ea	3min	pause 1-arm DB Bulgarian split squat (2s pause) (ea)	pause DB squat (2s pause)	B-stance DB front squat (ea)
C.	eccentric-accentuated DB pullover (2s lowering phase)	3	5-8	3min	inverted row - 6 ways	prone towel pull-up	eccentric-only pull-up 2-3
D1.	pause prone band leg curl (2s pause)	3	6-12	0s	gliding leg curl	eccentric-only sliding leg curl (5s lowering phase)	hamstring walkout
D2.	KB deadlift	3	8-15	30s	1-arm DB suitcase deadlift (ea)	4-3-1 DB sumo stiff-leg deadlift	DB stiff-leg deadlift
D3.	flat DB bench press	3	6-12	3min	weighted push-up	1-arm DB floor press (ea)	pause flat DB bench press (2s pause)
E1.	DB straddle lift	3	8-15	30s	rear foot-elevated DB Romanian deadlift (ea)	feet-elevated BW glute bridge 12-20	B-stance DB hip thrust (ea)
E2.	pause UH-grip DB row (3s pause)	3	6-12	2min	bent over 1-arm DB row (ea)	pause chest-supported DB row (2s pause)	bent over DB seesaw row (ea)

MONTH 12

Day 2: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	double DB swing	2	15-20	30s	jump rope 30-60s	KB sled push 50 steps	KB swing
A2.	DB landmine rotation	2	6-10	90s	lateral med ball toss (ea)	DB diagonal lift (ea)	OH med ball slam
B.	1-arm B-stance KB Romanian deadlift from deadstop	3	6-12ea	3min	KB Romanian deadlift 8-15	single-leg braced DB Romanian deadlift (ea)	B-stance DB Romanian deadlift (ea)
C.	standing DB shoulder press	3	6-12	3min	alt. DB floor press (ea)	pause flat DB bench press (2s pause)	close-grip DB bench press
D1.	DB high step-up	3	6-12ea	30s	4-3-1 goblet squat	front foot-elevated DB split squat (ea)	pause heel-elevated DB squat (2s pause)
D2.	chest-supported 1-arm DB row	3	6-12ea	2min	BW chin-up AMRAP	deadstop 1-arm DB row (ea)	half-kneeling 1-arm band lat pulldown (ea)
E1.	prone DB leg curl	2	8-15	30s	ecc.-acc. stability ball leg curl (4s lowering phase)	seated hamstring heel curl	prone band leg curl 12-20
E2.	DB floor flye	2	8-12	90s	pause torso-elevated push-up (2s pause)	DB floor press	feet-elevated push-up



3X/WEEK
HOME VERSION

YEAR OF STRENGTH 2026

MONTH 1
Dynamic Warmup

90/90 hip switch x30s
quadruped adductor hinge x15s ea
thread the needle x15s ea
lunge windmill x15s ea
quad stretch to hamstring sweep x15s ea

MONTH 1

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB front squat	3	6-12	3min	pause heel-elevated DB squat (2s pause)	front foot-elevated DB split squat (ea)	foam roller DB hack squat
B.	DB good morning	3	6-12	3min	B-stance DB good morning 8-12 (ea)	DB stiff-leg deadlift 8-12	ecc.-acc. B-stance DB Romanian deadlift (3s lowering phase) (ea)
C1.	single-leg DB hip thrust	3	8-15ea	30s	DB hip thrust	pause DB glute bridge (3s pause)	single-leg BW deficit pause hip thrust (2s pause) (ea)
C2.	braced DB reverse lunge	3	8-15ea	2min	DB reverse lunge (ea)	DB step-up (ea)	DB kneel-to-stand (ea)
D.	band-assisted kneeling leg extension	3	12-15	2min	bench step-over (ea)	eccentric-only shrimp squat (5s lowering phase) (ea)	sissy squat AMRAP

MONTH 1

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	bent over 1-arm band lat pulldown	3	8-15ea	2min	bent over band lat pulldown	inverted row - 6 ways AMRAP	pause inverted row - 6 ways (2s pause) AMRAP
B.	low incline DB press	3	6-12	3min	flat DB bench press	incline DB press	seated DB shoulder press
C1.	bent over 1-arm DB row	3	6-12ea	30s	chest-supported 1-arm DB row (ea)	pause bent over 1-arm DB row (2s pause) (ea)	pause chest-supported DB row (2s pause)
C2.	torso-elevated push-up	3	6-12	2min	BW push-up AMRAP	DB glute bridge floor press	pause push-up (2s pause) AMRAP
D.	DB upright row	2	12-20	2min	band Y raise	DB lateral raise	DB high pull
E.	alt. DB bicep curl	2	8-15ea	2min	DB hammer curl	band bicep curl	ecc.-acc. DB bicep curl (3s lowering phase)

MONTH 1

Day 3: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	goblet squat	3	6-12	30s	goblet squat 1.5 reps	pause DB front squat (2s pause)	B-stance DB squat (ea)
A2.	standing DB shoulder press	3	6-12	3min	seated Arnold press 8-12	high incline DB press	seated DB shoulder press
B1.	band good morning	3	8-15	30s	BW reverse hyperextension	DB hip thrust	pause DB hip thrust (3s pause)
B2.	bent over DB seesaw row	3	8-15ea	2min	UH-grip DB row	deadstop 1-arm DB row (ea)	pause chest-supported DB row (2s pause)
C1.	DB split squat	3	8-15ea	30s	B-stance goblet squat (ea)	braced DB curtsy lunge (ea)	DB curtsy lunge (ea)
C2.	DB glute bridge floor press	3	8-15	2min	DB floor press	flat DB bench press	flat 1-arm DB bench press (ea)

MONTH 2

Dynamic Warmup

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scapular push-up x30s
dynamic ankle mobilization x15s ea
hip lunge to T-spine rotation x15s ea
open half-kneeling adductor dip x15s ea
standing hip opener x15s ea

MONTH 2

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB Romanian deadlift	3	6-12	3min	DB good morning	B-stance DB Romanian deadlift (ea)	pause B-stance DB Romanian deadlift (2s pause) (ea)
B.	DB split squat	3	8-15ea	2min	front foot-elevated DB split squat (ea)	DB Bulgarian split squat (ea)	pause DB Bulgarian split squat (2s pause) (ea)
C1.	DB hip thrust	3	6-12	30s	pause DB hip thrust (3s pause)	DB back extension	pause DB back extension (2s pause)
C2.	standing BW calf raise	3	12-15	2min	BW donkey calf raise	standing DB calf raise	single-leg DB calf raise (ea)
D.	goblet squat	2	8-15	2min	B-stance goblet squat (ea)	braced BW step-up (ea)	DB lateral step-down (ea)
E.	hamstring walkout	2	12-20	2min	stability ball leg curl	deficit hamstring thrust	prone band leg curl

MONTH 2

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	band lat pulldown	3	6-12	1min	prone towel pull-up AMRAP	inverted row - 6 ways	BW pull-up AMRAP
A2.	torso-elevated push-up	3	5-8	3min	eccentric-only push-up (5s lowering phase)	BW push-up	weighted push-up
B1.	standing 1-arm band row	3	8-15ea	30s	half-kneeling 1-arm band row (ea)	seated band row	seated 1-arm band row (ea)
B2.	seated DB Z press	3	8-15	2min	standing DB seesaw press (ea)	standing DB shoulder press	DB push press
C.	bent over BW Y raise	2	12-15	2min	band Y raise	bent over DB Y raise	prone DB Y raise
D.	deadbug	2	8-12ea	2min	shoulder tap (ea)	1-arm DB overhead march (ea)	KB or DB halo (ea)

MONTH 2

Day 3: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	KB deadlift	3	6-12	1min	DB suitcase deadlift (ea)	Nordic hip hinge 3-5	Nordic ham curl 3-5
A2.	DB floor press	3	6-12	2min	flat DB bench press	standing DB shoulder press	incline DB press
B1.	constant-tension DB Romanian deadlift	3	8-15	30s	ecc.-acc. DB Romanian deadlift (4s lowering phase)	DB good morning	pause DB good morning (2s pause)
B2.	UH-grip DB row	3	8-15	2min	pause UH-grip DB row (3s pause)	3-point DB row (ea)	bent over DB row
C1.	braced DB reverse lunge	2	8-15ea	30s	DB curtsy lunge (ea)	DB deficit reverse lunge (ea)	DB deficit curtsy lunge (ea)
C2.	seated DB shoulder press	2	8-15	2min	high incline DB press	half-kneeling 1-arm DB shoulder press (ea)	standing Arnold press
D.	BW sit-up	2	8-12	2min	plank 1-arm DB row (ea)	plank saw	weighted deadbug (ea)

MONTH 3
Dynamic Warmup

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half-kneeling lunge to T-spine rotation x15s ea
quadruped adductor windmill x15s ea
lateral squat x15s ea
reverse lunge to OH reach x15s ea
YTWL x30s

MONTH 3

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	goblet squat	3-4	6-12	3min	pause heel-elevated DB squat (2s pause)	foam roller DB hack squat	B-stance DB squat (ea)
B.	DB stiff-leg deadlift	3	6-12	2min	pause DB back extension (2s pause)	Nordic hip hinge 3-5	Nordic ham curl 3-5
C.	braced DB split squat	3	8-15ea	2min	alt. DB reverse lunge (ea)	BW split squat jump (ea)	DB split squat jump (ea)
D.	KB deadlift	3	12-15	2min	B-stance KB swing 8-12 (ea)	DB suitcase deadlift (ea)	1-arm KB suitcase deadlift (ea)
E.	1-arm DB lateral squat	2-3	8-15ea	2min	1-arm DB lateral lunge (ea)	sliding 1-arm DB lateral lunge (ea)	foot-elevated 1-arm DB lateral squat (ea)
F.	torso-elevated renegade row	2	8-12ea	90s	half-kneeling band Pallof press (ea)	half-kneeling DB wood chop (ea)	low-to-high band wood chop (ea)

MONTH 3

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	close-grip DB floor press	3-4	6-12	3min	incline DB press	DB floor press	flat DB bench press
B.	band row	3	6-12	3min	chest-supported DB row	deadstop 1-arm DB row (ea)	pause bent over DB row (2s pause)
C1.	torso-elevated push-up	3	8-15	30s	band-assisted push-up	BW push-up AMRAP	weighted push-up
C2.	band chest flye	3	12-20	2min	pause flat DB flye (2s pause)	incline DB flye	flat DB flye
D1.	band lat stretcher	3	8-15	30s	DB floor pullover	inverted row - 6 ways	prone towel pull-up AMRAP
D2.	bent over DB rear delt raise	3	12-15	2min	DB face pull	pause band pull-apart (2s pause)	band pull-apart

MONTH 3

Day 3: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	pause DB glute bridge (3s pause)	3	6-12	3min	pause single-leg DB hip thrust (3s pause) (ea)	B-stance DB hip thrust (ea)	pause DB hip thrust (5s pause)
B.	flat DB bench press	3	6-12	3min	close-grip DB floor press	pause push-up (2s pause)	pause flat DB bench press (2s pause)
C.	DB Romanian deadlift 1.5 reps	3	8-15	2min	DB Romanian deadlift	DB stiff-leg deadlift	ecc.-acc. DB Romanian deadlift (4s lowering phase)
D.	inverted row - 6 ways	3	5-8	3min	prone band lat pulldown 12-20	BW chin-up AMRAP	BW pull-up AMRAP
E1.	front foot-elevated DB split squat	3	8-12ea	30s	B-stance DB front squat (ea)	DB Bulgarian split squat (ea)	pause DB Bulgarian split squat (2s pause) (ea)
E2.	half-kneeling DB shoulder press	3	8-15	2min	high incline DB press	DB push press	half-kneeling 1-arm DB shoulder press (ea)

MONTH 4
Dynamic Warmup

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scapular push-up x30s
bear squat x30s
standing hip opener x15s ea
front-to-back leg swing x15s ea
side-to-side leg swing x15s ea

MONTH 4

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	goblet squat	3-4	6-12	3min	goblet squat 1.5 reps	pause heel-elevated DB squat (2s pause)	foam roller DB hack squat
B.	DB split squat	3	6-12ea	3min	1-arm DB Bulgarian split squat w/ a twist (ea)	DB reverse lunge (ea)	DB deficit reverse lunge (ea)
C.	DB Romanian deadlift	3	8-15	3min	B-stance DB Romanian deadlift (ea)	DB stiff-leg sumo deadlift	4-3-1 DB sumo stiff-leg deadlift
D.	bilateral band terminal knee extension (TKE)	3	8-15	2min	seated weighted leg extension (ea)	bench step-over (ea)	band-assisted kneeling leg extension
E.	reverse crunch	3	12-15	90s	band crunch	DB mock "slam"	OH med ball slam

MONTH 4

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	bent over DB row	3-4	6-12	3min	chest-supported DB row	pause bent over DB row (2s pause)	pause bent over 1-arm DB row (2s pause) (ea)
B1.	seated Arnold press	3	8-15	0s	seated DB Z press	standing DB seesaw press (ea)	seated DB shoulder press
B2.	seated bent over DB rear delt raise	3	12-20	3min	bent over DB rear delt raise	DB face pull	band rear delt flye
C.	bent over band lat pulldown	3	8-15	3min	bent over 1-arm band lat pulldown (ea)	tall-kneeling 1-arm straight-arm band lat pulldown (ea)	prone band lat pulldown 12-20
D.	incline DB press	3	12-20	3min	low incline DB press	alt. incline DB press (ea)	close-grip DB floor press
E1.	torso-elevated push-up	2-3	8-12	0s	deadstop torso-elevated push-up	BW push-up	feet-elevated push-up
E2.	DB push press	2-3	8-15	1min	3-way 1-arm DB shoulder press (ea)	DB thruster	1-arm DB clean and press (ea)

MONTH 4

Day 3: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB straddle lift	3	6-12	3min	KB straddle lift	DB front squat	ecc.-acc. goblet squat (4s lowering phase)
B.	high incline DB press	3	8-15	3min	standing DB shoulder press	DB push press	ecc.-acc. DB push press (3s lowering phase)
C.	constant-tension DB Romanian deadlift	3	8-15	2min	pause DB Romanian deadlift (2s pause)	single-leg DB back extension (ea)	pause DB back extension (2s pause)
D.	B-stance 1-arm DB row	2-3	6-10ea	2min	alt. DB gorilla row (ea)	standing 1-arm band row (ea)	bent over 1-arm DB row (ea)
E.	goblet lateral box squat	2-3	8-15ea	2min	alt. DB lateral squat (ea)	lateral lunge (ea)	1-arm DB lateral step-up (ea)
F1.	pause DB floor press (2s pause)	2	6-10	30s	BW push-up AMRAP	alt. flat DB bench press (ea)	flat 1-arm DB bench press (ea)
F2.	DB pullover	2	12-15	2min	DB floor pullover	band pull-apart	pause band pull-apart (2s pause)

MONTH 5
Dynamic Warmup

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swimmers x30s
quadruped adductor hinge x15s ea
BW reverse lunge to OH reach x15s ea
standing hip rock to hamstring mobilization x15s ea
standing hip opener x15s ea

MONTH 5

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	pause DB Romanian deadlift (2s pause)	3-4	6-12	3min	DB Romanian deadlift	DB stiff-leg deadlift	4-3-1 DB sumo stiff-leg deadlift
B.	DB glute bridge	3	8-15	3min	B-stance DB glute bridge (ea)	DB hip thrust triple contraction	pause DB hip thrust (5s pause)
C.	DB front squat	3	8-15	3min	heel-elevated DB squat	DB Bulgarian split squat (ea)	DB step-up (ea)
D.	prone band leg curl	3	12-20	2min	single-leg stability ball leg curl 8-12 (ea)	pause prone band leg curl (2s pause)	straight-leg feet-elevated BW hamstring thrust
E.	BW frog reverse hyperextension	2-3	15-20	1min	BW reverse hyperextension	compact hip hinge	KB swing
F.	DB landmine rotation	2	8-12ea	1min	KB diagonal lift (ea)	DB diagonal lift (ea)	side-to-side DB mock "slam" (ea)

MONTH 5

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	high incline DB press	3-4	6-12	3min	low incline DB press	DB push press	standing DB shoulder press
B1.	deadstop 1-arm DB row	3	6-12ea	30s	low incline chest-supported DB row	bent over batwing row (ea)	UH-grip DB row
B2.	deadstop torso-elevated push-up	3	6-12	2min	flat DB bench press	BW push-up AMRAP	weighted push-up
C.	tall-kneeling 1-arm band pull-in	3	6-12ea	2min	DB floor pullover 8-15	seated 1-arm band row (around feet) (ea)	prone 1-arm band lat pulldown (ea)
D.	standing DB seesaw press	3	8-15ea	2min	1-arm DB floor press (ea)	standing 1-arm DB shoulder press (ea)	1-arm DB push press (ea)
E.	DB bicep curl	2-3	8-15	2min	incline DB bicep curl	narrow-grip DB bicep curl	DB spider curl

MONTH 5

Day 3: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB good morning	3	6-12	3min	pause DB good morning (2s pause)	ecc.-acc. DB Romanian deadlift (4s lowering phase)	DB back extension
B.	band lat pulldown	3	8-12	3min	3-point DB row (ea)	BW pull-up 3-5	weighted pull-up 3-5
C.	goblet box squat	3	6-12	3min	front heel-elevated DB split squat (ea)	heel-elevated DB squat	pause DB foam roller hack squat (2s pause)
D.	eccentric-accentuated DB push press (3s lowering phase)	3	6-12	3min	half-kneeling 1-arm DB shoulder press (ea)	pause DB shoulder press (3s pause)	DB floor press
E1.	stability ball leg curl	2-3	12-20	30s	gliding leg curl AMRAP	sliding leg curl	eccentric-only sliding leg curl 6-12
E2.	chest-supported 1-arm DB row	2-3	6-12ea	2min	1-arm band lat pulldown (ea)	bent over 1-arm DB row (ea)	deadstop 1-arm DB row (ea)
F.	shoulder tap	2	8-15ea	2min	weighted plank to toe tap (ea)	weighted deadbug (ea)	band-resisted deadbug (ea)

MONTH 6

Dynamic Warmup

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alt. wide-stance windmill to lateral squat x30s

bent over T-spine rotation x15s ea

BW reverse lunge x15s ea

quad stretch to hamstring sweep x15s ea

standing shoulder protraction to retraction x30s

MONTH 6

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	B-stance goblet squat	3	6-12ea	3min	pause heel-elevated DB squat (2s pause)	pause DB foam roller hack squat (2s pause)	pause B-stance goblet squat (2s pause) (ea)
B.	DB suitcase deadlift	3	8-15ea	3min	DB good morning	B-stance DB Romanian deadlift (ea)	single-leg braced DB Romanian deadlift (ea)
C.	goblet lateral box squat	3	6-10ea	2min	1-arm DB lateral step-up (ea)	alt. DB lateral squat (ea)	1-arm DB lateral squat (ea)
D.	DB straddle lift	2-3	8-12	2min	KB deadlift	B-stance DB swing (ea)	hand-to-hand KB swing (ea)
E.	band quadruped knee extension	2	8-12	2min	braced skater squat (ea)	band-assisted kneeling leg extension	sissy squat AMRAP
F.	BW reverse lunge to step-up	2	6-10ea	2min	constant-tension BW step-up (ea)	DB jump squat	box jump

MONTH 6

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	flat DB bench press	3	6-12	3min	alt. DB Z press (ea)	incline DB press	pause flat DB bench press (2s pause)
B.	DB floor pullover	3	8-15	3min	inverted row - 6 ways	ecc.-acc. DB pullover (2s lowering phase)	bent over 1-arm band lat pulldown (ea)
C1.	seated DB shoulder press	3	6-10	30s	close-grip DB floor press	feet-elevated push-up	weighted push-up
C2.	bent over DB row	3	6-12	2min	deadstop 1-arm DB row (ea)	standing 1-arm band row (ea)	pause bent over DB row (2s pause)
D.	seated bent over DB rear delt raise	2-3	12-15	90s	bent over DB Y raise	seated band face pull	prone DB rear delt raise
E.	deadbug	2	8-12ea	90s	plank 1-arm DB row (ea)	weighted deadbug (ea)	DB drag (ea)

MONTH 6

Day 3: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	compact hip hinge	3	8-15	0s	DB Romanian deadlift	rear foot-elevated DB Romanian deadlift (ea)	DB stiff-leg deadlift
A2.	hamstring walkout	3	8-15	2min	prone band leg curl	sliding leg curl	seated hamstring heel curl
B.	band lat pulldown	3	8-15	3min	pause UH-grip DB row (3s pause)	prone towel pull-up AMRAP	inverted row - 6 ways
C.	B-stance DB glute bridge	3	6-12ea	3min	pause DB glute bridge (3s pause)	DB hip thrust with pulse	pause single-leg BW hip thrust (2s pause) (ea)
D1.	DB push press	3	6-12	30s	standing DB shoulder press	high incline DB press	incline DB press
D2.	bent over DB seesaw row	3	6-12ea	2min	half-kneeling 1-arm band row (ea)	seated 1-arm band row (around feet) (ea)	B-stance 1-arm DB row (ea)
E.	DB split squat	3	6-12ea	2min	DB walking lunge 8-15 (ea)	B-stance goblet squat (ea)	1-arm DB Bulgarian split squat w/ a twist (ea)

MONTH 7
Dynamic Warmup

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bear squat x30s
half-kneeling T-spine rotation x15s ea
bowler squat x15s ea
standing hip opener x15s ea
walking knee hug x30s

MONTH 7

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	box jump	3	3-5	2min	pause DB squat (2s pause) 8-12	DB triple extension squat	seated vertical jump
B1.	DB Romanian deadlift	3	8-15	30s	rear foot-elevated DB Romanian deadlift (ea)	DB stiff-leg deadlift	pause DB Romanian deadlift (2s pause)
B2.	pause deficit hamstring thrust (4s pause)	3	3-8	3min	gliding leg curl	sliding leg curl	eccentric-only sliding leg curl
C1.	single-leg band terminal knee extension (TKE)	3	8-15ea	0s	pause goblet squat (2s pause)	DB split squat (ea)	DB deficit reverse lunge (ea)
C2.	goblet squat	3	8-15	3min	goblet squat 1.5 reps	heel-elevated DB squat	heel-elevated foam roller DB hack squat
D1.	DB reverse lunge to forward lunge	2	6-12ea	30s	B-stance goblet squat (ea)	DB split squat (ea)	DB walking lunge (ea)
D2.	single-leg braced DB Romanian deadlift	2	6-12ea	2min	single-leg braced DB swing (ea)	straight-leg feet-elevated hamstring thrust	hand-to-hand KB swing (ea)
E.	knee-banded quadruped hip extension	2	8-12ea	2min	BW reverse hyperextension 12-20	BW frog reverse hyperextension	45-degree knee-banded glute kickback (ea)

MONTH 7

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	side-to-side DB mock "slam"	3	5-8ea	2min	OH med ball slam	side-to-side med ball slam (ea)	half-kneeling alt. OH med ball slam (ea)
B.	pause bent over DB row (2s pause)	3	6-12	2min	DB pullover	prone band lat pulldown	bent over band lat pulldown
C1.	pause DB shoulder press (3s pause)	3	6-12	30s	low incline DB press	DB push press	standing DB shoulder press
C2.	standing 1-arm band row	3	8-15ea	3min	chest-supported 1-arm DB row (ea)	seated 1-arm band row (around feet) (ea)	bent over DB seesaw row (ea)
D1.	torso-elevated push-up	3	6-10	30s	ecc.-acc. DB floor press (4s lowering phase)	band-assisted push-up	feet-elevated push-up
D2.	bent over BW Y raise	3	20-30	2min	DB face pull	band pull-apart	band face pull
E.	band rear delt flye	2	8-15	2min	bent over DB Y raise	prone DB rear delt raise	bent over DB rear delt raise

MONTH 7

Day 3: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB jump squat	3	3-5	3min	wall sit 30-45s	BW split squat jump 8-12 (ea)	box jump
B.	DB deficit reverse lunge	3	6-12ea	3min	pivot split squat (ea)	DB Bulgarian split squat (ea)	pause DB split squat (2s pause) (ea)
C.	pause DB shoulder press (3s pause)	3	6-12	3min	high incline DB press	half-kneeling DB shoulder press	ecc.-acc. DB push press (3s lowering phase)
D1.	pause DB Romanian deadlift (2s pause)	3	8-15	30s	DB stiff-leg deadlift	B-stance 1-arm KB Romanian deadlift from deadstop (ea)	single-leg braced DB Romanian deadlift (ea)
D2.	stability ball leg curl	3	12-20	30s	deficit hamstring thrust	pause prone band leg curl (2s pause)	prone band leg curl
D3.	pause chest-supported DB row (2s pause)	3	6-12	2min	inverted row - 6 ways	pause seated band row (3s pause)	standing 1-arm band row (ea)
E1.	B-stance BW hip thrust	2	8-15ea	30s	feet-elevated BW glute bridge	single-leg BW hip thrust (ea)	single-leg deficit BW hip thrust (ea)
E2.	prone DB lateral raise	2	8-15	30s	DB lateral raise 21s 7 (ea)	lean-in 1-arm DB lateral raise (ea)	DB lateral raise
E3.	DB front raise	2	12-20	2min	band upright row	DB high pull	DB upright row

MONTH 8
Dynamic Warmup

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alt. hip lunge to T-spine rotation x30s
alt. wide-stance windmill to lateral squat x30s
quad stretch to hamstring sweep x15s ea
side-to-side leg swing x15s ea
front-to-back leg swing x15s ea

MONTH 8

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	box jump	3	5-8	2min	wall sit 30-45s	seated vertical jump	standing vertical jump
B.	heel-elevated DB squat	3	5-8	3min	1-arm DB Bulgarian split squat (ea)	assisted pistol squat (ea)	sissy squat AMRAP
C.	eccentric-accentuated DB Romanian deadlift (4s lowering phase)	3	6-12	3min	DB Romanian deadlift	DB back extension	single-leg DB back extension (ea)
D.	DB lateral step-down	3	6-12ea	2min	1-arm DB lateral step-up (ea)	DB lateral squat (ea)	DB lateral lunge (ea)
E.	single-leg DB glute bridge	3	8-15ea	2min	45-degree knee-banded glute kickback (ea)	pause DB hip thrust (2s pause)	single-leg DB hip thrust (ea)
F.	double DB swing	4	40s	20s	1-arm DB snatch 20s (ea)	DB thruster	KB swing

MONTH 8

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB triple extension squat	4	8-15	1min	DB thruster	KB thruster	deadball OH throw
B.	band-resisted bent over 1-arm DB row	3	5-8ea	4min	isometric inverted row hold 10-20s	BW pull-up	weighted pull-up
C.	seated Arnold press	3	6-12	3min	high incline DB press	seated Z press	seated DB shoulder press
D1.	deadstop 1-arm DB row	3	6-12ea	30s	low incline chest-supported DB row	pause seated band row (3s pause)	bent over DB seesaw row (ea)
D2.	deadstop torso-elevated push-up	3	6-12	3min	flat DB bench press	BW push-up AMRAP	weighted push-up
E1.	DB hammer curl	2-3	8-15	30s	DB spider curl	narrow-grip DB bicep curl	alt. DB bicep curl (ea)
E2.	DB OH tricep extension	2-3	8-15	90s	high incline DB Tate press	BW bench dip	DB bench dip

MONTH 8

Day 3: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	DB jump squat	2	5-8	30s	DB split squat jump (ea)	BW split squat jump (ea)	DB standing vertical jump
A2.	deadstop torso-elevated push-up	2	6-10	1min	band-assisted push-up	torso-elevated plyo push-up	plyo push-up
B1.	pause DB Romanian deadlift (2s pause)	3	6-12	30s	pause DB good morning (2s pause)	pause Nordic ham curl (2s pause)	Nordic hip hinge
B2.	flat DB bench press	3	6-12	3min	DB floor press	incline DB press	flat 1-arm DB bench press (ea)
C1.	goblet box squat	3	6-12	30s	DB reverse lunge (ea)	heel-elevated DB foam roller hack squat	pause DB front squat (2s pause)
C2.	UH-grip DB row	3	8-15	2min	DB pullover	seated 1-arm band row (around feet) (ea)	chest-supported 1-arm DB row (ea)
D.	DB back extension	2	8-15	3min	band pull-through	DB straddle lift	KB straddle lift
E.	half-kneeling 1-arm DB shoulder press	2	8-15ea	3min	pause DB shoulder press (3s pause)	alt. incline DB press (ea)	1-arm incline DB press (ea)

MONTH 9
Dynamic Warmup

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hip lunge to T-spine rotation x15s ea
quadruped adductor hinge x15s ea
half-kneeling hip flexor mobilization x15s ea
body weight windmill x15s ea
dynamic shoulder circle x15s ea

MONTH 9

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	body weight triple extension squat	4	6-10	20s	single-leg calf hop 20s (ea)	multi-directional single-leg calf hop 20s (ea)	jump rope 80-100
B1.	single-leg prone band leg curl	3	8-12ea	0s	Nordic hip hinge 3-5	prone band leg curl	single-leg stability ball leg curl (ea)
B2.	DB straddle lift	3	12-15	3min	KB swing	1-arm DB suitcase deadlift (ea)	DB stiff-leg deadlift
C.	front foot-elevated DB split squat	3	6-12ea	2min	1-arm DB Bulgarian split squat (ea)	DB deficit reverse lunge (ea)	DB curtsy lunge (ea)
D.	DB Romanian deadlift	3	8-15	2min	B-stance DB hip thrust (ea)	DB glute emphasis back extension	pause single-leg DB hip thrust (2s pause) (ea)
E.	DB sumo squat	3	8-12	2min	B-stance DB squat (ea)	DB lateral lunge (ea)	1-arm DB lateral step-up (ea)
F.	side-lying BW adduction	2-3	8-15ea	2min	alt. adductor plate slide (ea)	standing band hip adduction (ea)	Copenhagen plank (ea)

MONTH 9

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	alt. DB halo	3	12-15ea	1min	side-to-side med ball slam (ea)	DB mock "slam"	bent over med ball slam
B.	3-point DB row	3	6-12ea	3min	pause bent over DB row (2s pause)	seated band row (around feet)	bent over 1-arm DB row (ea)
C.	incline DB press	3	8-15	3min	seated DB shoulder press	BW push-up AMRAP	pause incline DB press (2s pause)
D1.	pause UH-grip DB row (3s pause)	3	5-8	30s	band lat pulldown	seated pull-up 5-8	BW pull-up AMRAP
D2.	DB floor flye	3	8-15	3min	close-grip DB floor press	1-arm DB floor press (ea)	flat 1-arm DB bench press (ea)
E.	high-to-low band face pull	2-3	8-15	2min	band rear delt flye	prone DB rear delt raise	bent over DB rear delt raise
F.	band bicep curl	2-3	8-15	2min	alt. DB hammer curl (ea)	incline DB bicep curl	DB bicep curl

MONTH 9

Day 3: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	single-leg BW box squat	2	5-8ea	30s	BW split squat jump (ea)	DB jump squat	box jump
A2.	DB landmine rotation	2	8-12ea	2min	half-kneeling alt. OH med ball slam (ea)	side-to-side OH med ball slam (ea)	OH med ball slam w/ power rotation (ea)
B1.	braced skater squat	3	6-12ea	0s	bench step-over (ea)	band-assisted kneeling leg extension	sissy squat 5-8
B2.	pause goblet squat (2s pause)	3	6-12	3min	B-stance wall sit 30-45s (ea)	wall sit 30-45s	heel-elevated DB squat
C.	seated pull-up	3	5-8	3min	ecc.-acc. DB pullover (2s lowering phase) 6-12	inverted row - 6 ways	BW pull-up AMRAP
D1.	KB swing	3	5-8	30s	band pull-through	band-assisted Nordic ham curl	Nordic hip hinge
D2.	pause DB floor press (2s pause)	3	6-12	2min	DB floor press	alt. flat DB bench press (ea)	close-grip DB bench press
E1.	1-arm B-stance DB Romanian deadlift	2-3	8-12ea	30s	B-stance DB good morning (ea)	single-leg DB back extension (ea)	single-leg DB hip thrust (ea)
E2.	half-kneeling 1-arm band row	2-3	6-12ea	2min	alt. DB gorilla row (ea)	pause chest-supported DB row (2s pause) 6-10	bent over DB seesaw row (ea)

MONTH 10
Dynamic Warmup

BW glute bridge to OH reach x30s
open book x15s ea
supine angel x15s ea
quadruped adductor hinge x15s ea
YTWL x10s ea

MONTH 10

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB triple extension squat	3	3-8	90s	DB standing vertical jump	box jump	DB jump squat
B.	goblet squat	3	6-12	3min	pause goblet squat (2s pause)	pause DB front squat (2s pause)	pause heel-elevated DB squat (2s pause)
C.	B-stance DB good morning	3	6-12ea	3min	feet-elevated BW glute bridge 20-30	pause DB Romanian deadlift (2s pause)	single-leg braced DB Romanian deadlift (ea)
D.	4-3-1 DB sumo stiff-leg deadlift	3	6-12	3min	pause prone band leg curl (2s pause)	band-assisted Nordic ham curl	pause Nordic ham curl (2s pause)
E.	single-leg BW box squat	3	8-15ea	2min	1-arm racked DB reverse lunge (ea)	alt. DB lateral squat (ea)	DB lateral lunge (ea)
F.	KB swing	2	12-15	90s	band pull-through	B-stance DB glute bridge (ea)	feet-elevated BW glute bridge

MONTH 10

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB diagonal lift	3	5-8ea	90s	side-to-side DB mock "slam" (ea)	horizontal band wood chop (ea)	lateral med ball toss (ea)
B.	seated DB shoulder press	3	6-12	3min	deadstop torso-elevated push-up	pike push-up AMRAP	DB push press
C.	bent over DB row	3	6-12	3min	band lat pulldown	BW pull-up	weighted pull-up
D1.	flat DB bench press	3	6-12	30s	1-arm incline DB press (ea)	low incline DB press	DB floor press
D2.	3-point DB row	3	6-12ea	3min	standing 1-arm band row 8-15 (ea)	seated band row (around feet)	bent over 1-arm DB row (ea)
E.	bent over DB rear delt raise	2-3	8-15	2min	prone DB rear delt raise	prone DB Y raise	bent over DB Y raise
F.	band tricep pushdown	2-3	8-15	2min	DB skull crusher	BW bench dip	DB bench dip

MONTH 10

Day 3: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	standing vertical jump	2	5-8	30s	DB standing vertical jump	KB sled push 50 steps	KB swing 15-20
A2.	deadball OH throw	2	5-8	2min	torso-elevated plyo push-up	plank-to-plank	power plank-up from knees
B1.	DB hip thrust	3	8-15	0s	DB good morning	1-arm DB suitcase deadlift (ea)	pause DB Romanian deadlift (2s pause)
B2.	hamstring walkout	3	8-15	3min	sliding leg curl	single-leg stability ball leg curl (ea)	stability ball leg curl
C1.	bent over band lat pulldown	3	6-12	0s	inverted row - 6 ways	UH-grip DB row	DB pullover
C2.	bent over DB seesaw row	3	6-12ea	3min	alt. DB gorilla row (ea)	pause seated band row (3s pause)	pause bent over DB row (2s pause)
D1.	DB split squat	3	6-12ea	30s	1-arm DB Bulgarian split squat (ea)	B-stance goblet squat (ea)	DB deficit reverse lunge (ea)
D2.	alt. DB floor press	3	6-12ea	3min	high incline DB press	pause flat DB bench press (2s pause)	flat DB bench press
E1.	single-leg band terminal knee extension (TKE)	2	8-12ea	30s	braced skater squat (ea)	DB high step-up (ea)	contralateral braced 1-arm DB step-up (ea)
E2.	band lat stretcher	2	8-15	2min	band-resisted bent over 1-arm DB row (ea)	chest-supported 1-arm DB row (ea)	bent over 1-arm band lat pulldown (ea)

MONTH 11
Dynamic Warmup

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bear squat x30s
half-kneeling T-spine rotation x15s ea
alt. wide-stance windmill to lateral squat x30s
bowler squat x15s ea
standing hip opener x15s ea

MONTH 11

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	BW triple extension squat	3	6-10	90s	BW squat pulse 15-20	box jump	BW split squat jump (ea)
B.	pause DB Romanian deadlift (2s pause)	4	5-8	4min	hamstring walkout	DB deficit hamstring thrust 12-15	pause Nordic ham curl (2s pause)
C.	B-stance DB front squat	3	6-12ea	3min	DB split squat (ea)	DB Bulgarian split squat (ea)	DB deficit reverse lunge (ea)
D.	B-stance DB glute bridge	3	8-15ea	3min	pause BW reverse hyperextension (2s pause)	DB hip thrust	B-stance DB hip thrust (ea)
E.	seated hamstring heel curl	3	8-15	2min	stability ball leg curl	gliding leg curl	prone DB leg curl
F.	extra range side-lying BW hip abduction	2	12-15ea	2min	side-lying hip raise (ea)	lateral band walk (ea)	standing band hip abduction (ea)

MONTH 11

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	deadbug	3	6-10ea	2min	reverse crunch	band crunch	bent over med ball slam
B.	DB floor press	4	6-12	4min	alt. flat DB bench press (ea)	low incline DB press	flat DB bench press
C.	seated 1-arm band row (around feet)	3	6-12ea	3min	B-stance 1-arm DB row (ea)	band lat pulldown	bent over 1-arm DB row (ea)
D.	seated DB Z press	3	6-12	3min	low incline DB press	DB push press	pause incline DB press (2s pause)
E.	deadstop 1-arm DB row	3	8-15ea	2min	DB floor pullover	inverted row - 6 ways	bent over 1-arm band lat pulldown (ea)
F.	prone DB rear delt raise	3	12-20	2min	band rear delt flye	bent over DB rear delt raise	band pull-apart

MONTH 11

Day 3: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	floating heel drop	2	8-15	30s	constant-tension BW step-up (ea)	jump rope 80-100	single-leg calf hop (ea)
A2.	pause torso-elevated push-up (2s pause)	2	5-8	1min	flat 1-arm DB bench press (ea)	BW push-up	weighted push-up
B.	pause goblet squat (2s pause)	3	6-12	3min	heel-elevated DB squat	front foot-elevated DB split squat (ea)	sissy squat AMRAP
C.	eccentric-accentuated DB pullover (2s lowering phase)	3	5-8	3min	prone towel pull-up	BW pull-up	weighted pull-up
D1.	B-stance DB good morning	3	8-15ea	30s	single-leg braced KB swing (ea)	single-leg braced DB Romanian deadlift (ea)	B-stance DB Romanian deadlift (ea)
D2.	standing DB shoulder press	3	6-12	2min	seated Arnold press	seated DB shoulder press	seated DB Z press
E1.	pause DB glute bridge (3s pause)	3	6-12	30s	single-leg DB hip thrust 8-15 (ea)	knee-banded quadruped hip extension 12-15 (ea)	pause DB hip thrust (5s pause)
E2.	UH-grip DB row	3	8-15	3min	low incline chest-supported DB row	tall-kneeling 1-arm band pull-in (ea)	bent over batwing row (ea)

MONTH 12
Dynamic Warmup

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open half-kneeling adductor dip x15s ea
half-kneeling hip flexor mobilization x15s ea
half-kneeling T-spine rotation x15s ea
BW reverse lunge with OH reach x15s ea
BW windmill x15s ea

MONTH 12

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB triple extension squat	3	3-5	2min	standing vertical jump	DB jump squat	box jump
B.	1-arm racked DB reverse lunge	4	6-12ea	3min	pause 1-arm DB Bulgarian split squat (2s pause) (ea)	pause DB squat (2s pause)	B-stance DB front squat (ea)
C1.	pause prone band leg curl (2s pause)	3	6-12	0s	gliding leg curl	eccentric-only sliding leg curl (5s lowering phase)	hamstring walkout
C2.	KB deadlift	3	8-15	3min	1-arm DB suitcase deadlift (ea)	4-3-1 DB sumo stiff-leg deadlift	DB stiff-leg deadlift
D.	pause goblet squat (2s pause)	3	6-12	2min	front foot-elevated DB split squat (ea)	single-leg band terminal knee extension (TKE) 12-15 (ea)	contralateral braced DB step-up (ea)
E.	DB straddle lift	3	8-15	2min	rear foot-elevated DB Romanian deadlift (ea)	feet-elevated BW glute bridge 12-20	B-stance DB hip thrust (ea)
F.	banded cha-cha	2-3	15-20ea	90s	side-lying hip raise 8-12 (ea)	standing band hip abduction (ea)	extra range side-lying BW hip abduction (ea)

MONTH 12

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB renegade row	3	6-10ea	2min	band Pallof press (ea)	low-to-high band wood chop (ea)	horizontal band wood chop (ea)
B.	eccentric-accentuated DB pullover (2s lowering phase)	4	5-8	3min	inverted row - 6 ways	prone towel pull-up	eccentric-only pull-up 2-3
C.	flat DB bench press	3	6-12	3min	weighted push-up	1-arm DB floor press (ea)	pause flat DB bench press (2s pause)
D1.	pause UH-grip DB row (3s pause)	3	6-12	30s	bent over 1-arm DB row (ea)	pause chest-supported DB row (2s pause)	bent over DB seesaw row (ea)
D2.	seated DB Z press	3	8-15	2min	half-kneeling 1-arm DB shoulder press (ea)	standing DB shoulder press	DB push press
E.	DB lateral raise	2-3	8-12	2min	prone DB lateral raise	1-arm DB lateral throw (ea)	1-arm DB leaning lateral raise (ea)
F.	high-to-low band face pull	2-3	8-12	90s	prone DB face pull	seated band face pull	DB face pull

MONTH 12

Day 3: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	double DB swing	2	15-20	30s	jump rope 30-60s	KB sled push 30-50 steps	KB swing
A2.	DB landmine rotation	2	6-10ea	90s	lateral med ball toss (ea)	DB diagonal lift (ea)	OH med ball slam
B.	1-arm B-stance KB Romanian deadlift from deadstop	3	6-12ea	3min	KB Romanian deadlift 8-15	single-leg braced DB Romanian deadlift (ea)	B-stance DB Romanian deadlift (ea)
C.	standing DB shoulder press	3	6-12	3min	alt. DB floor press (ea)	pause flat DB bench press (2s pause)	close-grip DB bench press
D1.	DB high step-up	3	6-12ea	30s	4-3-1 goblet squat	front foot-elevated DB split squat (ea)	pause heel-elevated DB squat (2s pause)
D2.	chest-supported 1-arm DB row	3	6-12ea	2min	BW chin-up AMRAP	deadstop 1-arm DB row (ea)	half-kneeling 1-arm band lat pulldown (ea)
E1.	prone DB leg curl	2	8-15	30s	ecc.-acc. stability ball leg curl (4s lowering phase)	seated hamstring heel curl	prone band leg curl 12-20
E2.	DB floor flye	2	8-12	90s	pause torso-elevated push-up (2s pause)	DB floor press	feet-elevated push-up



YEAR OF STRENGTH 2026

MONTH 1
Dynamic Warmup

90/90 hip switch x30s
quadruped adductor hinge x15s ea
thread the needle x15s ea
lunge windmill x15s ea
quad stretch to hamstring sweep x15s ea

MONTH 1

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB front squat	3	6-12	3min	pause heel-elevated DB squat (2s pause)	front foot-elevated DB split squat (ea)	foam roller DB hack squat
B.	DB good morning	3	6-12	3min	B-stance DB good morning 8-12 (ea)	DB stiff-leg deadlift 8-12	ecc.-acc. B-stance DB Romanian deadlift (3s lowering phase) (ea)
C1.	single-leg DB hip thrust	3	8-15ea	30s	DB hip thrust	pause DB glute bridge (3s pause)	single-leg BW deficit pause hip thrust (2s pause) (ea)
C2.	braced DB reverse lunge	3	8-15ea	2min	DB reverse lunge (ea)	DB step-up (ea)	DB kneel-to-stand (ea)
D.	band-assisted kneeling leg extension	3	12-15	2min	bench step-over (ea)	eccentric-only shrimp squat (5s lowering phase) (ea)	sissy squat AMRAP

MONTH 1

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	bent over 1-arm band lat pulldown	3	8-15ea	2min	bent over band lat pulldown	inverted row - 6 ways AMRAP	pause inverted row - 6 ways (2s pause) AMRAP
B.	low incline DB press	3	6-12	3min	flat DB bench press	incline DB press	seated DB shoulder press
C1.	bent over 1-arm DB row	3	6-12ea	30s	chest-supported 1-arm DB row (ea)	pause bent over 1-arm DB row (2s pause) (ea)	pause chest-supported DB row (2s pause)
C2.	torso-elevated push-up	3	6-12	2min	BW push-up AMRAP	DB glute bridge floor press	pause push-up (2s pause) AMRAP
D.	DB upright row	2	12-20	2min	band Y raise	DB lateral raise	DB high pull
E.	alt. DB bicep curl	2	8-15ea	2min	DB hammer curl	band bicep curl	ecc.-acc. DB bicep curl (3s lowering phase)

MONTH 1

Day 3: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	goblet squat	3	6-12	3min	goblet squat 1.5 reps	pause DB front squat (2s pause)	B-stance DB squat (ea)
B.	band good morning	3	8-15	3min	BW reverse hyperextension	DB hip thrust	pause DB hip thrust (3s pause)
C1.	DB split squat	3	12-15ea	30s	B-stance goblet squat (ea)	braced DB curtsy lunge (ea)	DB curtsy lunge (ea)
C2.	BW squat pulse	3	8-12	2min	BW squat iso hold 20-45s	single-leg wall sit 20-30s (ea)	DB split squat pulse (ea)
D.	constant-tension DB Romanian deadlift	5	15-20	30s	double DB swing	B-stance KB swing 8-15 (ea)	KB swing

MONTH 1

Day 4: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	seated DB shoulder press	3	6-12	3min	seated Arnold press 8-12	high incline DB press	standing DB shoulder press
B.	bent over DB seesaw row	3	8-15ea	2min	UH-grip DB row	deadstop 1-arm DB row (ea)	pause chest-supported DB row (2s pause)
C1.	DB glute bridge floor press	3	8-12	30s	DB floor press	flat DB bench press	flat 1-arm DB bench press (ea)
C2.	DB pullover	3	12-15	2min	band pull-apart	tall-kneeling 1-arm straight-arm band lat pulldown (ea)	bent over band lat pulldown
D.	band face pull	2	12-15	2min	high-to-low band face pull	DB face pull	bent over DB rear delt raise
E.	DB rolling tricep extension	2	15-20	2min	DB skull crusher	bench dip	torso-elevated BW tricep extension AMRAP

MONTH 2

Dynamic Warmup

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scapular push-up x30s
dynamic ankle mobilization x15s ea
hip lunge to T-spine rotation x15s ea
open half-kneeling adductor dip x15s ea
standing hip opener x15s ea

MONTH 2

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB Romanian deadlift	3	6-12	3min	DB good morning	B-stance DB Romanian deadlift (ea)	pause B-stance DB Romanian deadlift (2s pause) (ea)
B.	DB split squat	3	8-15ea	2min	front foot-elevated DB split squat (ea)	DB Bulgarian split squat (ea)	pause DB Bulgarian split squat (2s pause) (ea)
C1.	DB hip thrust	3	6-12	30s	pause DB hip thrust (3s pause)	DB back extension	pause DB back extension (2s pause)
C2.	standing BW calf raise	3	12-15	2min	BW donkey calf raise	standing DB calf raise	single-leg DB calf raise (ea)
D.	goblet squat	2	8-15	2min	B-stance goblet squat (ea)	braced BW step-up (ea)	DB lateral step-down (ea)
E.	hamstring walkout	2	12-20	2min	stability ball leg curl	deficit hamstring thrust	prone band leg curl

MONTH 2

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	band lat pulldown	3	6-12	1min	prone towel pull-up AMRAP	inverted row - 6 ways	BW pull-up AMRAP
A2.	torso-elevated push-up	3	5-8	3min	eccentric-only push-up (5s lowering phase)	BW push-up	weighted push-up
B1.	standing 1-arm band row	3	8-15ea	30s	half-kneeling 1-arm band row (ea)	seated band row	seated 1-arm band row (ea)
B2.	seated DB Z press	3	8-15	2min	standing DB seesaw press (ea)	standing DB shoulder press	DB push press
C.	bent over BW Y raise	2	12-15	2min	band Y raise	bent over DB Y raise	prone DB Y raise
D.	deadbug	2	8-12ea	2min	shoulder tap (ea)	1-arm DB overhead march (ea)	KB or DB halo (ea)

MONTH 2

Day 3: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	KB deadlift	3	6-12	3min	DB suitcase deadlift (ea)	Nordic hip hinge 3-5	Nordic ham curl 3-5
B.	constant-tension DB Romanian deadlift	3	8-15	2min	ecc.-acc. DB Romanian deadlift (4s lowering phase)	DB good morning	pause DB good morning (2s pause)
C1.	braced DB reverse lunge	3	8-15ea	30s	DB curtsy lunge (ea)	DB deficit reverse lunge (ea)	DB deficit curtsy lunge (ea)
C2.	standing band-resisted psoas march	3	8-12ea	2min	band-resisted psoas march (ea)	seated leg raise (ea)	seated weighted leg extension (ea)
D.	KB swing	5	8-12	30s	hand-to-hand KB swing (ea)	B-stance DB swing (ea)	B-stance KB swing (ea)

MONTH 2

Day 4: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB floor press	3	6-12	3min	flat DB bench press	standing DB shoulder press	incline DB press
B.	UH-grip DB row	3	8-15	3min	pause UH-grip DB row (3s pause)	3-point DB row (ea)	bent over DB row
C1.	seated DB shoulder press	3	8-15	30s	high incline DB press	half-kneeling 1-arm DB shoulder press (ea)	standing Arnold press
C2.	chest-supported DB row	3	12-15	2min	pause chest-supported DB row (2s pause)	B-stance 1-arm DB row (ea)	alt. DB gorilla row (ea)
D.	band lat stretcher	3	15-20	90s	tall-kneeling 1-arm straight-arm band lat pulldown (ea)	DB pullover	band pull-apart
E.	BW sit-up	2	8-12	2min	plank 1-arm DB row (ea)	plank saw	weighted deadbug (ea)

MONTH 3
Dynamic Warmup

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half-kneeling lunge to T-spine rotation x15s ea
quadruped adductor windmill x15s ea
lateral squat x15s ea
reverse lunge to OH reach x15s ea
YTWL x30s

MONTH 3

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	goblet squat	3-4	6-12	3min	pause heel-elevated DB squat (2s pause)	foam roller DB hack squat	B-stance DB squat (ea)
B.	DB stiff-leg deadlift	3	6-12	2min	pause DB back extension (2s pause)	Nordic hip hinge 3-5	Nordic ham curl 3-5
C.	braced DB split squat	3	8-15ea	2min	alt. DB reverse lunge (ea)	BW split squat jump (ea)	DB split squat jump (ea)
D.	KB deadlift	3	12-15	2min	B-stance KB swing 8-12 (ea)	DB suitcase deadlift (ea)	1-arm KB suitcase deadlift (ea)
E.	1-arm DB lateral squat	2-3	8-15ea	2min	1-arm DB lateral lunge (ea)	sliding 1-arm DB lateral lunge (ea)	foot-elevated 1-arm DB lateral squat (ea)
F.	torso-elevated renegade row	2	8-12ea	90s	half-kneeling band Pallof press (ea)	half-kneeling DB wood chop (ea)	low-to-high band wood chop (ea)

MONTH 3

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	close-grip DB floor press	3-4	6-12	3min	incline DB press	DB floor press	flat DB bench press
B.	band row	3	6-12	3min	chest-supported DB row	deadstop 1-arm DB row (ea)	pause bent over DB row (2s pause)
C1.	torso-elevated push-up	3	8-15	30s	band-assisted push-up	BW push-up AMRAP	weighted push-up
C2.	band chest flye	3	12-20	2min	pause flat DB flye (2s pause)	incline DB flye	flat DB flye
D1.	band lat stretcher	3	8-15	30s	DB floor pullover	inverted row - 6 ways	prone towel pull-up AMRAP
D2.	bent over DB rear delt raise	3	12-15	2min	DB face pull	pause band pull-apart (2s pause)	band pull-apart

MONTH 3

Day 3: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	pause DB glute bridge (3s pause)	3-4	6-12	3min	pause single-leg DB hip thrust (3s pause) (ea)	B-stance DB hip thrust (ea)	pause DB hip thrust (5s pause)
B.	DB Romanian deadlift 1.5 reps	3	8-15	2min	DB Romanian deadlift	DB stiff-leg deadlift	ecc.-acc. DB Romanian deadlift (4s lowering phase)
C.	front foot-elevated DB split squat	3	8-12ea	2min	B-stance DB front squat (ea)	DB Bulgarian split squat (ea)	pause DB Bulgarian split squat (2s pause) (ea)
D.	BW reverse hyperextension	3	12-20	2min	DB straddle lift	single-leg DB back extension (ea)	DB glute emphasis back extension
E1.	goblet box squat	3	12-15	0s	DB sumo squat	heel-elevated DB squat	goblet squat
E2.	compact hip hinge	3	12-15	2min	double DB swing	KB swing	hand-to-hand KB swing (ea)

MONTH 3

Day 4: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	flat DB bench press	3-4	6-12	3min	close-grip DB floor press	pause push-up (2s pause)	pause flat DB bench press (2s pause)
B.	inverted row - 6 ways	3	5-8	3min	prone band lat pulldown 12-20	BW chin-up AMRAP	BW pull-up AMRAP
C1.	half-kneeling DB shoulder press	3	8-15	30s	high incline DB press	DB push press	half-kneeling 1-arm DB shoulder press (ea)
C2.	3-point DB row	3	12-20ea	2min	seated 1-arm band row (around feet) (ea)	bent over batwing row (ea)	bent over DB seesaw row (ea)
D1.	band tricep pushdown	3	15-20	30s	high incline DB Tate press	DB skull crusher	DB rolling tricep extension
D2.	narrow-grip DB bicep curl	3	12-15	2min	incline DB bicep curl	DB hammer curl	EZ bar curl

MONTH 4
Dynamic Warmup

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scapular push-up x30s
bear squat x30s
standing hip opener x15s ea
front-to-back leg swing x15s ea
side-to-side leg swing x15s ea

MONTH 4

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	goblet squat	3-4	6-12	3min	goblet squat 1.5 reps	pause heel-elevated DB squat (2s pause)	foam roller DB hack squat
B.	DB split squat	3	6-12ea	3min	1-arm DB Bulgarian split squat w/ a twist (ea)	DB reverse lunge (ea)	DB deficit reverse lunge (ea)
C.	DB Romanian deadlift	3	8-15	3min	B-stance DB Romanian deadlift (ea)	DB stiff-leg sumo deadlift	4-3-1 DB sumo stiff-leg deadlift
D.	bilateral band terminal knee extension (TKE)	3	8-15	2min	seated weighted leg extension (ea)	bench step-over (ea)	band-assisted kneeling leg extension
E.	reverse crunch	3	12-15	90s	band crunch	DB mock "slam"	OH med ball slam

MONTH 4

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	bent over DB row	3-4	6-12	3min	chest-supported DB row	pause bent over DB row (2s pause)	pause bent over 1-arm DB row (2s pause) (ea)
B1.	seated Arnold press	3	8-15	0s	seated DB Z press	standing DB seesaw press (ea)	seated DB shoulder press
B2.	seated bent over DB rear delt raise	3	12-20	3min	bent over DB rear delt raise	DB face pull	band rear delt flye
C.	bent over band lat pulldown	3	8-15	3min	bent over 1-arm band lat pulldown (ea)	tall-kneeling 1-arm straight-arm band lat pulldown (ea)	prone band lat pulldown 12-20
D.	incline DB press	3	12-20	3min	low incline DB press	alt. incline DB press (ea)	close-grip DB floor press
E1.	torso-elevated push-up	2-3	8-12	0s	deadstop torso-elevated push-up	BW push-up	feet-elevated push-up
E2.	DB push press	2-3	8-15	1min	3-way 1-arm DB shoulder press (ea)	DB thruster	1-arm DB clean and press (ea)

MONTH 4

Day 3: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB straddle lift	3-4	6-12	3min	KB straddle lift	DB front squat	ecc.-acc. goblet squat (4s lowering phase)
B.	constant-tension DB Romanian deadlift	3	8-15	3min	pause DB Romanian deadlift (2s pause)	single-leg DB back extension (ea)	pause DB back extension (2s pause)
C.	goblet lateral box squat	3	8-15ea	2min	alt. DB lateral squat (ea)	lateral lunge (ea)	1-arm DB lateral step-up (ea)
D1.	pause DB hip thrust (3s pause)	3	12-15	30s	pause DB glute bridge (3s pause)	single-leg BW deficit hip thrust (ea)	pause single-leg DB hip thrust (2s pause) (ea)
D2.	standing band hip adduction	3	8-12ea	2min	alt. adductor plate slide (ea)	bent-leg Copenhagen plank (ea)	side-lying BW adduction (ea)
E.	side plank march	3	8-12ea	90s	suitcase isometric hold 20-60s (ea)	side plank 20-30s (ea)	side plank row (ea)

MONTH 4

Day 4: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	high incline DB press	3-4	6-12	3min	standing DB shoulder press	DB push press	ecc.-acc. DB push press (3s lowering phase)
B.	B-stance 1-arm DB row	3	6-12ea	3min	alt. DB gorilla row (ea)	standing 1-arm band row (ea)	bent over 1-arm DB row (ea)
C1.	pause DB floor press (2s pause)	3	6-12	30s	BW push-up AMRAP	alt. flat DB bench press (ea)	flat 1-arm DB bench press (ea)
C2.	DB pullover	3	12-20	2min	DB floor pullover	band pull-apart	pause band pull-apart (2s pause)
D.	pause bent over DB row (2s pause)	3	8-12	2min	pause chest-supported DB row (2s pause)	inverted row - 6 ways	pause inverted row - 6 ways (2s pause)
E.	prone DB face pull	3	12-20	2min	bent over DB rear delt raise	prone DB rear delt raise	DB face pull

MONTH 5
Dynamic Warmup

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swimmers x30s

quadruped adductor hinge x15s ea

BW reverse lunge to OH reach x15s ea

standing hip rock to hamstring mobilization x15s ea

standing hip opener x15s ea

MONTH 5

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	pause DB Romanian deadlift (2s pause)	3-4	6-12	3min	DB Romanian deadlift	DB stiff-leg deadlift	4-3-1 DB sumo stiff-leg deadlift
B.	DB glute bridge	3	8-15	3min	B-stance DB glute bridge (ea)	DB hip thrust triple contraction	pause DB hip thrust (5s pause)
C.	DB front squat	3	8-15	3min	heel-elevated DB squat	DB Bulgarian split squat (ea)	DB step-up (ea)
D.	prone band leg curl	3	12-20	2min	single-leg stability ball leg curl 8-12 (ea)	pause prone band leg curl (2s pause)	straight-leg feet-elevated BW hamstring thrust
E.	BW frog reverse hyperextension	2-3	15-20	1min	BW reverse hyperextension	compact hip hinge	KB swing
F.	DB landmine rotation	2	8-12ea	1min	KB diagonal lift (ea)	DB diagonal lift (ea)	side-to-side DB mock "slam" (ea)

MONTH 5

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	high incline DB press	3-4	6-12	3min	low incline DB press	DB push press	standing DB shoulder press
B1.	deadstop 1-arm DB row	3	6-12ea	30s	low incline chest-supported DB row	bent over batwing row (ea)	UH-grip DB row
B2.	deadstop torso-elevated push-up	3	6-12	2min	flat DB bench press	BW push-up AMRAP	weighted push-up
C.	tall-kneeling 1-arm band pull-in	3	6-12ea	2min	DB floor pullover 8-15	seated 1-arm band row (around feet) (ea)	prone 1-arm band lat pulldown (ea)
D.	standing DB seesaw press	3	8-15ea	2min	1-arm DB floor press (ea)	standing 1-arm DB shoulder press (ea)	1-arm DB push press (ea)
E.	DB bicep curl	2-3	8-15	2min	incline DB bicep curl	narrow-grip DB bicep curl	DB spider curl

MONTH 5

Day 3: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB good morning	3-4	6-12	3min	pause DB good morning (2s pause)	ecc.-acc. DB Romanian deadlift (4s lowering phase)	DB back extension
B.	goblet box squat	3	6-12	3min	front heel-elevated DB split squat (ea)	heel-elevated DB squat	pause DB foam roller hack squat (2s pause)
C.	double DB swing	3	12-20	2min	band pull-through	KB straddle lift	KB swing
D.	braced DB split squat	3	8-15ea	3min	DB walking lunge (ea)	1-arm DB Bulgarian split squat w/ a twist (ea)	pivot split squat (ea)
E.	stability ball leg curl	3	12-20	2min	gliding leg curl AMRAP	sliding leg curl	eccentric-only sliding leg curl 6-12
F.	shoulder tap	2	8-15ea	2min	weighted plank to toe tap (ea)	weighted deadbug (ea)	band-resisted deadbug (ea)

MONTH 5

Day 4: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	band lat pulldown	3-4	8-12	3min	3-point DB row (ea)	BW pull-up 3-5	weighted pull-up 3-5
B.	eccentric-accentuated DB push press (3s lowering phase)	3	6-12	3min	half-kneeling 1-arm DB shoulder press (ea)	pause DB shoulder press (3s pause)	DB floor press
C1.	chest-supported 1-arm DB row	3	6-12ea	30s	1-arm band lat pulldown (ea)	bent over 1-arm DB row (ea)	deadstop 1-arm DB row (ea)
C2.	torso-elevated push-up	3	12-15	2min	DB floor press	eccentric-only push-up (5s lowering phase) AMRAP	BW push-up AMRAP
D.	prone DB rear delt raise	3	8-12	2min	band rear delt flye	DB face pull	prone DB face pull
E.	DB OH tricep extension	2-3	15-20	2min	torso-elevated BW tricep extension AMRAP	band tricep pushdown	DB skull crusher

MONTH 6
Dynamic Warmup

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alt. wide-stance windmill to lateral squat x30s
bent over T-spine rotation x15s ea
BW reverse lunge x15s ea
quad stretch to hamstring sweep x15s ea
standing shoulder protraction to retraction x30s

MONTH 6

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	B-stance goblet squat	3	6-12ea	3min	pause heel-elevated DB squat (2s pause)	pause DB foam roller hack squat (2s pause)	pause B-stance goblet squat (2s pause) (ea)
B.	DB suitcase deadlift	3	8-15ea	3min	DB good morning	B-stance DB Romanian deadlift (ea)	single-leg braced DB Romanian deadlift (ea)
C.	goblet lateral box squat	3	6-10ea	2min	1-arm DB lateral step-up (ea)	alt. DB lateral squat (ea)	1-arm DB lateral squat (ea)
D.	DB straddle lift	2-3	8-12	2min	KB deadlift	B-stance DB swing (ea)	hand-to-hand KB swing (ea)
E.	band quadruped knee extension	2	8-12	2min	braced skater squat (ea)	band-assisted kneeling leg extension	sissy squat AMRAP
F.	BW reverse lunge to step-up	2	6-10ea	2min	constant-tension BW step-up (ea)	DB jump squat	box jump

MONTH 6

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	flat DB bench press	3	6-12	3min	alt. DB Z press (ea)	incline DB press	pause flat DB bench press (2s pause)
B.	DB floor pullover	3	8-15	3min	inverted row - 6 ways	ecc.-acc. DB pullover (2s lowering phase)	bent over 1-arm band lat pulldown (ea)
C1.	seated DB shoulder press	3	6-10	30s	close-grip DB floor press	feet-elevated push-up	weighted push-up
C2.	bent over DB row	3	6-12	2min	deadstop 1-arm DB row (ea)	standing 1-arm band row (ea)	pause bent over DB row (2s pause)
D.	seated bent over DB rear delt raise	2-3	12-15	90s	bent over DB Y raise	seated band face pull	prone DB rear delt raise
E.	deadbug	2	8-12ea	90s	plank 1-arm DB row (ea)	weighted deadbug (ea)	DB drag (ea)

MONTH 6

Day 3: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	compact hip hinge	3	8-15	0s	DB Romanian deadlift	rear foot-elevated DB Romanian deadlift (ea)	DB stiff-leg deadlift
A2.	hamstring walkout	3	8-15	3min	prone band leg curl	sliding leg curl	seated hamstring heel curl
B.	B-stance DB glute bridge	3	6-12ea	3min	pause DB glute bridge (3s pause)	DB hip thrust with pulse	pause single-leg BW hip thrust (2s pause) (ea)
C.	DB split squat	3	6-12ea	3min	DB walking lunge 8-15 (ea)	B-stance goblet squat (ea)	1-arm DB Bulgarian split squat w/ a twist (ea)
D.	BW step-up	3	6-10ea	2min	braced BW step-up (ea)	single-leg band terminal knee extension (ea)	DB reverse lunge to step-up (ea)
E.	single-leg DB calf raise	3	15-20ea	1min	floating heel drop 8-15	single-leg calf hop (ea)	multi-directional single-leg calf hop (ea)

MONTH 6

Day 4: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	band lat pulldown	3	8-15	4min	pause UH-grip DB row (3s pause)	prone towel pull-up AMRAP	inverted row - 6 ways 3-8
B.	DB push press	3	6-12	3min	standing DB shoulder press	high incline DB press	incline DB press
C1.	bent over DB seesaw row	3	6-12ea	30s	half-kneeling 1-arm band row (ea)	seated 1-arm band row (around feet) (ea)	B-stance 1-arm DB row (ea)
C2.	standing DB seesaw press	3	8-15ea	2min	half-kneeling 1-arm DB shoulder press (ea)	DB floor press	seated Arnold press
D.	bent over DB rear delt raise	2	8-15	2min	prone DB rear delt raise	band rear delt flye	high-to-low band face pull
E1.	DB bicep curl	2	8-15	30s	band bicep curl	incline DB bicep curl	DB hammer curl
E2.	bench dip	2	12-20	90s	high incline DB Tate press	DB skull crusher	DB OH tricep extension

MONTH 7
Dynamic Warmup

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bear squat x30s
half-kneeling T-spine rotation x15s ea
bowler squat x15s ea
standing hip opener x15s ea
walking knee hug x30s

MONTH 7

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	box jump	3	3-5	2min	pause DB squat (2s pause) 8-12	DB triple extension squat	seated vertical jump
B1.	DB Romanian deadlift	3	8-15	30s	rear foot-elevated DB Romanian deadlift (ea)	DB stiff-leg deadlift	pause DB Romanian deadlift (2s pause)
B2.	pause deficit hamstring thrust (4s pause)	3	3-8	3min	gliding leg curl	sliding leg curl	eccentric-only sliding leg curl
C1.	single-leg band terminal knee extension (TKE)	3	8-15ea	0s	pause goblet squat (2s pause)	DB split squat (ea)	DB deficit reverse lunge (ea)
C2.	goblet squat	3	8-15	3min	goblet squat 1.5 reps	heel-elevated DB squat	heel-elevated foam roller DB hack squat
D1.	DB reverse lunge to forward lunge	2	6-12ea	30s	B-stance goblet squat (ea)	DB split squat (ea)	DB walking lunge (ea)
D2.	single-leg braced DB Romanian deadlift	2	6-12ea	2min	single-leg braced DB swing (ea)	straight-leg feet-elevated hamstring thrust	hand-to-hand KB swing (ea)
E.	knee-banded quadruped hip extension	2	8-12ea	2min	BW reverse hyperextension 12-20	BW frog reverse hyperextension	45-degree knee-banded glute kickback (ea)

MONTH 7

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	side-to-side DB mock "slam"	3	5-8ea	2min	OH med ball slam	side-to-side med ball slam (ea)	half-kneeling alt. OH med ball slam (ea)
B.	pause bent over DB row (2s pause)	3	6-12	2min	DB pullover	prone band lat pulldown	bent over band lat pulldown
C1.	pause DB shoulder press (3s pause)	3	6-12	30s	low incline DB press	DB push press	standing DB shoulder press
C2.	standing 1-arm band row	3	8-15ea	3min	chest-supported 1-arm DB row (ea)	seated 1-arm band row (around feet) (ea)	bent over DB seesaw row (ea)
D1.	torso-elevated push-up	3	6-10	30s	ecc.-acc. DB floor press (4s lowering phase)	band-assisted push-up	feet-elevated push-up
D2.	bent over BW Y raise	3	20-30	2min	DB face pull	band pull-apart	band face pull
E.	band rear delt flye	2	8-15	2min	bent over DB Y raise	prone DB rear delt raise	bent over DB rear delt raise

MONTH 7

Day 3: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB jump squat	3	3-5	3min	wall sit 30-45s	BW split squat jump 8-12 (ea)	box jump
B.	DB deficit reverse lunge	3	6-12ea	3min	pivot split squat (ea)	DB Bulgarian split squat (ea)	pause DB split squat (2s pause) (ea)
C1.	pause DB Romanian deadlift (2s pause)	3	8-15	30s	DB stiff-leg deadlift	B-stance 1-arm KB Romanian deadlift from deadstop (ea)	single-leg braced DB Romanian deadlift (ea)
C2.	stability ball leg curl	3	12-20	3min	deficit hamstring thrust	pause prone band leg curl (2s pause)	prone band leg curl
D1.	band quadruped knee extension	3	8-15	30s	bench step-over (ea)	seated weighted leg extension (ea)	sissy squat AMRAP
D2.	alt. BW reverse lunge	3	8-15ea	3min	BW squat iso hold 20-45s	single-leg wall sit 20-30s (ea)	BW walking lunge (ea)
E.	B-stance BW hip thrust	2	8-15ea	2min	feet-elevated BW glute bridge	single-leg BW hip thrust (ea)	single-leg deficit BW hip thrust (ea)

MONTH 7

Day 4: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	pause DB shoulder press (3s pause)	3	6-12	3min	high incline DB press	half-kneeling DB shoulder press	ecc.-acc. DB push press (3s lowering phase)
B1.	pause chest-supported DB row (2s pause)	3	6-12	30s	inverted row - 6 ways	pause seated band row (3s pause)	standing 1-arm band row (ea)
B2.	deadstop torso-elevated push-up	3	8-15	3min	BW push-up	close-grip DB bench press	DB floor press
C1.	bent over 1-arm DB row	3	8-15ea	30s	3-point DB row (ea)	B-stance 1-arm DB row (ea)	band-resisted bent over 1-arm DB row (ea)
C2.	prone DB lateral raise	3	8-15	30s	DB lateral raise 21s 7 (ea)	lean-in 1-arm DB lateral raise (ea)	DB lateral raise
C3.	DB front raise	3	12-20	2min	band upright row	DB high pull	DB upright row
D1.	band bicep curl	2	8-15	30s	DB preacher curl	Zottman curl	DB hammer curl
D2.	DB OH tricep extension	2	15-20	2min	torso-elevated BW tricep extension AMRAP	high incline DB Tate press	band tricep pushdown

MONTH 8
Dynamic Warmup

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alt. hip lunge to T-spine rotation x30s
alt. wide-stance windmill to lateral squat x30s
quad stretch to hamstring sweep x15s ea
side-to-side leg swing x15s ea
front-to-back leg swing x15s ea

MONTH 8

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	box jump	3	5-8	2min	wall sit 30-45s	seated vertical jump	standing vertical jump
B.	heel-elevated DB squat	3	5-8	3min	1-arm DB Bulgarian split squat (ea)	assisted pistol squat (ea)	sissy squat AMRAP
C.	eccentric-accentuated DB Romanian deadlift (4s lowering phase)	3	6-12	3min	DB Romanian deadlift	DB back extension	single-leg DB back extension (ea)
D.	DB lateral step-down	3	6-12ea	2min	1-arm DB lateral step-up (ea)	DB lateral squat (ea)	DB lateral lunge (ea)
E.	single-leg DB glute bridge	3	8-15ea	2min	45-degree knee-banded glute kickback (ea)	pause DB hip thrust (2s pause)	single-leg DB hip thrust (ea)
F.	double DB swing	4	40s	20s	1-arm DB snatch 20s (ea)	DB thruster	KB swing

MONTH 8

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB triple extension squat	4	8-15	1min	DB thruster	KB thruster	deadball OH throw
B.	band-resisted bent over 1-arm DB row	3	5-8ea	4min	isometric inverted row hold 10-20s	BW pull-up	weighted pull-up
C.	seated Arnold press	3	6-12	3min	high incline DB press	seated Z press	seated DB shoulder press
D1.	deadstop 1-arm DB row	3	6-12ea	30s	low incline chest-supported DB row	pause seated band row (3s pause)	bent over DB seesaw row (ea)
D2.	deadstop torso-elevated push-up	3	6-12	3min	flat DB bench press	BW push-up AMRAP	weighted push-up
E1.	DB hammer curl	2-3	8-15	30s	DB spider curl	narrow-grip DB bicep curl	alt. DB bicep curl (ea)
E2.	DB OH tricep extension	2-3	8-15	90s	high incline DB Tate press	BW bench dip	DB bench dip

MONTH 8

Day 3: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB jump squat	3	5-8	2min	DB split squat jump (ea)	BW split squat jump (ea)	DB standing vertical jump
B.	pause DB Romanian deadlift (2s pause)	3	6-12	4min	pause DB good morning (2s pause)	pause Nordic ham curl (2s pause)	Nordic hip hinge
C.	goblet box squat	3	6-12	3min	DB reverse lunge (ea)	heel-elevated DB foam roller hack squat	pause DB front squat (2s pause)
D.	DB back extension	3	8-15	3min	band pull-through	DB straddle lift	KB straddle lift
E.	bench step-over	2-3	8-15ea	3min	B-stance wall sit 30-45s (ea)	eccentric-only shrimp squat 3-5 (ea)	band-assisted kneeling leg extension
F1.	hamstring walkout	2-3	8-15	0s	DB deficit hamstring thrust	gliding leg curl	stability ball leg curl
F2.	pause feet-elevated hamstring bridge (4s pause)	2-3	8-15	2min	single-leg prone band leg curl (ea)	prone band leg curl	prone DB leg curl

MONTH 8

Day 4: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	deadstop torso-elevated push-up	3	6-10	2min	band-assisted push-up	torso-elevated plyo push-up	plyo push-up
B.	flat DB bench press	3	6-12	4min	DB floor press	incline DB press	flat 1-arm DB bench press (ea)
C1.	UH-grip DB row	3	8-15	30s	DB pullover	seated 1-arm band row (around feet) (ea)	chest-supported 1-arm DB row (ea)
C2.	half-kneeling 1-arm DB shoulder press	3	8-15ea	3min	pause DB shoulder press (3s pause)	alt. incline DB press (ea)	1-arm incline DB press (ea)
D.	3-point DB row	3	6-12ea	3min	bent over DB seesaw row (ea)	bent over band lat pulldown	seated pull-up
E1.	prone DB lateral raise	2-3	8-12	30s	1-arm leaning DB lateral raise (ea)	band upright row	DB lateral raise
E2.	prone DB rear delt raise	2-3	12-15	90s	band Y raise	seated bent over DB rear delt raise	bent over DB rear delt raise

MONTH 9
Dynamic Warmup

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hip lunge to T-spine rotation x15s ea
quadruped adductor hinge x15s ea
half-kneeling hip flexor mobilization x15s ea
body weight windmill x15s ea
dynamic shoulder circle x15s ea

MONTH 9

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	body weight triple extension squat	4	40s	20s	single-leg calf hop 20s (ea)	multi-directional single-leg calf hop 20s (ea)	jump rope
B1.	single-leg prone band leg curl	3	8-12ea	0s	Nordic hip hinge 3-5	prone band leg curl	single-leg stability ball leg curl (ea)
B2.	DB straddle lift	3	12-15	3min	KB swing	1-arm DB suitcase deadlift (ea)	DB stiff-leg deadlift
C.	front foot-elevated DB split squat	3	6-12ea	2min	1-arm DB Bulgarian split squat (ea)	DB deficit reverse lunge (ea)	DB curtsy lunge (ea)
D.	DB Romanian deadlift	3	8-15	2min	B-stance DB hip thrust (ea)	DB glute emphasis back extension	pause single-leg DB hip thrust (2s pause) (ea)
E.	DB sumo squat	3	8-12	2min	B-stance DB squat (ea)	DB lateral lunge (ea)	1-arm DB lateral step-up (ea)
F.	side-lying BW adduction	2-3	8-15ea	2min	alt. adductor plate slide (ea)	standing band hip adduction (ea)	Copenhagen plank (ea)

MONTH 9

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	alt. DB halo	3	12-15ea	1min	side-to-side med ball slam (ea)	DB mock "slam"	bent over med ball slam
B.	3-point DB row	3	6-12ea	3min	pause bent over DB row (2s pause)	seated band row (around feet)	bent over 1-arm DB row (ea)
C.	incline DB press	3	8-15	3min	seated DB shoulder press	BW push-up AMRAP	pause incline DB press (2s pause)
D1.	pause UH-grip DB row (3s pause)	3	8-12	30s	band lat pulldown	seated pull-up 5-8	BW pull-up AMRAP
D2.	DB floor flye	3	8-15	3min	close-grip DB floor press	1-arm DB floor press (ea)	flat 1-arm DB bench press (ea)
E.	high-to-low band face pull	2-3	8-15	2min	band rear delt flye	prone DB rear delt raise	bent over DB rear delt raise
F.	band bicep curl	2-3	8-15	2min	alt. DB hammer curl (ea)	incline DB bicep curl	DB bicep curl

MONTH 9

Day 3: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	single-leg BW box squat	3	5-8ea	2min	BW split squat jump (ea)	DB jump squat	box jump
B1.	braced skater squat	3	6-12ea	0s	bench step-over (ea)	band-assisted kneeling leg extension	sissy squat 5-8
B2.	pause goblet squat (2s pause)	3	6-12	3min	B-stance wall sit 30-45s (ea)	wall sit 30-45s	heel-elevated DB squat
C.	KB swing	3	5-8	3min	band pull-through	band-assisted Nordic ham curl	Nordic hip hinge
D.	DB step-up	3	8-12ea	3min	DB walking lunge (ea)	DB lateral lunge (ea)	DB reverse lunge to step-up (ea)
E.	1-arm B-stance DB Romanian deadlift	3	8-12ea	2min	B-stance DB good morning (ea)	single-leg DB back extension (ea)	single-leg DB hip thrust (ea)
F.	half-kneeling band Pallof press	2-3	6-10ea	2min	torso-elevated renegade row (ea)	high-to-low band wood chop (ea)	half-kneeling DB wood chop (ea)

MONTH 9

Day 4: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB landmine rotation	3	8-12ea	2min	half-kneeling alt. OH med ball slam (ea)	side-to-side OH med ball slam (ea)	OH med ball slam w/ power rotation (ea)
B.	seated pull-up	3	5-8	3min	ecc.-acc. DB pullover (2s lowering phase) 6-12	inverted row - 6 ways	BW pull-up AMRAP
C1.	pause standing DB shoulder press (3s pause)	3	6-12	0s	DB thruster	pause flat DB flye (2s pause)	flat DB flye
C2.	pause DB floor press (2s pause)	3	6-12	3min	DB floor press	alt. flat DB bench press (ea)	close-grip DB bench press
D1.	half-kneeling 1-arm band row	3	6-12ea	30s	alt. DB gorilla row (ea)	pause chest-supported DB row (2s pause) 6-10	bent over DB seesaw row (ea)
D2.	3-way 1-arm DB shoulder press	3	6-12ea	3min	BW push-up	pause torso-elevated push-up (2s pause)	weighted push-up
E.	seated DB lateral raise	2-3	8-15	2min	lean-in 1-arm DB lateral raise (ea)	lateral raise 21s 7 (ea)	1-arm DB lateral raise (ea)
F.	band tricep pushdown	2-3	12-20	2min	BW bench dip	torso-elevated BW tricep extension AMRAP	DB rolling tricep extension

MONTH 10
Dynamic Warmup

BW glute bridge to OH reach x30s
open book x15s ea
supine angel x15s ea
quadruped adductor hinge x15s ea
YTWL x10s ea

MONTH 10

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB triple extension squat	3	3-5	90s	DB standing vertical jump	box jump	DB jump squat
B.	goblet squat	3	6-12	3min	pause goblet squat (2s pause)	pause DB front squat (2s pause)	pause heel-elevated DB squat (2s pause)
C.	B-stance DB good morning	3	6-12ea	3min	feet-elevated BW glute bridge 20-30	pause DB Romanian deadlift (2s pause)	single-leg braced DB Romanian deadlift (ea)
D.	4-3-1 DB sumo stiff-leg deadlift	3	6-12	3min	pause prone band leg curl (2s pause)	band-assisted Nordic ham curl	pause Nordic ham curl (2s pause)
E.	single-leg BW box squat	3	8-15ea	2min	1-arm racked DB reverse lunge (ea)	alt. DB lateral squat (ea)	DB lateral lunge (ea)
F.	KB swing	2	12-15	90s	band pull-through	B-stance DB glute bridge (ea)	feet-elevated BW glute bridge

MONTH 10

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB diagonal lift	3	5-8ea	90s	side-to-side DB mock "slam" (ea)	horizontal band wood chop (ea)	lateral med ball toss (ea)
B.	seated DB shoulder press	3	6-12	3min	deadstop torso-elevated push-up	pike push-up AMRAP	DB push press
C.	bent over DB row	3	6-12	3min	band lat pulldown	BW pull-up	weighted pull-up
D1.	flat DB bench press	3	6-12	30s	1-arm incline DB press (ea)	low incline DB press	DB floor press
D2.	3-point DB row	3	6-12ea	3min	standing 1-arm band row 8-15 (ea)	seated band row (around feet)	bent over 1-arm DB row (ea)
E.	bent over DB rear delt raise	2-3	8-15	2min	prone DB rear delt raise	prone DB Y raise	bent over DB Y raise
F.	band tricep pushdown	2-3	8-15	2min	DB skull crusher	BW bench dip	DB bench dip

MONTH 10

Day 3: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	standing vertical jump	3	5-8	90s	DB standing vertical jump	KB sled push 50 steps	KB swing 15-20
B1.	DB hip thrust	3	8-15	0s	DB good morning	1-arm DB suitcase deadlift (ea)	pause DB Romanian deadlift (2s pause)
B2.	hamstring walkout	3	8-15	3min	sliding leg curl	single-leg stability ball leg curl (ea)	stability ball leg curl
C.	DB split squat	3	6-12ea	3min	1-arm DB Bulgarian split squat (ea)	B-stance goblet squat (ea)	DB deficit reverse lunge (ea)
D.	constant-tension DB Romanian deadlift	3	12-20	3min	double DB swing	DB straddle lift	KB straddle lift
E.	single-leg band terminal knee extension (TKE)	3	8-12ea	2min	braced skater squat (ea)	DB high step-up (ea)	contralateral braced 1-arm DB step-up (ea)
F.	lateral band walk	2	12-15ea	90s	banded cha-cha (ea)	side-lying hip raise 8-12 (ea)	standing band hip abduction

MONTH 10

Day 4: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	deadball OH throw	3	5-8	2min	torso-elevated plyo push-up	plank-to-plank	power plank-up from knees
B1.	bent over band lat pulldown	3	6-12	0s	inverted row - 6 ways	UH-grip DB row	DB pullover
B2.	bent over DB seesaw row	3	6-12ea	3min	alt. DB gorilla row (ea)	pause seated band row (3s pause)	pause bent over DB row (2s pause)
C.	alt. DB floor press	3	6-12ea	3min	high incline DB press	pause flat DB bench press (2s pause)	flat DB bench press
D1.	band lat stretcher	3	8-15	30s	band-resisted bent over 1-arm DB row (ea)	chest-supported 1-arm DB row (ea)	bent over 1-arm band lat pulldown (ea)
D2.	seated Arnold press	3	8-15	3min	half-kneeling DB shoulder press	1-arm DB push press (ea)	alt. DB Z press (ea)
E.	DB face pull	2-3	12-15	2min	band rear delt flye	seated bent over DB rear delt raise	prone DB rear delt raise
F.	incline DB bicep curl	2-3	8-15	2min	narrow-grip DB bicep curl	alt. DB bicep curl (ea)	DB spider curl

MONTH 11

Dynamic Warmup

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bear squat x30s

half-kneeling T-spine rotation x15s ea

alt. wide-stance windmill to lateral squat x30s

bowler squat x15s ea

standing hip opener x15s ea

MONTH 11

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	BW triple extension squat	3	6-10	90s	BW squat pulse 15-20	box jump	BW split squat jump (ea)
B.	pause DB Romanian deadlift (2s pause)	4	5-8	4min	hamstring walkout	DB deficit hamstring thrust 12-15	pause Nordic ham curl (2s pause)
C.	B-stance DB front squat	3	6-12ea	3min	DB split squat (ea)	DB Bulgarian split squat (ea)	DB deficit reverse lunge (ea)
D.	B-stance DB glute bridge	3	8-15ea	3min	pause BW reverse hyperextension (2s pause)	DB hip thrust	B-stance DB hip thrust (ea)
E.	seated hamstring heel curl	3	8-15	2min	stability ball leg curl	gliding leg curl	prone DB leg curl
F.	extra range side-lying BW hip abduction	2	12-15ea	2min	side-lying hip raise (ea)	lateral band walk (ea)	standing band hip abduction (ea)

MONTH 11

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	deadbug	3	6-10ea	2min	reverse crunch	band crunch	bent over med ball slam
B.	DB floor press	4	6-12	4min	alt. flat DB bench press (ea)	low incline DB press	flat DB bench press
C.	seated 1-arm band row (around feet)	3	6-12ea	3min	B-stance 1-arm DB row (ea)	band lat pulldown	bent over 1-arm DB row (ea)
D.	seated DB Z press	3	6-12	3min	low incline DB press	DB push press	pause incline DB press (2s pause)
E.	deadstop 1-arm DB row	3	8-15ea	2min	DB floor pullover	inverted row - 6 ways	bent over 1-arm band lat pulldown (ea)
F.	prone DB rear delt raise	3	12-20	2min	band rear delt flye	bent over DB rear delt raise	band pull-apart

MONTH 11

Day 3: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	floating heel drop	3	30s	2min	constant-tension BW step-up (ea)	jump rope 80-100	single-leg calf hop (ea)
B.	pause goblet squat (2s pause)	4	6-12	3min	heel-elevated DB squat	front foot-elevated DB split squat (ea)	sissy squat AMRAP
C.	B-stance DB good morning	3	8-15ea	3min	single-leg braced KB swing (ea)	single-leg braced DB Romanian deadlift (ea)	B-stance DB Romanian deadlift (ea)
D.	pause DB glute bridge (3s pause)	3	6-12	3min	single-leg DB hip thrust 8-15 (ea)	knee-banded quadruped hip extension 12-15 (ea)	pause DB hip thrust (5s pause)
E.	goblet lateral box squat	3	8-15ea	2min	DB curtsy lunge (ea)	alt. DB lateral squat (ea)	DB lateral lunge (ea)
F.	band pull-through	3	15-20	2min	45-degree knee-banded glute kickback (ea)	feet-elevated BW glute bridge	BW reverse hyperextension

MONTH 11

Day 4: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	pause torso-elevated push-up (2s pause)	3	5-8	2min	flat 1-arm DB bench press (ea)	BW push-up	weighted push-up
B.	eccentric-accentuated DB pullover (2s lowering phase)	4	5-8	4min	prone towel pull-up	BW pull-up	weighted pull-up
C.	standing DB shoulder press	3	6-12	3min	seated Arnold press	seated DB shoulder press	seated DB Z press
D.	UH-grip DB row	3	8-15	3min	low incline chest-supported DB row	tall-kneeling 1-arm band pull-in (ea)	bent over batwing row (ea)
E.	DB lateral raise	3	6-10	2min	prone DB lateral raise	seated DB lateral raise	DB 6 ways
F1.	DB hammer curl	2	12-15	30s	DB spider curl	DB bicep curl	narrow-grip DB bicep curl
F2.	DB skull crusher	2	15-20	2min	torso-elevated BW tricep extension AMRAP	BW bench dip	DB OH tricep extension

MONTH 12
Dynamic Warmup

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open half-kneeling adductor dip x15s ea
half-kneeling hip flexor mobilization x15s ea
half-kneeling T-spine rotation x15s ea
BW reverse lunge with OH reach x15s ea
BW windmill x15s ea

MONTH 12

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB triple extension squat	3	3-5	2min	standing vertical jump	DB jump squat	box jump
B.	1-arm racked DB reverse lunge	4	6-12ea	3min	pause 1-arm DB Bulgarian split squat (2s pause) (ea)	pause DB squat (2s pause)	B-stance DB front squat (ea)
C1.	pause prone band leg curl (2s pause)	3	6-12	0s	gliding leg curl	eccentric-only sliding leg curl (5s lowering phase)	hamstring walkout
C2.	KB deadlift	3	8-15	3min	1-arm DB suitcase deadlift (ea)	4-3-1 DB sumo stiff-leg deadlift	DB stiff-leg deadlift
D.	pause goblet squat (2s pause)	3	6-12	2min	front foot-elevated DB split squat (ea)	single-leg band terminal knee extension (TKE) 12-15 (ea)	contralateral braced DB step-up (ea)
E.	DB straddle lift	3	8-15	2min	rear foot-elevated DB Romanian deadlift (ea)	feet-elevated BW glute bridge 12-20	B-stance DB hip thrust (ea)
F.	banded cha-cha	2-3	15-20ea	90s	side-lying hip raise 8-12 (ea)	standing band hip abduction (ea)	extra range side-lying BW hip abduction (ea)

MONTH 12

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB renegade row	3	6-10ea	2min	band Pallof press (ea)	low-to-high band wood chop (ea)	horizontal band wood chop (ea)
B.	eccentric-accentuated DB pullover (2s lowering phase)	4	5-8	3min	inverted row - 6 ways	prone towel pull-up	eccentric-only pull-up 2-3
C.	flat DB bench press	3	6-12	3min	weighted push-up	1-arm DB floor press (ea)	pause flat DB bench press (2s pause)
D1.	pause UH-grip DB row (3s pause)	3	6-12	30s	bent over 1-arm DB row (ea)	pause chest-supported DB row (2s pause)	bent over DB seesaw row (ea)
D2.	seated DB Z press	3	8-15	2min	half-kneeling 1-arm DB shoulder press (ea)	standing DB shoulder press	DB push press
E.	DB lateral raise	2-3	8-12	2min	prone DB lateral raise	1-arm DB lateral throw (ea)	1-arm DB leaning lateral raise (ea)
F.	high-to-low band face pull	2-3	8-12	90s	prone DB face pull	seated band face pull	DB face pull

MONTH 12

Day 3: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	double DB swing	3	15-20	2min	jump rope 30-60s	KB sled push 50 steps	KB swing
B.	1-arm B-stance KB Romanian deadlift from deadstop	3	6-12ea	3min	KB Romanian deadlift 8-15	single-leg braced DB Romanian deadlift (ea)	B-stance DB Romanian deadlift (ea)
C.	DB high step-up	3	6-12ea	3min	4-3-1 goblet squat	front foot-elevated DB split squat (ea)	pause heel-elevated DB squat (2s pause)
D.	prone DB leg curl	3	8-15	2min	ecc.-acc. stability ball leg curl (4s lowering phase)	seated hamstring heel curl	prone band leg curl 12-20
E.	bilateral band terminal knee extension (TKE)	3	12-20	2min	band-assisted kneeling leg extension AMRAP	constant-tension heel-elevated goblet squat	DB walking lunge (ea)
F.	lateral band walk	3	12-20ea	90s	45-degree knee-banded glute kickback (ea)	standing band hip abduction (ea)	BW reverse hyperextension

MONTH 12

Day 4: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB landmine rotation	3	6-10ea	3min	lateral med ball toss (ea)	DB diagonal lift (ea)	OH med ball slam
B.	standing DB shoulder press	4	6-12	3min	alt. DB floor press (ea)	pause flat DB bench press (2s pause)	close-grip DB bench press
C.	chest-supported 1-arm DB row	3	6-12ea	3min	BW chin-up AMRAP	deadstop 1-arm DB row (ea)	half-kneeling 1-arm band lat pulldown (ea)
D1.	DB floor flye	3	8-12	30s	pause torso-elevated push-up (2s pause)	DB floor press	feet-elevated push-up
D2.	alt. DB gorilla row	3	8-12ea	2min	band lat stretcher	bent over DB row	inverted row - 6 ways
E.	high incline DB Tate press	2-3	12-15	2min	BW bench dip	band tricep pushdown	standing EZ bar tricep extension
F.	DB spider curl	2-3	12-15	2min	alt. DB hammer curl (ea)	narrow-grip DB bicep curl	DB preacher curl

2X/WEEK
GYM TURBO VERSION

YEAR OF STRENGTH 2026

MONTH 1
Dynamic Warmup

90/90 hip switch x30s
quadruped adductor hinge x15s ea
thread the needle x15s ea
lunge windmill x15s ea
quad stretch to hamstring sweep x15s ea

MONTH 1

Day 1: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	pause leg press (2s pause)	2-3	5-8	3min	pause hack squat (2s pause)	pause front squat (2s pause)	pause back squat (2s pause)
B.	1-arm lat pulldown	2	5-8ea	2min	OH-grip lat pulldown 8-12	BW pull-up AMRAP	BW chin-up AMRAP
C1.	good morning	2	6-10	30s	B-stance good morning (ea)	Romanian deadlift	ecc.-acc. Romanian deadlift (4s lowering phase)
C2.	torso-elevated push-up	2	6-10	2min	BW push-up AMRAP	pause push-up (2s pause)	standing 1-arm landmine shoulder press (ea)
D1.	single-leg DB hip thrust	2	12-15ea	30s	DB hip thrust	hip thrust 6-10	B-stance hip thrust 8-12 (ea)
D2.	braced DB reverse lunge	2	8-12ea	30s	DB reverse lunge (ea)	DB step-up (ea)	high step-up (ea)
D3.	DB upright row	2	12-15	90s	cable Y raise	DB lateral raise	DB high pull

MONTH 1

Day 2: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	leg press	2-3	5-8	30s	hack squat	front squat	back squat
A2.	standing DB shoulder press	2-3	6-10	3min	seated DB shoulder press	high incline DB press	ecc.-acc. standing DB shoulder press (4s lowering phase)
B1.	DB back extension	2	8-12	30s	BB back extension	hip-banded Romanian deadlift	hip thrust
B2.	3-point DB row	2	12-15ea	2min	deadstop 1-arm DB row (ea)	bent over DB seesaw row (ea)	pause UH-grip DB row (3s pause)
C1.	DB split squat	2	12-15ea	30s	B-stance goblet squat (ea)	braced DB curtsy lunge (ea)	DB curtsy lunge (ea)
C2.	DB glute bridge floor press	2	8-12	2min	DB floor press	flat DB bench press	bench press

MONTH 2
Dynamic Warmup

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scapular push-up x30s
dynamic ankle mobilization x15s ea
hip lunge to T-spine rotation x15s ea
open half-kneeling adductor dip x15s ea
standing hip opener x15s ea

MONTH 2

Day 1: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	Romanian deadlift	2	8-12	30s	good morning	B-stance DB Romanian deadlift (ea)	B-stance Romanian deadlift 5-8ea
A2.	torso-elevated push-up	2	5-8	2min	eccentric-only push-up (5s lowering phase)	BW push-up	weighted push-up
B1.	DB split squat	2	6-10ea	30s	BW Bulgarian split squat (ea)	DB Bulgarian split squat (ea)	pause goblet Bulgarian split squat (2s pause) (ea)
B2.	OH-grip lat pulldown	2	5-8	2min	inverted row	rack pull-up	BW pull-up AMRAP
C1.	DB hip thrust	2	12-15	30s	pause DB hip thrust (3s pause)	BB back extension 6-10	pause BB back extension (2s pause) 6-10
C2.	deadstop 1-arm DB row	2	8-12ea	90s	bent over 1-arm lat pulldown (ea)	seated 1-arm cable row (ea)	3-point DB row (ea)
D.	deadbug	2	8-12ea	2min	shoulder tap (ea)	1-arm DB overhead march (ea)	KB or DB halo (ea)

MONTH 2

Day 2: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	hip thrust	2	8-12	30s	trap bar deadlift 3-5	sumo deadlift 3-5	conventional deadlift 3-5
A2.	incline DB press	2	5-8	3min	bench press	military press	incline press
B1.	constant-tension DB Romanian deadlift	2	8-12	30s	ecc.-acc. DB Romanian deadlift (4s lowering phase)	pause DB good morning (2s pause)	pause good morning (2s pause)
B2.	chest-supported DB row	2	8-12	2min	bent over 1-arm landmine row (ea)	alt. DB gorilla row (ea)	bent over DB row
C1.	braced DB reverse lunge	2	8-12ea	30s	DB curtsy lunge (ea)	DB deficit reverse lunge (ea)	DB deficit curtsy lunge (ea)
C2.	seated DB shoulder press	2	12-15	2min	high incline DB press	seated Arnold press	standing Arnold press
D.	BW sit-up	1-2	8-12	90s	plank 1-arm DB row (ea)	plank saw	weighted deadbug (ea)

MONTH 3
Dynamic Warmup

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half-kneeling lunge to T-spine rotation x15s ea
quadruped adductor windmill x15s ea
lateral squat x15s ea
reverse lunge to OH reach x15s ea
YTWL x10s ea

MONTH 3

Day 1: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	leg press	2-3	5-8	3min	lever squat	hack squat	front squat
B.	flat DB bench press	2-3	5-8	3min	incline DB press	incline press	bench press
C.	4-3-1 DB sumo stiff-leg deadlift	2	6-10	2min	single-leg DB back extension (ea)	hip thrust	eccentric-only glute ham raise (5s lowering phase)
D.	pause bent over DB row (2s pause)	2	6-10	2min	bent over BB row	chest-supported T-bar row	Pendlay row
E1.	1-arm DB lateral squat	2	8-12ea	30s	1-arm DB lateral lunge (ea)	sliding 1-arm DB lateral lunge (ea)	foot-elevated 1-arm DB lateral squat (ea)
E2.	torso-elevated push-up	2	8-12	30s	band-assisted push-up	BW push-up AMRAP	weighted push-up
E3.	lat stretcher	2	8-12	1min	chest-supported 1-arm lat pulldown (ea)	UH-grip lat pulldown	OH-grip lat pulldown

MONTH 3

Day 2: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	pause DB glute bridge (3s pause)	2-3	6-10	2min	pause glute drive hip thrust (3s pause)	hip thrust	pause hip thrust (3s pause)
B.	flat DB bench press	2-3	6-10	3min	close-grip DB floor press	pause push-up (2s pause)	pause flat DB bench press (2s pause)
C.	DB Romanian deadlift 1.5 reps	2	8-12	2min	trap bar deadlift	Romanian deadlift	ecc.-acc. Romanian deadlift (4s lowering phase)
D.	OH-grip lat pulldown	2	5-8	2min	pause OH-grip lat pulldown (2s pause)	BW chin-up AMRAP	BW pull-up AMRAP
E1.	front foot-elevated DB split squat	2	8-12ea	0s	B-stance DB front squat (ea)	DB Bulgarian split squat (ea)	pause DB Bulgarian split squat (2s pause) (ea)
E2.	half-kneeling DB shoulder press	2	8-12	90s	1-arm DB push press (ea)	standing DB seesaw press (ea)	half-kneeling 1-arm DB shoulder press (ea)

MONTH 4
Dynamic Warmup

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scapular push-up x30s
bear squat x30s
standing hip opener x15s ea
front-to-back leg swing x15s ea
side-to-side leg swing x15s ea

MONTH 4

Day 1: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	pause leg press (2s pause)	2-3	5-8	3min	Zercher squat	box squat	back squat
B.	chest-supported DB row	2-3	6-10	3min	chest-supported T-bar row	pause chest-supported lat pulldown (2s pause)	bent over BB row
C1.	DB split squat	2	6-10ea	0s	DB deficit reverse lunge (ea)	BB reverse lunge (ea)	BB deficit reverse lunge (ea)
C2.	seated Arnold press	2	8-12	0s	seated DB Z press	standing DB seesaw press (ea)	landmine shoulder press
C3.	seated bent over DB rear delt raise	2	12-15	90s	bent over DB rear delt raise	DB face pull	cable rear delt flye
D.	DB stiff-leg deadlift	2	8-12	2min	trap bar Romanian deadlift	BB sumo stiff-leg deadlift	stiff-leg deadlift
E.	UH-grip lat pulldown	2	8-12	90s	OH-grip lat pulldown	inverted row	lat stretcher

MONTH 4

Day 2: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB straddle lift	2-3	6-10	3min	KB straddle lift	trap bar squat	pause landmine squat (2s pause)
B.	high incline DB press	2-3	5-8	3min	standing DB shoulder press	military press	push press
C.	constant-tension DB Romanian deadlift	2	8-12	2min	pause DB Romanian deadlift (2s pause)	single-leg BB back extension (ea)	BB back extension
D1.	B-stance 1-arm DB row	2	6-10ea	30s	standing 1-arm cable row (ea)	bent over 1-arm landmine row (ea)	seated 1-arm cable row (ea)
D2.	goblet lateral box squat	2	8-12ea	90s	alt. DB lateral squat (ea)	lateral lunge (ea)	1-arm DB lateral step-up (ea)
E1.	pause DB floor press (2s pause)	2	6-10	30s	BW push-up AMRAP	alt. flat DB bench press (ea)	flat 1-arm DB bench press (ea)
E2.	DB pullover	2	12-15	90s	DB floor pullover	band pull-apart	pause band pull-apart (2s pause)

MONTH 5
Dynamic Warmup

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swimmers x30s
quadruped adductor hinge x15s ea
BW reverse lunge to OH reach x15s ea
standing hip rock to hamstring mobilization x15s ea
standing hip opener x15s ea

MONTH 5

Day 1: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	Romanian deadlift	2-3	5-8	4min	trap bar deadlift 3-5	sumo deadlift 3-5	conventional deadlift 3-5
B.	high incline DB press	2	5-8	3min	standing DB shoulder press	push press	military press
C.	DB glute bridge	2	8-12	2min	B-stance BB glute bridge (ea)	hip thrust triple contraction	pause hip thrust (3s pause)
D1.	deadstop 1-arm DB row	2	6-10ea	30s	low incline chest-supported DB row	bent over BB row	UH-grip BB row
D2.	deadstop torso-elevated push-up	2	5-8	2min	flat DB bench press	BW push-up AMRAP	weighted push-up
E1.	lying machine leg curl	2	12-15	30s	single-leg lying leg curl 8-12 (ea)	lying cable leg curl	straight-leg feet-elevated BW hamstring thrust
E2.	DB landmine rotation	2	8-12ea	1min	landmine rotation (ea)	DB diagonal lift (ea)	side-to-side med ball slam (ea)

MONTH 5

Day 2: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	eccentric-accentuated Romanian deadlift (4s lowering phase)	2-3	5-8	3min	good morning	BB back extension	DB back extension
B.	wide-grip lat pulldown	2	8-12	2min	inverted row	BW pull-up 3-5	weighted pull-up 3-5
C.	leg press	2	6-10	3min	hack squat	lever squat	landmine squat
D.	eccentric-accentuated DB push press (3s lowering phase)	2	8-12	2min	half-kneeling DB shoulder press	landmine shoulder press	incline press
E.	stability ball leg curl	2	12-20	90s	gliding leg curl AMRAP	sliding leg curl	ecc.-acc. stability ball leg curl (4s lowering phase) 8-12
F1.	chest-supported 1-arm DB row	2	6-10ea	30s	chest-supported 1-arm lat pulldown (ea)	bent over 1-arm DB row (ea)	seated 1-arm cable row (ea)
F2.	shoulder tap	2	8-12ea	90s	weighted plank to toe tap (ea)	weighted deadbug (ea)	cable-resisted deadbug (ea)

MONTH 6
Dynamic Warmup

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alt. wide-stance windmill to lateral squat x30s
bent over T-spine rotation x15s ea
BW reverse lunge x15s ea
quad stretch to hamstring sweep x15s ea
standing shoulder protraction to retraction x30s

MONTH 6

Day 1: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	front squat	2	3-5	3min	box squat	leg press	back squat
B.	pause flat DB bench press (2s pause)	2	3-5	3min	military press	incline press	bench press
C.	B-stance DB Romanian deadlift	2	5-8ea	2min	B-stance good morning (ea)	trap bar Romanian deadlift	B-stance Romanian deadlift (ea)
D.	eccentric-accentuated DB pullover (2s lowering phase)	2	5-8	2min	wide-grip lat pulldown	rack pull-up AMRAP	OH-grip lat pulldown
E1.	goblet lateral box squat	2	6-10ea	30s	1-arm DB lateral step-up (ea)	alt. DB lateral squat (ea)	landmine lateral lunge (ea)
E2.	seated DB shoulder press	2	6-10	30s	close-grip DB floor press	feet-elevated push-up	weighted push-up
E3.	bent over DB row	2	6-10	90s	deadstop 1-arm DB row (ea)	Pendlay row	UH-grip BB row

MONTH 6

Day 2: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	good morning	2	5-8	3min	trap bar deadlift	sumo deadlift	conventional deadlift
B.	eccentric-accentuated OH-grip lat pulldown (4s ascending phase)	2	3-8	3min	pause inverted row (2s pause)	BW pull-up	weighted pull-up
C.	pause DB glute bridge (3s pause)	2	6-10	3min	BB back extension	hip thrust with pulse	pause hip thrust (3s pause)
D1.	DB push press	2	5-8	30s	standing DB shoulder press	high incline DB press	incline DB press
D2.	DB split squat	2	5-8ea	2min	DB walking lunge 8-12 (ea)	1-arm DB Bulgarian split squat w/ a twist (ea)	BB Bulgarian split squat (ea)
E1.	bent over DB seesaw row	2	6-10ea	30s	half-kneeling 1-arm cable pulldown (ea)	seated 1-arm cable row (ea)	B-stance 1-arm DB row (ea)
E2.	standing DB seesaw press	2	8-12ea	2min	half-kneeling 1-arm DB shoulder press (ea)	DB floor press	seated Arnold press

MONTH 7
Dynamic Warmup

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bear squat x30s
half-kneeling T-spine rotation x15s ea
bowler squat x15s ea
standing hip opener x15s ea
walking knee hug x30s

MONTH 7

Day 1: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	box jump	2	3-5	2min	pause DB squat (2s pause) 8-12	DB triple extension squat	seated vertical jump
B.	landmine deadlift	2	3-5	3min	trap bar deadlift 3-5	sumo deadlift 3-5	conventional deadlift 3-5
C.	landmine row	2	5-8	2min	bent over BB row	eccentric-only pull-up 1-3	pause OH-grip lat pulldown (2s pause)
D.	pause landmine squat (2s pause)	2	5-8	2min	hack squat	lever squat	leg press
E1.	DB push press	2	6-10	0s	incline press	push press	pause DB shoulder press (3s pause)
E2.	standing 1-arm cable row	2	8-12ea	2min	chest-supported 1-arm DB row (ea)	seated 1-arm cable row (ea)	bent over DB seesaw row (ea)
F1.	single-leg leg extension	2	6-10ea	30s	B-stance goblet squat (ea)	DB split squat (ea)	DB walking lunge (ea)
F2.	single-leg braced DB Romanian deadlift	2	6-10ea	90s	enhanced-eccentric lying machine leg curl (4s lowering phase) (ea)	straight-leg feet-elevated hamstring thrust	hand-to-hand KB swing (ea)

MONTH 7

Day 2: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB jump squat	2	3-5	2min	wall sit 30-45s	BW split squat jump 8-12 (ea)	box jump
B.	DB deficit reverse lunge	2	5-8ea	2min	pivot split squat (ea)	Zercher reverse lunge (ea)	BB split squat (ea)
C.	pause DB shoulder press (3s pause)	2	5-8	2min	high incline DB press	half-kneeling military press	push press
D1.	pause DB Romanian deadlift (2s pause)	2	6-10	30s	stiff-leg deadlift	B-stance good morning (ea)	Romanian deadlift
D2.	bent over 1-arm DB row	2	8-12ea	90s	bent over 1-arm landmine row (ea)	band-resisted bent over 1-arm DB row (ea)	3-point DB row (ea)
E1.	B-stance BW hip thrust	2	8-15ea	30s	feet-elevated BW glute bridge	single-leg BW hip thrust (ea)	single-leg BW deficit hip thrust (ea)
E2.	prone DB lateral raise	2	8-12	30s	DB lateral raise 21s 7 (ea)	lean-in 1-arm DB lateral raise (ea)	DB lateral raise
E3.	DB front raise	2	12-15	90s	cable upright row	DB high pull	DB upright row

MONTH 8
Dynamic Warmup

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alt. hip lunge to T-spine rotation x30s
alt. wide-stance windmill to lateral squat x30s
quad stretch to hamstring sweep x15s ea
side-to-side leg swing x15s ea
front-to-back leg swing x15s ea

MONTH 8

Day 1: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	box jump	2	5-8	30s	wall sit 30-45s	seated vertical jump	standing vertical jump
A2.	DB triple extension squat	2	8-15	1min	DB thruster	KB thruster	deadball OH throw
B.	pause landmine squat (2s pause)	2	5-8	3min	front squat	hack squat	back squat
C.	wide-grip lat pulldown	2	5-8	3min	isometric inverted row hold 10-20s	BW pull-up	weighted pull-up
D1.	landmine Romanian deadlift	2	6-10	30s	DB back extension	BB back extension	glute ham raise AMRAP
D2.	seated DB shoulder press	2	6-10	2min	high incline DB press	military press	standing DB shoulder press
E1.	single-leg DB glute bridge	2	8-12ea	30s	45-degree cable glute kickback (ea)	pause DB hip thrust (2s pause)	single-leg DB hip thrust (ea)
E2.	deadstop 1-arm DB row	2	6-10ea	2min	low incline chest-supported DB row	bent over BB row	Pendlay row

MONTH 8

Day 2: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	DB jump squat	2	5-8	30s	DB split squat jump (ea)	DB standing vertical jump	trap bar jump
A2.	deadstop torso-elevated push-up	2	6-10	1min	band-assisted push-up	torso-elevated plyo push-up	plyo push-up
B.	pause Romanian deadlift (2s pause)	2	5-8	3min	pause good morning (2s pause)	trap bar deadlift	Nordic hip hinge
C.	flat DB bench press	2	5-8	3min	DB floor press	incline press	bench press
D.	box squat	2	5-8	3min	Zercher squat	pause hack squat (2s pause)	pause lever squat (2s pause)
E1.	UH-grip DB row	2	8-12	30s	chest-supported 1-arm lat pulldown (ea)	bent over DB seesaw row (ea)	chest-supported T-bar row
E2.	DB back extension	2	8-15	90s	cable pull-through	DB straddle lift	KB straddle lift
F.	half-kneeling 1-arm DB shoulder press	2	8-12ea	2min	pause DB shoulder press (3s pause)	alt. incline DB press (ea)	1-arm incline DB press (ea)

MONTH 9
Dynamic Warmup

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hip lunge to T-spine rotation x15s ea
quadruped adductor hinge x15s ea
half-kneeling hip flexor mobilization x15s ea
body weight windmill x15s ea
dynamic shoulder circle x15s ea

MONTH 9

Day 1: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	body weight triple extension squat	2	30s	30s	single-leg calf hop 20s (ea)	multi-directional single-leg calf hop 20s (ea)	jump rope
A2.	alt. DB halo	2	30s	90s	side-to-side med ball slam (ea)	DB mock "slam"	bent over med ball slam
B.	landmine deadlift	2	5-8	3min	trap bar deadlift	sumo deadlift	conventional deadlift
C.	inverted row	2	5-8	2min	pause bent over DB row (2s pause)	bent over BB row	Pendlay row
D1.	front foot-elevated DB split squat	2	6-10ea	30s	1-arm DB Bulgarian split squat (ea)	DB deficit reverse lunge (ea)	landmine curtsy lunge (ea)
D2.	DB floor flye	2	5-8	90s	close-grip DB floor press	1-arm DB floor press (ea)	1-arm flat DB bench press (ea)
E.	DB Romanian deadlift	2	8-12	2min	Romanian deadlift	DB glute emphasis back extension	hip thrust
F.	pause OH-grip lat pulldown (2s pause)	2	5-8	2min	seated pull-up	BW pull-up	weighted pull-up

MONTH 9

Day 2: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	single-leg BW box squat	2	5-8ea	30s	BW split squat jump (ea)	DB jump squat	box jump
A2.	DB landmine rotation	2	8-12ea	90s	half-kneeling alt. OH med ball slam (ea)	side-to-side OH med ball slam (ea)	OH med ball slam w/ power rotation (ea)
B.	lever squat	2	5-8	3min	hack squat	front squat	back squat
C.	seated pull-up	2	5-8	3min	landmine row 8-12	OH-grip lat pulldown	BW pull-up AMRAP
D1.	KB swing	2	8-12	30s	DB back extension	glute ham raise	band-assisted Nordic ham curl
D2.	pause DB floor press (2s pause)	2	5-8	90s	alt. incline DB press (ea)	pause bench press (2s pause)	close-grip bench press
E1.	1-arm B-stance DB Romanian deadlift	2	8-12ea	30s	B-stance DB good morning (ea)	single-leg DB back extension (ea)	single-leg DB hip thrust (ea)
E2.	half-kneeling 1-arm cable pulldown	2	6-10ea	90s	alt. DB gorilla row (ea)	pause chest-supported DB row (2s pause)	pause bent over DB row (2s pause)

MONTH 10
Dynamic Warmup

BW glute bridge to OH reach x30s
open book x15s ea
supine angel x15s ea
quadruped adductor hinge x15s ea
YTWL x10s ea

MONTH 10

Day 1: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	DB triple extension squat	2	3-5	30s	DB standing vertical jump	box jump	trap bar jump
A2.	DB diagonal lift	2	5-8ea	90s	side-to-side DB mock "slam" (ea)	horizontal wood chop (ea)	lateral med ball toss (ea)
B.	box squat	2	3-5	3min	leg press 6-10	hack squat	back squat
C.	seated DB shoulder press	2	5-8	3min	landmine shoulder press	military press	push press
D.	single-leg DB back extension	2	6-10ea	2min	BB back extension	hip thrust	pause Romanian deadlift (2s pause)
E.	bent over DB row	2	5-8	2min	wide-grip lat pulldown	BW pull-up	weighted pull-up
F.	single-leg BW box squat	2	8-12ea	90s	1-arm racked DB reverse lunge (ea)	alt. DB lateral squat (ea)	landmine lateral lunge (ea)
G.	flat DB bench press	2	6-10	90s	1-arm incline DB press (ea)	DB floor press	low incline DB press

MONTH 10

Day 2: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	standing vertical jump	2	5-8	30s	DB standing vertical jump	KB sled push 50 steps	sled push 50 steps
A2.	deadball OH throw	2	5-8	90s	torso-elevated plyo push-up	plank-to-plank	power plank-up from knees
B.	landmine Romanian deadlift	2	8-12	3min	good morning	sumo deadlift 3-5	conventional deadlift 3-5
C.	pause bent over DB row (2s pause)	2	5-8	3min	rack pull-up	UH-grip BB row	pause bent over BB row (3s pause)
D.	DB deficit reverse lunge	2	5-8ea	2min	single-leg leg press (ea)	B-stance back squat (ea)	Zercher reverse lunge (ea)
E.	pause flat DB bench press (2s pause)	2	6-10	3min	flat DB bench press	incline press	bench press
F.	single-leg leg extension	2	8-12ea	90s	braced skater squat (ea)	DB high step-up (ea)	contralateral braced 1-arm DB step-up (ea)
G.	seated 1-arm cable row	2	8-12ea	90s	band-resisted bent over 1-arm DB row (ea)	half-kneeling 1-arm cable pulldown (ea)	chest-supported 1-arm lat pulldown (ea)

MONTH 11
Dynamic Warmup

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bear squat x30s
half-kneeling T-spine rotation x15s ea
alt. wide-stance windmill to lateral squat x30s
bowler squat x15s ea
standing hip opener x15s ea

MONTH 11

Day 1: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	BW triple extension squat	2	6-10	30s	BW squat pulse 15-20	box jump	BW split squat jump (ea)
A2.	deadbug	2	6-10ea	1min	reverse crunch	cable crunch 8-12	bent over med ball slam
B.	pause DB Romanian deadlift (2s pause)	2	5-8	3min	good morning	stiff-leg deadlift	conventional deadlift
C.	DB floor press	2	5-8	3min	flat DB bench press	incline press	bench press
D1.	B-stance DB front squat	2	6-10ea	30s	DB Bulgarian split squat (ea)	BB Bulgarian split squat (ea)	BB deficit reverse lunge (ea)
D2.	seated 1-arm cable row	2	6-10ea	90s	bent over 1-arm landmine row (ea)	standing 1-arm cable row (ea)	B-stance 1-arm DB row (ea)
E1.	B-stance DB glute bridge	2	8-12ea	30s	pause DB back extension (2s pause)	hip thrust	B-stance hip thrust (ea)
E2.	seated DB Z press	2	12-15	90s	low incline DB press	DB push press	pause incline DB press (2s pause)

MONTH 11

Day 2: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	floating heel drop	2	30s	30s	constant-tension BW step-up (ea)	jump rope 80-100	single-leg calf hop (ea)
A2.	pause torso-elevated push-up (2s pause)	2	5-8	1min	flat 1-arm DB bench press (ea)	BW push-up	weighted push-up
B.	pause goblet squat (2s pause)	2	5-8	3min	back squat	hack squat	lever squat
C.	OH-grip lat pulldown	2	5-8	3min	seated pull-up	BW pull-up	weighted pull-up
D1.	B-stance DB good morning	2	8-12ea	30s	single-leg braced KB swing (ea)	single-leg braced DB Romanian deadlift (ea)	B-stance Romanian deadlift (ea)
D2.	standing DB shoulder press	2	6-10	90s	seated Arnold press	push press	DB push press
E1.	pause DB glute bridge (3s pause)	2	6-10	30s	single-leg DB hip thrust 8-15 (ea)	pause glute drive hip thrust (3s pause)	pause hip thrust (5s pause)
E2.	UH-grip DB row	2	8-12	90s	low incline chest-supported DB row	seated 1-arm cable row (ea)	bent over batwing row (ea)

MONTH 12
Dynamic Warmup

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open half-kneeling adductor dip x15s ea
half-kneeling hip flexor mobilization x15s ea
half-kneeling T-spine rotation x15s ea
BW reverse lunge with OH reach x15s ea
BW windmill x15s ea

MONTH 12

Day 1: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	DB triple extension squat	2	3-5	30s	DB jump squat	box jump	trap bar jump
A2.	DB renegade row	2	6-10ea	90s	Pallof press (ea)	low-to-high cable wood chop (ea)	horizontal wood chop (ea)
B.	leg press	2-3	5-8	3min	box squat	front squat	back squat
C.	pause Romanian deadlift (2s pause)	2-3	5-8	3min	trap bar deadlift	conventional deadlift	sumo deadlift
D.	pause UH-grip DB row (3s pause)	2	5-8	2min	bent over BB row	pause chest-supported T-bar row (2s pause)	OH-grip lat pulldown
E.	flat DB bench press	2	6-10	2min	low incline DB press	weighted push-up	bench press
F1.	DB stiff-leg deadlift	2	12-15	30s	DB glute emphasis back extension	B-stance good morning (ea)	B-stance hip thrust (ea)
F2.	seated cable row	2	6-10	2min	isometric inverted row hold 15-30s	half-kneeling 1-arm cable pulldown (ea)	pause chest-supported DB row (2s pause)

MONTH 12

Day 2: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	double DB swing	2	15-20	30s	jump rope 30-60s	KB swing	sled push 50 steps
A2.	DB landmine rotation	2	6-10ea	90s	lateral med ball toss (ea)	DB diagonal lift (ea)	OH med ball slam
B.	BB back extension	2-3	5-8	3min	pause hip thrust (3s pause)	speed sumo deadlift	speed conventional deadlift
C.	standing DB shoulder press	2-3	5-8	3min	alt. DB floor press (ea)	pause flat DB bench press (2s pause)	close-grip bench press
D.	pause leg press (2s pause)	2	5-8	3min	pause lever squat (2s pause)	pause front squat (2s pause)	pause squat (2s pause)
E.	chest-supported 1-arm lat pulldown	2	6-10ea	2min	bent over 1-arm landmine row (ea)	deadstop 1-arm DB row (ea)	half-kneeling 1-arm cable pulldown (ea)
F1.	pause lying cable leg curl (2s pause)	2	5-8	30s	lying machine leg curl 8-12	band-assisted Nordic ham curl	eccentric-only glute ham raise (5s lowering phase) AMRAP
F2.	pause torso-elevated push-up (2s pause)	2	8-12	90s	pec deck	DB floor press	feet-elevated push-up

3X/WEEK
GYM TURBO VERSION

YEAR OF STRENGTH 2026

MONTH 1
Dynamic Warmup

90/90 hip switch x30s
quadruped adductor hinge x15s ea
thread the needle x15s ea
lunge windmill x15s ea
quad stretch to hamstring sweep x15s ea

MONTH 1

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	pause leg press (2s pause)	2-3	5-8	3min	pause hack squat (2s pause)	pause front squat (2s pause)	pause back squat (2s pause)
B.	good morning	2	6-10	2min	B-stance good morning (ea)	Romanian deadlift	ecc.-acc. Romanian deadlift (4s lowering phase)
C1.	single-leg DB hip thrust	2	12-15ea	30s	DB hip thrust	hip thrust 6-10	B-stance hip thrust 8-12 (ea)
C2.	braced DB reverse lunge	2	8-12ea	90s	DB reverse lunge (ea)	DB step-up (ea)	high step-up (ea)
D.	leg extension	2	8-15	90s	pause leg extension (2s pause) 8-12	pause heel-elevated DB squat (2s pause) 8-12	sissy squat AMRAP

MONTH 1

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	1-arm lat pulldown	2	5-8ea	2min	OH-grip lat pulldown 8-12	BW pull-up AMRAP	BW chin-up AMRAP
B.	low incline DB press	2	6-10	3min	flat DB bench press	incline DB press	incline press
C1.	bent over 1-arm DB row	2	6-10ea	30s	chest-supported 1-arm DB row (ea)	pause bent over 1-arm DB row (2s pause) (ea)	bent over 1-arm landmine row (ea)
C2.	torso-elevated push-up	2	6-10	2min	BW push-up AMRAP	pause push-up (2s pause)	standing 1-arm landmine shoulder press (ea)
D1.	DB upright row	2	8-15	30s	cable Y raise	DB lateral raise	DB high pull
D2.	alt. DB bicep curl	2	8-12ea	2min	DB hammer curl	rope hammer curl	ecc.-acc. DB bicep curl (3s lowering phase)

MONTH 1

Day 3: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	leg press	2-3	5-8	30s	hack squat	front squat	back squat
A2.	standing DB shoulder press	2-3	6-10	3min	seated DB shoulder press	high incline DB press	ecc.-acc. standing DB shoulder press (4s lowering phase)
B1.	DB back extension	2	8-12	30s	BB back extension	hip-banded Romanian deadlift	hip thrust
B2.	3-point DB row	2	12-15ea	2min	deadstop 1-arm DB row (ea)	bent over DB seesaw row (ea)	pause UH-grip DB row (3s pause)
C1.	DB split squat	2	12-15ea	30s	B-stance goblet squat (ea)	braced DB curtsy lunge (ea)	DB curtsy lunge (ea)
C2.	DB glute bridge floor press	2	8-12	2min	DB floor press	flat DB bench press	bench press

MONTH 2
Dynamic Warmup

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scapular push-up x30s
dynamic ankle mobilization x15s ea
hip lunge to T-spine rotation x15s ea
open half-kneeling adductor dip x15s ea
standing hip opener x15s ea

MONTH 2

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	Romanian deadlift	2	8-12	2min	good morning	B-stance DB Romanian deadlift (ea)	B-stance Romanian deadlift 5-8 (ea)
B.	DB split squat	2	6-10ea	2min	DB Bulgarian split squat (ea)	BB Bulgarian split squat (ea)	pause Bulgarian split squat (2s pause) (ea)
C1.	DB hip thrust	2	12-15	30s	pause DB hip thrust (3s pause)	BB back extension 6-10	pause BB back extension (2s pause) 6-10
C2.	BW donkey calf raise	2	12-15	90s	calf press on leg press	standing DB calf raise	single-leg DB calf raise (ea)
D.	goblet squat	2	8-12	90s	B-stance goblet squat (ea)	braced BW step-up (ea)	DB lateral step-down (ea)
E.	hamstring walkout	2	12-15	90s	lying cable leg curl	deficit hamstring thrust	lying machine leg curl

MONTH 2

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	OH-grip lat pulldown	2	5-8	30s	inverted row	rack pull-up	BW pull-up AMRAP
A2.	torso-elevated push-up	2	5-8	2min	eccentric-only push-up (5s lowering phase)	BW push-up	weighted push-up
B1.	bent over 1-arm lat pulldown	2	8-12ea	30s	standing 1-arm cable row (ea)	seated cable row	seated 1-arm cable row (ea)
B2.	seated DB Z press	2	8-12	2min	standing DB seesaw press (ea)	standing DB shoulder press	DB push press
C1.	DB floor press	2	12-15	30s	low incline DB press	close-grip DB bench press	flat DB bench press
C2.	bent over BW Y raise	2	8-12ea	90s	cable Y raise	bent over DB Y raise	prone DB Y raise
D.	deadbug	1-2	12-15	90s	shoulder tap (ea)	1-arm DB overhead march (ea)	KB or DB halo (ea)

MONTH 2

Day 3: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	hip thrust	2-3	8-12	3min	trap bar deadlift 3-5	sumo deadlift 3-5	conventional deadlift 3-5
B.	incline DB press	2	5-8	3min	bench press	military press	incline press
C1.	constant-tension DB Romanian deadlift	2	8-12	30s	ecc.-acc. DB Romanian deadlift (4s lowering phase)	pause DB good morning (2s pause)	pause good morning (2s pause)
C2.	chest-supported DB row	2	8-12	2min	bent over 1-arm landmine row (ea)	alt. DB gorilla row (ea)	bent over DB row
D1.	braced DB reverse lunge	2	8-12ea	30s	DB curtsy lunge (ea)	DB deficit reverse lunge (ea)	DB deficit curtsy lunge (ea)
D2.	seated DB shoulder press	2	12-15	2min	high incline DB press	seated Arnold press	standing Arnold press
E.	BW sit-up	1-2	8-12	90s	plank 1-arm DB row (ea)	plank saw	weighted deadbug (ea)

MONTH 3
Dynamic Warmup

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half-kneeling lunge to T-spine rotation x15s ea
quadruped adductor windmill x15s ea
lateral squat x15s ea
reverse lunge to OH reach x15s ea
YTWL x10s ea

MONTH 3

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	leg press	3	5-8	3min	lever squat	hack squat	front squat
B.	4-3-1 DB sumo stiff-leg deadlift	2-3	6-10	2min	single-leg DB back extension (ea)	hip thrust	eccentric-only glute ham raise (5s lowering phase)
C.	braced DB split squat	2	8-12ea	2min	alt. DB reverse lunge (ea)	BW split squat jump (ea)	DB split squat jump (ea)
D1.	KB deadlift	2	12-15	30s	B-stance KB swing 8-12 (ea)	DB suitcase deadlift (ea)	1-arm KB suitcase deadlift (ea)
D2.	1-arm DB lateral squat	2	8-12ea	2min	1-arm DB lateral lunge (ea)	sliding 1-arm DB lateral lunge (ea)	foot-elevated 1-arm DB lateral squat (ea)
E.	torso-elevated renegade row	2	8-12ea	1min	half-kneeling cable Pallof press (ea)	half-kneeling DB wood chop (ea)	low-to-high cable wood chop (ea)

MONTH 3

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	flat DB bench press	3	5-8	3min	incline DB press	incline press	bench press
B.	pause bent over DB row (2s pause)	2-3	6-10	2min	bent over BB row	chest-supported T-bar row	Pendlay row
C1.	torso-elevated push-up	2	8-12	30s	band-assisted push-up	BW push-up AMRAP	weighted push-up
C2.	flat DB flye	2	12-15	2min	pause flat DB flye (2s pause)	incline DB flye	pec deck
D1.	lat stretcher	2	8-12	30s	chest-supported 1-arm lat pulldown (ea)	UH-grip lat pulldown	OH-grip lat pulldown
D2.	high-to-low face pull	2	12-15	90s	face pull	pause band pull-apart (2s pause)	band pull-apart

MONTH 3

Day 3: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	pause DB glute bridge (3s pause)	2-3	6-10	2min	pause glute drive hip thrust (3s pause)	hip thrust	pause hip thrust (3s pause)
B.	flat DB bench press	2-3	6-10	3min	close-grip bench press	pause flat DB bench press (2s pause)	pause close-grip bench press (2s pause)
C.	DB Romanian deadlift 1.5 reps	2	8-12	2min	trap bar deadlift	Romanian deadlift	ecc.-acc. Romanian deadlift (4s lowering phase)
D.	OH-grip lat pulldown	2	5-8	2min	pause OH-grip lat pulldown (2s pause)	BW chin-up AMRAP	BW pull-up AMRAP
E1.	front foot-elevated DB split squat	2	8-12ea	0s	B-stance DB front squat (ea)	DB Bulgarian split squat (ea)	pause DB Bulgarian split squat (2s pause) (ea)
E2.	half-kneeling DB shoulder press	2	8-12	90s	1-arm DB push press (ea)	standing DB seesaw press (ea)	half-kneeling 1-arm DB shoulder press (ea)

MONTH 4
Dynamic Warmup

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scapular push-up x30s
bear squat x30s
standing hip opener x15s ea
front-to-back leg swing x15s ea
side-to-side leg swing x15s ea

MONTH 4

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	pause leg press (2s pause)	2-3	5-8	3min	Zercher squat	box squat	back squat
B.	DB split squat	2-3	6-10ea	3min	DB deficit reverse lunge (ea)	BB reverse lunge (ea)	BB deficit reverse lunge (ea)
C.	DB stiff-leg deadlift	2	8-12	2min	trap bar Romanian deadlift	BB sumo stiff-leg deadlift	stiff-leg deadlift
D.	band-assisted kneeling leg extension	2	8-12	2min	leg extension	bench step-over (ea)	pause leg extension (2s pause)
E.	reverse crunch	2	12-15	1min	cable crunch	DB mock "slam"	OH med ball slam

MONTH 4

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	chest-supported DB row	2-3	6-10	3min	chest-supported T-bar row	pause chest-supported lat pulldown (2s pause)	bent over BB row
B1.	seated Arnold press	2-3	8-12	0s	seated DB Z press	standing DB seesaw press (ea)	landmine shoulder press
B2.	seated bent over DB rear delt raise	2-3	12-15	2min	bent over DB rear delt raise	DB face pull	cable rear delt flye
C.	UH-grip lat pulldown	2	8-12	2min	OH-grip lat pulldown	inverted row	lat stretcher
D.	incline DB press	2	12-15	2min	low incline DB press	alt. incline DB press (ea)	close-grip DB floor press
E1.	torso-elevated push-up	2	8-12	0s	deadstop torso-elevated push-up	BW push-up	feet-elevated push-up
E2.	DB push press	2	8-15	1min	3-way 1-arm DB shoulder press (ea)	DB thruster	1-arm DB clean and press (ea)

MONTH 4

Day 3: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB straddle lift	2-3	6-10	3min	KB straddle lift	trap bar squat	pause landmine squat (2s pause)
B.	high incline DB press	2-3	5-8	3min	standing DB shoulder press	military press	push press
C.	constant-tension DB Romanian deadlift	2	8-12	2min	pause DB Romanian deadlift (2s pause)	single-leg BB back extension (ea)	BB back extension
D1.	B-stance 1-arm DB row	2	6-10ea	30s	standing 1-arm cable row (ea)	bent over 1-arm landmine row (ea)	seated 1-arm cable row (ea)
D2.	goblet lateral box squat	2	8-12ea	90s	alt. DB lateral squat (ea)	lateral lunge (ea)	1-arm DB lateral step-up (ea)
E1.	pause DB floor press (2s pause)	2	6-10	30s	BW push-up AMRAP	alt. flat DB bench press (ea)	flat 1-arm DB bench press (ea)
E2.	DB pullover	2	12-15	90s	DB floor pullover	band pull-apart	pause band pull-apart (2s pause)

MONTH 5
Dynamic Warmup

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swimmers x30s
quadruped adductor hinge x15s ea
BW reverse lunge to OH reach x15s ea
standing hip rock to hamstring mobilization x15s ea
standing hip opener x15s ea

MONTH 5

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	Romanian deadlift	2-3	5-8	3min	trap bar deadlift 3-5	sumo deadlift 3-5	conventional deadlift 3-5
B.	DB glute bridge	2	8-12	2min	B-stance BB glute bridge (ea)	hip thrust triple contraction	pause hip thrust (3s pause)
C.	Zercher squat	2	8-12	2min	Zercher reverse lunge (ea)	BB Bulgarian split squat (ea)	box squat 6-10
D.	lying machine leg curl	2	12-15	2min	single-leg lying leg curl 8-12 (ea)	lying cable leg curl	straight-leg feet-elevated BW hamstring thrust
E.	BW back extension	2	20-30	1min	BW reverse hyperextension	KB swing	BW glute emphasis back extension
F.	DB landmine rotation	2	8-12ea	1min	landmine rotation (ea)	DB diagonal lift (ea)	side-to-side med ball slam (ea)

MONTH 5

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	high incline DB press	2-3	5-8	3min	standing DB shoulder press	push press	military press
B1.	deadstop 1-arm DB row	2	6-10ea	30s	low incline chest-supported DB row	bent over BB row	UH-grip BB row
B2.	deadstop torso-elevated push-up	2	5-8	2min	flat DB bench press	BW push-up AMRAP	weighted push-up
C1.	half-kneeling 1-arm cable pulldown	2	6-10ea	30s	seated 1-arm cable row (ea)	bent over 1-arm landmine row (ea)	1-arm lat pulldown (ea)
C2.	standing DB seesaw press	2	8-12ea	90s	1-arm DB floor press (ea)	standing 1-arm landmine shoulder press (ea)	1-arm DB push press (ea)
D.	DB bicep curl	2	8-12	90s	incline DB bicep curl	EZ bar curl	DB spider curl

MONTH 5

Day 3: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	eccentric-accentuated Romanian deadlift (4s lowering phase)	2-3	5-8	3min	good morning	BB back extension	DB back extension
B.	wide-grip lat pulldown	2	8-12	2min	inverted row	BW pull-up 3-5	weighted pull-up 3-5
C.	leg press	2	6-10	3min	hack squat	lever squat	landmine squat
D.	eccentric-accentuated DB push press (3s lowering phase)	2	8-12	2min	half-kneeling DB shoulder press	landmine shoulder press	incline press
E.	stability ball leg curl	2	12-20	90s	gliding leg curl AMRAP	sliding leg curl	ecc.-acc. stability ball leg curl (4s lowering phase) 8-12
F1.	chest-supported 1-arm DB row	2	6-10ea	30s	chest-supported 1-arm lat pulldown (ea)	bent over 1-arm DB row (ea)	seated 1-arm cable row (ea)
F2.	shoulder tap	2	8-12ea	90s	weighted plank to toe tap (ea)	weighted deadbug (ea)	cable-resisted deadbug (ea)

MONTH 6
Dynamic Warmup

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alt. wide-stance windmill to lateral squat x30s
bent over T-spine rotation x15s ea
BW reverse lunge x15s ea
quad stretch to hamstring sweep x15s ea
standing shoulder protraction to retraction x30s

MONTH 6

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	front squat	2-3	3-5	3min	box squat	leg press	back squat
B.	B-stance DB Romanian deadlift	2-3	5-8ea	3min	B-stance good morning (ea)	trap bar Romanian deadlift	B-stance Romanian deadlift (ea)
C.	goblet lateral box squat	2	6-10ea	90s	1-arm DB lateral step-up (ea)	alt. DB lateral squat (ea)	landmine lateral lunge (ea)
D1.	DB straddle lift	2	8-12	30s	DB glute emphasis back extension	B-stance DB swing (ea)	hand-to-hand KB swing (ea)
D2.	band quadruped knee extension	2	8-12	2min	braced skater squat (ea)	constant-tension heel-elevated goblet squat	pause leg extension (2s pause)
E.	BW reverse lunge to step-up	2	6-10ea	90s	constant-tension BW step-up (ea)	DB jump squat	box jump

MONTH 6

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	pause flat DB bench press (2s pause)	2-3	3-5	3min	military press	incline press	bench press
B.	eccentric-accentuated DB pullover (2s lowering phase)	2-3	5-8	3min	wide-grip lat pulldown	rack pull-up AMRAP	OH-grip lat pulldown
C1.	seated DB shoulder press	2	6-10	30s	close-grip DB floor press	feet-elevated push-up	weighted push-up
C2.	bent over DB row	2	6-10	2min	deadstop 1-arm DB row (ea)	Pendlay row	UH-grip BB row
D1.	seated bent over DB rear delt raise	2	12-15	30s	bent over DB Y raise	pause face pull (2s pause)	reverse pec deck
D2.	deadbug	2	8-12ea	90s	plank 1-arm DB row (ea)	cable-resisted deadbug (ea)	DB drag (ea)

MONTH 6

Day 3: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	good morning	2	5-8	3min	trap bar deadlift	sumo deadlift	conventional deadlift
B.	eccentric-accentuated OH-grip lat pulldown (4s ascending phase)	2	3-8	3min	pause inverted row (2s pause)	BW pull-up	weighted pull-up
C.	pause DB glute bridge (3s pause)	2	6-10	3min	BB back extension	hip thrust with pulse	pause hip thrust (3s pause)
D1.	DB push press	2	5-8	30s	standing DB shoulder press	high incline DB press	incline DB press
D2.	DB split squat	2	5-8ea	2min	DB walking lunge 8-12 (ea)	1-arm DB Bulgarian split squat w/ a twist (ea)	BB Bulgarian split squat (ea)
E1.	bent over DB seesaw row	2	6-10ea	30s	half-kneeling 1-arm cable pulldown (ea)	seated 1-arm cable row (ea)	B-stance 1-arm DB row (ea)
E2.	standing DB seesaw press	2	8-12ea	2min	half-kneeling 1-arm DB shoulder press (ea)	DB floor press	seated Arnold press

MONTH 7
Dynamic Warmup

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bear squat x30s
half-kneeling T-spine rotation x15s ea
bowler squat x15s ea
standing hip opener x15s ea
walking knee hug x30s

MONTH 7

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	box jump	2	3-5	2min	pause DB squat (2s pause) 8-12	DB triple extension squat	seated vertical jump
B.	landmine deadlift	2	6-10	4min	trap bar deadlift 3-5	sumo deadlift 3-5	conventional deadlift 3-5
C.	pause landmine squat (2s pause)	2	5-8	2min	hack squat	lever squat	leg press
D1.	single-leg leg extension	2	6-10ea	30s	B-stance goblet squat (ea)	DB split squat (ea)	DB walking lunge (ea)
D2.	single-leg braced DB Romanian deadlift	2	6-10ea	90s	enhanced-eccentric lying machine leg curl (4s lowering phase) (ea)	straight-leg feet-elevated hamstring thrust	hand-to-hand KB swing (ea)
E.	standing cable hip abduction	2	8-12ea	90s	BW reverse hyperextension 12-20	BW frog reverse hyperextension 12-20	45-degree cable glute kickback (ea)

MONTH 7

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	side-to-side DB mock "slam"	2	5-8ea	2min	OH med ball slam	side-to-side med ball slam (ea)	half-kneeling alt. OH med ball slam (ea)
B.	landmine row	2	5-8	3min	bent over BB row	eccentric-only pull-up 1-3	pause OH-grip lat pulldown (2s pause)
C1.	pause DB shoulder press (3s pause)	2	6-10	30s	incline press	push press	military press
C2.	standing 1-arm cable row	2	8-12ea	2min	chest-supported 1-arm DB row (ea)	seated 1-arm cable row (ea)	bent over DB seesaw row (ea)
D1.	torso-elevated push-up	2	6-10	30s	ecc.-acc. DB floor press (4s lowering phase)	band-assisted push-up	feet-elevated push-up
D2.	bent over BW Y raise	2	20-30	90s	band face pull	band pull-apart	rope face pull
E.	band rear delt flye	2	8-12	90s	cable rear delt flye	prone DB rear delt raise	reverse pec deck

MONTH 7

Day 3: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB jump squat	2	3-5	2min	wall sit 30-45s	BW split squat jump 8-12 (ea)	box jump
B.	DB deficit reverse lunge	2	5-8ea	2min	pivot split squat (ea)	Zercher reverse lunge (ea)	BB split squat (ea)
C.	pause DB shoulder press (3s pause)	2	5-8	2min	high incline DB press	half-kneeling military press	push press
D1.	pause DB Romanian deadlift (2s pause)	2	6-10	30s	stiff-leg deadlift	B-stance good morning (ea)	Romanian deadlift
D2.	bent over 1-arm DB row	2	8-12ea	90s	bent over 1-arm landmine row (ea)	band-resisted bent over 1-arm DB row (ea)	3-point DB row (ea)
E1.	B-stance BW hip thrust	2	8-15ea	30s	feet-elevated BW glute bridge	single-leg BW hip thrust (ea)	single-leg BW deficit hip thrust (ea)
E2.	prone DB lateral raise	2	8-12	30s	DB lateral raise 21s 7 (ea)	lean-in 1-arm DB lateral raise (ea)	DB lateral raise
E3.	DB front raise	2	12-15	90s	cable upright row	DB high pull	DB upright row

MONTH 8
Dynamic Warmup

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alt. hip lunge to T-spine rotation x30s
alt. wide-stance windmill to lateral squat x30s
quad stretch to hamstring sweep x15s ea
side-to-side leg swing x15s ea
front-to-back leg swing x15s ea

MONTH 8

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	box jump	2	5-8	2min	wall sit 30-45s	seated vertical jump	standing vertical jump
B.	pause landmine squat (2s pause)	2	5-8	3min	front squat	hack squat	back squat
C.	landmine Romanian deadlift	2	6-10	3min	DB back extension	BB back extension	glute ham raise AMRAP
D1.	DB lateral step-down	2	6-10ea	30s	1-arm DB lateral step-up (ea)	DB lateral squat (ea)	landmine lateral lunge (ea)
D2.	single-leg DB glute bridge	2	8-12ea	2min	45-degree cable glute kickback (ea)	pause DB hip thrust (2s pause)	single-leg DB hip thrust (ea)
E.	double DB swing	3-4	30s	20s	1-arm DB snatch 20s (ea)	KB swing	sled push

MONTH 8

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB triple extension squat	3	8-15	1min	DB thruster	KB thruster	deadball OH throw
B.	wide-grip lat pulldown	2	5-8	3min	isometric inverted row hold 10-20s	BW pull-up	weighted pull-up
C.	seated DB shoulder press	2	6-10	3min	high incline DB press	military press	seated BB shoulder press
D1.	deadstop 1-arm DB row	2	6-10ea	30s	low incline chest-supported DB row	bent over BB row	Pendlay row
D2.	deadstop torso-elevated push-up	2	6-10	2min	flat DB bench press	BW push-up AMRAP	weighted push-up
E1.	DB hammer curl	2	8-12	30s	DB spider curl	narrow-grip DB bicep curl	alt. DB bicep curl (ea)
E2.	DB OH tricep extension	2	12-15	90s	high incline DB Tate press	band-assisted dip 8-12	BW dip AMRAP

MONTH 8

Day 3: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	DB jump squat	2	5-8	30s	DB split squat jump (ea)	DB standing vertical jump	trap bar jump
A2.	deadstop torso-elevated push-up	2	6-10	1min	band-assisted push-up	torso-elevated plyo push-up	plyo push-up
B.	pause Romanian deadlift (2s pause)	2	5-8	3min	pause good morning (2s pause)	trap bar deadlift	Nordic hip hinge
C.	flat DB bench press	2	5-8	3min	DB floor press	incline press	bench press
D.	box squat	2	5-8	3min	Zercher squat	pause hack squat (2s pause)	pause lever squat (2s pause)
E1.	UH-grip DB row	2	8-12	30s	chest-supported 1-arm lat pulldown (ea)	bent over DB seesaw row (ea)	chest-supported T-bar row
E2.	DB back extension	2	8-15	90s	cable pull-through	DB straddle lift	KB straddle lift
F.	half-kneeling 1-arm DB shoulder press	2	8-12ea	2min	pause DB shoulder press (3s pause)	alt. incline DB press (ea)	1-arm incline DB press (ea)

MONTH 9
Dynamic Warmup

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hip lunge to T-spine rotation x15s ea
quadruped adductor hinge x15s ea
half-kneeling hip flexor mobilization x15s ea
body weight windmill x15s ea
dynamic shoulder circle x15s ea

MONTH 9

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	body weight triple extension squat	3	40s	20s	single-leg calf hop 20s (ea)	multi-directional single-leg calf hop 20s (ea)	jump rope
B.	landmine deadlift	2-3	5-8	4min	trap bar deadlift	sumo deadlift	conventional deadlift
C.	front foot-elevated DB split squat	2-3	6-10ea	2min	1-arm DB Bulgarian split squat (ea)	DB deficit reverse lunge (ea)	landmine curtsy lunge (ea)
D.	DB Romanian deadlift	2	8-12	2min	Romanian deadlift	DB glute emphasis back extension	hip thrust
E.	DB sumo squat	2	8-12	2min	B-stance DB squat (ea)	DB lateral lunge (ea)	1-arm DB lateral step-up (ea)
F.	side-lying BW adduction	2	8-15ea	90s	alt. adductor plate slide (ea)	standing cable hip adduction (ea)	Copenhagen plank (ea)

MONTH 9

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	alt. DB halo	2-3	12-15ea	1min	side-to-side med ball slam (ea)	DB mock "slam"	bent over med ball slam
B.	inverted row	2	5-8	3min	pause bent over DB row (2s pause)	bent over BB row	Pendlay row
C.	incline DB press	2	6-10	3min	seated DB shoulder press	bench press	incline press
D1.	pause OH-grip lat pulldown (2s pause)	2	5-8	30s	seated pull-up	BW pull-up	weighted pull-up
D2.	DB floor flye	2	8-12	2min	close-grip DB floor press	1-arm DB floor press (ea)	1-arm flat DB bench press (ea)
E.	high-to-low face pull	2	8-12	90s	cable rear delt flye	prone DB rear delt raise	reverse pec deck
F.	cable bicep curl (straight bar)	2	8-12	90s	alt. DB hammer curl (ea)	incline DB bicep curl	EZ bar curl

MONTH 9

Day 3: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	single-leg BW box squat	2	5-8ea	30s	BW split squat jump (ea)	DB jump squat	box jump
A2.	DB landmine rotation	2	8-12ea	90s	half-kneeling alt. OH med ball slam (ea)	side-to-side OH med ball slam (ea)	OH med ball slam w/ power rotation (ea)
B.	lever squat	2	5-8	3min	hack squat	front squat	back squat
C.	seated pull-up	2	5-8	3min	landmine row 8-12	OH-grip lat pulldown	BW pull-up AMRAP
D1.	KB swing	2	8-12	30s	DB back extension	glute ham raise	band-assisted Nordic ham curl
D2.	pause DB floor press (2s pause)	2	5-8	90s	alt. incline DB press (ea)	pause bench press (2s pause)	close-grip bench press
E1.	1-arm B-stance DB Romanian deadlift	2	8-12ea	30s	B-stance DB good morning (ea)	single-leg DB back extension (ea)	single-leg DB hip thrust (ea)
E2.	half-kneeling 1-arm cable pulldown	2	6-10ea	90s	alt. DB gorilla row (ea)	pause chest-supported DB row (2s pause) 6-10	pause bent over DB row (2s pause)

MONTH 10
Dynamic Warmup

BW glute bridge to OH reach x30s
open book x15s ea
supine angel x15s ea
quadruped adductor hinge x15s ea
YTWL x10s ea

MONTH 10

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB triple extension squat	2	3-5	1min	DB standing vertical jump	box jump	trap bar jump
B.	box squat	2	3-5	3min	leg press 6-10	hack squat	back squat
C.	single-leg DB back extension	2	6-10ea	2min	BB back extension	hip thrust	pause Romanian deadlift (2s pause)
D.	4-3-1 DB sumo stiff-leg deadlift	2	5-8	2min	eccentric-only glute ham raise (5s lowering phase)	pause lying cable leg curl (2s pause)	band-assisted Nordic ham curl
E.	single-leg BW box squat	2	8-12ea	90s	1-arm racked DB reverse lunge (ea)	alt. DB lateral squat (ea)	landmine lateral lunge (ea)
F.	KB swing	2	12-15	90s	cable pull-through	B-stance DB glute bridge (ea)	BW glute emphasis back extension 20-30

MONTH 10

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB diagonal lift	2	5-8ea	1min	side-to-side DB mock "slam" (ea)	horizontal wood chop (ea)	lateral med ball toss (ea)
B.	seated DB shoulder press	2	5-8	3min	landmine shoulder press	military press	push press
C.	bent over DB row	2	5-8	3min	wide-grip lat pulldown	BW pull-up	weighted pull-up
D1.	flat DB bench press	2	6-10	30s	1-arm incline DB press (ea)	DB floor press	low incline DB press
D2.	3-point DB row	2	6-10ea	2min	seated 1-arm cable row (ea)	bent over 1-arm landmine row (ea)	bent over 1-arm DB row (ea)
E1.	bent over DB rear delt raise	2	8-12	30s	prone DB rear delt raise	prone DB Y raise	cable Y raise
E2.	crossbody tricep extension	2	8-12	90s	DB skull crusher	BW bench dip	band-assisted dip

MONTH 10

Day 3: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	standing vertical jump	2	5-8	30s	DB standing vertical jump	KB sled push 50 steps	sled push 50 steps
A2.	deadball OH throw	2	5-8	90s	torso-elevated plyo push-up	plank-to-plank	power plank-up from knees
B.	landmine Romanian deadlift	2	8-12	3min	good morning	sumo deadlift 3-5	conventional deadlift 3-5
C.	pause bent over DB row (2s pause)	2	5-8	3min	rack pull-up	UH-grip BB row	pause bent over BB row (3s pause)
D.	DB deficit reverse lunge	2	5-8ea	2min	single-leg leg press (ea)	B-stance back squat (ea)	Zercher reverse lunge (ea)
E.	pause flat DB bench press (2s pause)	2	6-10	3min	flat DB bench press	incline press	bench press
F.	single-leg leg extension	2	8-12ea	90s	braced skater squat (ea)	DB high step-up (ea)	contralateral braced 1-arm DB step-up (ea)
G.	seated 1-arm cable row	2	8-12ea	90s	band-resisted bent over 1-arm DB row (ea)	half-kneeling 1-arm cable pulldown (ea)	chest-supported 1-arm lat pulldown (ea)

MONTH 11
Dynamic Warmup

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bear squat x30s
half-kneeling T-spine rotation x15s ea
alt. wide-stance windmill to lateral squat x30s
bowler squat x15s ea
standing hip opener x15s ea

MONTH 11

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	BW triple extension squat	2	6-10	90s	BW squat pulse 15-20	box jump	BW split squat jump (ea)
B.	pause DB Romanian deadlift (2s pause)	3	5-8	3min	good morning	stiff-leg deadlift	conventional deadlift
C.	B-stance DB front squat	2	6-10ea	2min	DB Bulgarian split squat (ea)	BB Bulgarian split squat (ea)	BB deficit reverse lunge (ea)
D.	B-stance DB glute bridge	2	6-10ea	2min	pause DB back extension (2s pause)	hip thrust	B-stance hip thrust (ea)
E.	prone DB leg curl	2	8-12	2min	stability ball leg curl	gliding leg curl	lying machine leg curl
F.	extra range side-lying BW hip abduction	2	12-15ea	90s	side-lying hip raise (ea)	lateral band walk (ea)	standing cable hip abduction (ea)

MONTH 11

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	deadbug	2	6-10ea	90s	reverse crunch	cable crunch 8-12	bent over med ball slam
B.	DB floor press	3	5-8	3min	flat DB bench press	incline press	bench press
C.	seated 1-arm cable row	2	6-10ea	2min	B-stance 1-arm DB row (ea)	bent over 1-arm landmine row (ea)	standing 1-arm cable row (ea)
D.	seated DB Z press	2	6-10	2min	low incline DB press	standing 1-arm landmine shoulder press (ea)	pause incline DB press (2s pause)
E.	alt. lat pulldown	2	8-12ea	2min	DB floor pullover	tall-kneeling 1-arm cable pull-in (ea)	1-arm lat pulldown (ea)
F.	prone DB rear delt raise	2	12-15	90s	cable rear delt flye	bent over DB rear delt raise	face pull

MONTH 11

Day 3: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	floating heel drop	2	30s	30s	constant-tension BW step-up (ea)	jump rope 80-100	single-leg calf hop (ea)
A2.	pause torso-elevated push-up (2s pause)	2	5-8	1min	flat 1-arm DB bench press (ea)	BW push-up	weighted push-up
B.	pause goblet squat (2s pause)	2	5-8	3min	back squat	hack squat	lever squat
C.	OH-grip lat pulldown	2	5-8	3min	seated pull-up	BW pull-up	weighted pull-up
D1.	B-stance DB good morning	2	8-12ea	30s	single-leg braced KB swing (ea)	single-leg braced DB Romanian deadlift (ea)	B-stance Romanian deadlift (ea)
D2.	standing DB shoulder press	2	6-10	90s	seated Arnold press	push press	seated BB shoulder press
E1.	pause DB glute bridge (3s pause)	2	6-10	30s	single-leg DB hip thrust 8-15 (ea)	pause glute drive hip thrust (3s pause)	pause hip thrust (5s pause)
E2.	UH-grip DB row	2	8-12	90s	low incline chest-supported DB row	seated 1-arm cable row (ea)	bent over batwing row (ea)

MONTH 12
Dynamic Warmup

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open half-kneeling adductor dip x15s ea
half-kneeling hip flexor mobilization x15s ea
half-kneeling T-spine rotation x15s ea
BW reverse lunge with OH reach x15s ea
BW windmill x15s ea

MONTH 12

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB triple extension squat	2-3	3-5	2min	DB jump squat	box jump	trap bar jump
B.	leg press	3	5-8	3min	box squat	front squat	back squat
C.	pause Romanian deadlift (2s pause)	2	5-8	3min	trap bar deadlift	conventional deadlift	sumo deadlift
D.	pause goblet squat (2s pause)	2	6-10	2min	front foot-elevated DB split squat (ea)	single-leg leg extension (ea)	contralateral braced DB step-up (ea)
E.	DB stiff-leg deadlift	2	8-12	90s	DB glute emphasis back extension	B-stance good morning (ea)	B-stance hip thrust (ea)
F.	banded cha-cha	2	15-20ea	1min	side-lying hip raise 8-12 (ea)	standing cable hip abduction 12-15 (ea)	extra range side-lying BW hip abduction (ea)

MONTH 12

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB renegade row	2	6-10ea	90s	Pallof press (ea)	low-to-high cable wood chop (ea)	horizontal wood chop (ea)
B.	pause UH-grip DB row (3s pause)	3	5-8	3min	bent over BB row	pause chest-supported T-bar row (2s pause)	OH-grip lat pulldown
C.	flat DB bench press	2-3	6-10	3min	low incline DB press	weighted push-up	bench press
D1.	seated cable row	2-3	6-10	30s	isometric inverted row hold 15-30s	half-kneeling 1-arm cable pulldown (ea)	pause chest-supported DB row (2s pause)
D2.	seated DB Z press	2-3	8-12	90s	half-kneeling 1-arm DB shoulder press (ea)	standing DB shoulder press	DB push press
E.	standing 1-arm cable lateral raise	2	8-12ea	90s	prone DB lateral raise	1-arm DB lateral throw (ea)	1-arm DB leaning lateral raise (ea)
F.	high-to-low 1-arm face pull	2	8-12ea	90s	prone DB face pull	reverse pec deck	standing 1-arm face pull (ea)

MONTH 12

Day 3: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	double DB swing	2	15-20	30s	jump rope 30-60s	KB swing	sled push 50 steps
A2.	DB landmine rotation	2	6-10ea	90s	lateral med ball toss (ea)	DB diagonal lift (ea)	OH med ball slam
B.	BB back extension	2-3	5-8	3min	pause hip thrust (3s pause)	speed sumo deadlift	speed conventional deadlift
C.	standing DB shoulder press	2-3	5-8	3min	alt. DB floor press (ea)	pause flat DB bench press (2s pause)	close-grip bench press
D.	pause leg press (2s pause)	2	5-8	3min	pause lever squat (2s pause)	pause front squat (2s pause)	pause squat (2s pause)
E.	chest-supported 1-arm lat pulldown	2	6-10ea	2min	bent over 1-arm landmine row (ea)	deadstop 1-arm DB row (ea)	half-kneeling 1-arm cable pulldown (ea)
F1.	pause lying cable leg curl (2s pause)	2	5-8	30s	lying machine leg curl 8-12	band-assisted Nordic ham curl	eccentric-only glute ham raise (5s lowering phase) AMRAP
F2.	pause torso-elevated push-up (2s pause)	2	8-12	90s	pec deck	DB floor press	feet-elevated push-up

4X/WEEK
GYM TURBO VERSION

YEAR OF STRENGTH 2026

MONTH 1
Dynamic Warmup

90/90 hip switch x30s
quadruped adductor hinge x15s ea
thread the needle x15s ea
lunge windmill x15s ea
quad stretch to hamstring sweep x15s ea

MONTH 1

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	pause leg press (2s pause)	2-3	5-8	3min	pause hack squat (2s pause)	pause front squat (2s pause)	pause back squat (2s pause)
B.	good morning	2	6-10	2min	B-stance good morning (ea)	Romanian deadlift	ecc.-acc. Romanian deadlift (4s lowering phase)
C1.	single-leg DB hip thrust	2	12-15ea	30s	DB hip thrust	hip thrust 6-10	B-stance hip thrust 8-12 (ea)
C2.	braced DB reverse lunge	2	8-12ea	90s	DB reverse lunge (ea)	DB step-up (ea)	high step-up (ea)
D.	leg extension	2	8-15	90s	pause leg extension (2s pause) 8-12	pause heel-elevated DB squat (2s pause) 8-12	sissy squat AMRAP

MONTH 1

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	1-arm lat pulldown	2	5-8ea	2min	OH-grip lat pulldown 8-12	BW pull-up AMRAP	BW chin-up AMRAP
B.	low incline DB press	2	6-10	3min	flat DB bench press	incline DB press	incline press
C1.	bent over 1-arm DB row	2	6-10ea	30s	chest-supported 1-arm DB row (ea)	pause bent over 1-arm DB row (2s pause) (ea)	bent over 1-arm landmine row (ea)
C2.	torso-elevated push-up	2	6-10	2min	BW push-up AMRAP	pause push-up (2s pause)	standing 1-arm landmine shoulder press (ea)
D1.	DB upright row	2	8-15	30s	cable Y raise	DB lateral raise	DB high pull
D2.	alt. DB bicep curl	2	8-12ea	2min	DB hammer curl	rope hammer curl	ecc.-acc. DB bicep curl (3s lowering phase)

MONTH 1

Day 3: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	leg press	2-3	5-8	3min	hack squat	front squat	back squat
B.	DB back extension	2	8-12	2min	BB back extension	hip-banded Romanian deadlift	hip thrust
C1.	DB split squat	2	8-15ea	30s	B-stance goblet squat (ea)	braced DB curtsy lunge (ea)	DB curtsy lunge (ea)
C2.	BW squat pulse	2	8-15	2min	BW squat iso hold 20-45s	single-leg wall sit 20-30s (ea)	DB split squat pulse 8-12 (ea)
D.	constant-tension DB Romanian deadlift	3-5	12-20	30s	double DB swing	B-stance KB swing 8-15 (ea)	KB swing

MONTH 1

Day 4: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	seated DB shoulder press	2	6-10	3min	seated Arnold press 8-12	high incline DB press	seated BB shoulder press
B.	chest-supported DB row	2	8-12	2min	pause chest-supported DB row (2s pause)	pause chest-supported lat pulldown (2s pause)	Pendlay row 5-8
C1.	DB glute bridge floor press	2	8-12	30s	DB floor press	flat DB bench press	bench press
C2.	3-point DB row	2	12-15ea	2min	deadstop 1-arm DB row (ea)	bent over DB seesaw row (ea)	pause UH-grip DB row (3s pause)
D1.	seated face pull	2	12-15	30s	high-to-low 1-arm face pull (ea)	cable rear delt flye	reverse pec deck
D2.	DB skull crusher	2	15-20	1min	bench dip	torso-elevated BW tricep extension AMRAP	rope tricep pushdown

MONTH 2
Dynamic Warmup

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scapular push-up x30s
dynamic ankle mobilization x15s ea
hip lunge to T-spine rotation x15s ea
open half-kneeling adductor dip x15s ea
standing hip opener x15s ea

MONTH 2

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	Romanian deadlift	2	8-12	2min	good morning	B-stance DB Romanian deadlift (ea)	B-stance Romanian deadlift 5-8 (ea)
B.	DB split squat	2	6-10ea	2min	DB Bulgarian split squat (ea)	BB Bulgarian split squat (ea)	pause Bulgarian split squat (2s pause) (ea)
C1.	DB hip thrust	2	12-15	30s	pause DB hip thrust (3s pause)	BB back extension 6-10	pause BB back extension (2s pause) 6-10
C2.	BW donkey calf raise	2	12-15	90s	calf press on leg press	standing DB calf raise	single-leg DB calf raise (ea)
D.	goblet squat	2	8-12	90s	B-stance goblet squat (ea)	braced BW step-up (ea)	DB lateral step-down (ea)
E.	hamstring walkout	2	12-15	90s	lying cable leg curl	deficit hamstring thrust	lying machine leg curl

MONTH 2

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	OH-grip lat pulldown	2	5-8	30s	inverted row	rack pull-up	BW pull-up AMRAP
A2.	torso-elevated push-up	2	5-8	2min	eccentric-only push-up (5s lowering phase)	BW push-up	weighted push-up
B1.	bent over 1-arm lat pulldown	2	8-12ea	30s	standing 1-arm cable row (ea)	seated cable row	seated 1-arm cable row (ea)
B2.	seated DB Z press	2	8-12	2min	standing DB seesaw press (ea)	standing DB shoulder press	DB push press
C1.	DB floor press	2	12-15	30s	low incline DB press	close-grip DB bench press	flat DB bench press
C2.	bent over BW Y raise	2	8-12ea	90s	cable Y raise	bent over DB Y raise	prone DB Y raise
D.	deadbug	1-2	12-15	90s	shoulder tap (ea)	1-arm DB overhead march (ea)	KB or DB halo (ea)

MONTH 2

Day 3: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	hip thrust	2-3	8-12	3min	trap bar deadlift 3-5	sumo deadlift 3-5	conventional deadlift 3-5
B.	constant-tension DB Romanian deadlift	2-3	8-12	2min	ecc.-acc. DB Romanian deadlift (4s lowering phase)	pause DB good morning (2s pause)	pause good morning (2s pause)
C1.	braced DB reverse lunge	2	8-12ea	30s	DB curtsy lunge (ea)	DB deficit reverse lunge (ea)	DB deficit curtsy lunge (ea)
C2.	standing band-resisted psoas march	2	8-12ea	90s	band-resisted psoas march (ea)	seated leg raise (ea)	seated weighted leg extension (ea)
D.	KB swing	3-5	8-12	30s	hand-to-hand KB swing (ea)	B-stance DB swing (ea)	B-stance KB swing (ea)

MONTH 2

Day 4: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	incline DB press	2	5-8	3min	bench press	military press	incline press
B.	UH-grip DB row	2	6-10	2min	chest-supported T-bar row	Pendlay row	UH-grip BB row
C1.	seated DB shoulder press	2	8-12	30s	high incline DB press	standing 1-arm landmine shoulder press (ea)	seated Arnold press
C2.	bent over DB row	2	12-15	2min	chest-supported DB row	bent over 1-arm landmine row (ea)	alt. DB gorilla row (ea)
D.	band lat stretcher	2	15-20	90s	tall-kneeling 1-arm straight-arm band lat pulldown (ea)	DB pullover	band pull-apart
E.	BW sit-up	1-2	8-12	90s	plank 1-arm DB row (ea)	plank saw	weighted deadbug (ea)

MONTH 3
Dynamic Warmup

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half-kneeling lunge to T-spine rotation x15s ea
quadruped adductor windmill x15s ea
lateral squat x15s ea
reverse lunge to OH reach x15s ea
YTWL x10s ea

MONTH 3

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	leg press	3	5-8	3min	lever squat	hack squat	front squat
B.	4-3-1 DB sumo stiff-leg deadlift	2-3	6-10	2min	single-leg DB back extension (ea)	hip thrust	eccentric-only glute ham raise (5s lowering phase)
C.	braced DB split squat	2	8-12ea	2min	alt. DB reverse lunge (ea)	BW split squat jump (ea)	DB split squat jump (ea)
D1.	KB deadlift	2	12-15	30s	B-stance KB swing 8-12 (ea)	DB suitcase deadlift (ea)	1-arm KB suitcase deadlift (ea)
D2.	1-arm DB lateral squat	2	8-12ea	2min	1-arm DB lateral lunge (ea)	sliding 1-arm DB lateral lunge (ea)	foot-elevated 1-arm DB lateral squat (ea)
E.	torso-elevated renegade row	2	8-12ea	1min	half-kneeling cable Pallof press (ea)	half-kneeling DB wood chop (ea)	low-to-high cable wood chop (ea)

MONTH 3

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	flat DB bench press	3	5-8	3min	incline DB press	incline press	bench press
B.	pause bent over DB row (2s pause)	2-3	6-10	2min	bent over BB row	chest-supported T-bar row	Pendlay row
C1.	torso-elevated push-up	2	8-12	30s	band-assisted push-up	BW push-up AMRAP	weighted push-up
C2.	flat DB flye	2	12-15	2min	pause flat DB flye (2s pause)	incline DB flye	pec deck
D1.	lat stretcher	2	8-12	30s	chest-supported 1-arm lat pulldown (ea)	UH-grip lat pulldown	OH-grip lat pulldown
D2.	high-to-low face pull	2	12-15	90s	face pull	pause band pull-apart (2s pause)	band pull-apart

MONTH 3

Day 3: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	pause DB glute bridge (3s pause)	3	6-10	3min	pause glute drive hip thrust (3s pause)	hip thrust	pause hip thrust (3s pause)
B.	DB Romanian deadlift 1.5 reps	2-3	8-12	2min	trap bar deadlift	Romanian deadlift	ecc.-acc. Romanian deadlift (4s lowering phase)
C1.	front foot-elevated DB split squat	2	8-12ea	30s	B-stance DB front squat (ea)	DB Bulgarian split squat (ea)	pause DB Bulgarian split squat (2s pause) (ea)
C2.	45-degree cable glute kickback	2	12-15ea	2min	DB straddle lift	single-leg DB back extension (ea)	DB glute emphasis back extension
D1.	goblet box squat	2	12-15	0s	DB sumo squat	heel-elevated DB squat	goblet squat
D2.	compact hip hinge	2	12-15	90s	double DB swing	KB swing	hand-to-hand KB swing (ea)

MONTH 3

Day 4: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	flat DB bench press	3	6-10	3min	close-grip bench press	pause flat DB bench press (2s pause)	pause close-grip bench press (2s pause)
B.	OH-grip lat pulldown	2-3	5-8	2min	pause OH-grip lat pulldown (2s pause)	BW chin-up AMRAP	BW pull-up AMRAP
C1.	half-kneeling DB shoulder press	2	8-12	30s	high incline DB press	standing landmine shoulder press	standing 1-arm landmine shoulder press (ea)
C2.	3-point DB row	2	12-15ea	90s	seated 1-arm cable row (ea)	bent over batwing row (ea)	bent over DB seesaw row (ea)
D1.	rope tricep pushdown	2	15-20	30s	high incline DB Tate press	DB skull crusher	DB rolling tricep extension
D2.	rope hammer curl	2	12-15	90s	incline DB bicep curl	cable bicep curl	EZ bar curl

MONTH 4
Dynamic Warmup

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scapular push-up x30s
bear squat x30s
standing hip opener x15s ea
front-to-back leg swing x15s ea
side-to-side leg swing x15s ea

MONTH 4

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	pause leg press (2s pause)	2-3	5-8	3min	Zercher squat	box squat	back squat
B.	DB split squat	2-3	6-10ea	3min	DB deficit reverse lunge (ea)	BB reverse lunge (ea)	BB deficit reverse lunge (ea)
C.	DB stiff-leg deadlift	2	8-12	2min	trap bar Romanian deadlift	BB sumo stiff-leg deadlift	stiff-leg deadlift
D.	band-assisted kneeling leg extension	2	8-12	2min	leg extension	bench step-over (ea)	pause leg extension (2s pause)
E.	reverse crunch	2	12-15	1min	cable crunch	DB mock "slam"	OH med ball slam

MONTH 4

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	chest-supported DB row	2-3	6-10	3min	chest-supported T-bar row	pause chest-supported lat pulldown (2s pause)	bent over BB row
B1.	seated Arnold press	2-3	8-12	0s	seated DB Z press	standing DB seesaw press (ea)	landmine shoulder press
B2.	seated bent over DB rear delt raise	2-3	12-15	2min	bent over DB rear delt raise	DB face pull	cable rear delt flye
C.	UH-grip lat pulldown	2	8-12	2min	OH-grip lat pulldown	inverted row	lat stretcher
D.	incline DB press	2	12-15	2min	low incline DB press	alt. incline DB press (ea)	close-grip DB floor press
E1.	torso-elevated push-up	2	8-12	0s	deadstop torso-elevated push-up	BW push-up	feet-elevated push-up
E2.	DB push press	2	8-15	1min	3-way 1-arm DB shoulder press (ea)	DB thruster	1-arm DB clean and press (ea)

MONTH 4

Day 3: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB straddle lift	2-3	6-10	3min	KB straddle lift	trap bar squat	pause landmine squat (2s pause)
B.	constant-tension DB Romanian deadlift	2-3	8-12	2min	pause DB Romanian deadlift (2s pause)	single-leg BB back extension (ea)	BB back extension
C.	goblet lateral box squat	2	8-12ea	90s	alt. DB lateral squat (ea)	lateral lunge (ea)	1-arm DB lateral step-up (ea)
D1.	pause DB hip thrust (3s pause)	2	12-15	30s	pause DB glute bridge (3s pause)	single-leg BW deficit hip thrust (ea)	pause single-leg DB hip thrust (2s pause) (ea)
D2.	standing cable hip adduction	2	8-12ea	90s	standing band hip adduction (ea)	alt. adductor plate slide (ea)	bent-leg Copenhagen plank (ea)
E.	side plank march	2	8-12ea	1min	suitcase isometric hold 20-60s (ea)	side plank 20-30s (ea)	side plank row (ea)

MONTH 4

Day 4: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	high incline DB press	2-3	5-8	3min	standing DB shoulder press	military press	push press
B.	B-stance 1-arm DB row	2-3	6-10ea	2min	standing 1-arm cable row (ea)	bent over 1-arm landmine row (ea)	seated 1-arm cable row (ea)
C1.	pause DB floor press (2s pause)	2	6-10	30s	BW push-up AMRAP	alt. flat DB bench press (ea)	flat 1-arm DB bench press (ea)
C2.	DB pullover	2	12-15	90s	DB floor pullover	band pull-apart	pause band pull-apart (2s pause)
D.	pause bent over DB row (2s pause)	2	8-12	2min	pause chest-supported DB row (2s pause)	inverted row	pause inverted row (2s pause)
E.	prone DB face pull	2	12-15	90s	standing 1-arm face pull (ea)	high-to-low face pull	reverse pec deck

MONTH 5
Dynamic Warmup

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swimmers x30s
quadruped adductor hinge x15s ea
BW reverse lunge to OH reach x15s ea
standing hip rock to hamstring mobilization x15s ea
standing hip opener x15s ea

MONTH 5

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	Romanian deadlift	2-3	5-8	4min	trap bar deadlift 3-5	sumo deadlift 3-5	conventional deadlift 3-5
B.	DB glute bridge	2	8-12	2min	B-stance BB glute bridge (ea)	hip thrust triple contraction	pause hip thrust (3s pause)
C.	Zercher squat	2	8-12	2min	Zercher reverse lunge (ea)	BB Bulgarian split squat (ea)	box squat 6-10
D.	lying machine leg curl	2	12-15	2min	single-leg lying leg curl 8-12 (ea)	lying cable leg curl	straight-leg feet-elevated BW hamstring thrust
E.	BW back extension	2	20-30	1min	BW reverse hyperextension	KB swing	BW glute emphasis back extension
F.	DB landmine rotation	2	8-12ea	30s	landmine rotation (ea)	DB diagonal lift (ea)	side-to-side med ball slam (ea)

MONTH 5

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	high incline DB press	2-3	5-8	3min	standing DB shoulder press	push press	military press
B1.	deadstop 1-arm DB row	2	6-10ea	30s	low incline chest-supported DB row	bent over BB row	UH-grip BB row
B2.	deadstop torso-elevated push-up	2	5-8	2min	flat DB bench press	BW push-up AMRAP	weighted push-up
C1.	half-kneeling 1-arm cable pulldown	2	6-10ea	30s	seated 1-arm cable row (ea)	bent over 1-arm landmine row (ea)	1-arm lat pulldown (ea)
C2.	standing DB seesaw press	2	8-12ea	90s	1-arm DB floor press (ea)	standing 1-arm landmine shoulder press (ea)	1-arm DB push press (ea)
D.	DB bicep curl	2	8-12	90s	incline DB bicep curl	EZ bar curl	DB spider curl

MONTH 5

Day 3: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	eccentric-accentuated Romanian deadlift (4s lowering phase)	2-3	5-8	3min	good morning	BB back extension	DB back extension
B.	leg press	2	6-10	3min	hack squat	lever squat	landmine squat
C1.	double DB swing	2	12-15	30s	cable pull-through	KB straddle lift	KB swing
C2.	braced DB split squat	2	8-12ea	2min	DB walking lunge (ea)	1-arm DB Bulgarian split squat w/ a twist (ea)	pivot split squat (ea)
D.	stability ball leg curl	2	12-20	2min	gliding leg curl AMRAP	sliding leg curl	ecc.-acc. stability ball leg curl (4s lowering phase) 8-12
E.	shoulder tap	2	8-12ea	1min	weighted plank to toe tap (ea)	weighted deadbug (ea)	cable-resisted deadbug (ea)

MONTH 5

Day 4: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	wide-grip lat pulldown	2-3	8-12	3min	inverted row	BW pull-up 3-5	weighted pull-up 3-5
B.	eccentric-accentuated DB push press (3s lowering phase)	2	5-8	3min	half-kneeling military press	landmine shoulder press	incline press
C1.	chest-supported 1-arm DB row	2	6-10ea	30s	chest-supported 1-arm lat pulldown (ea)	bent over 1-arm DB row (ea)	seated 1-arm cable row (ea)
C2.	torso-elevated push-up	2	12-15	2min	DB floor press	eccentric-only push-up (5s lowering phase) AMRAP	BW push-up AMRAP
D1.	prone DB rear delt raise	2	8-12	30s	cable rear delt flye	DB face pull	face pull
D2.	DB OH tricep extension	2	15-20	90s	torso-elevated BW tricep extension AMRAP	rope tricep pushdown	DB skull crusher

MONTH 6
Dynamic Warmup

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alt. wide-stance windmill to lateral squat x30s
bent over T-spine rotation x15s ea
BW reverse lunge x15s ea
quad stretch to hamstring sweep x15s ea
standing shoulder protraction to retraction x30s

MONTH 6

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	front squat	2-3	3-5	3min	box squat	leg press	back squat
B.	B-stance DB Romanian deadlift	2-3	5-8ea	3min	B-stance good morning (ea)	trap bar Romanian deadlift	B-stance Romanian deadlift (ea)
C.	goblet lateral box squat	2	6-10ea	90s	1-arm DB lateral step-up (ea)	alt. DB lateral squat (ea)	landmine lateral lunge (ea)
D1.	DB straddle lift	2	8-12	30s	DB glute emphasis back extension	B-stance DB swing (ea)	hand-to-hand KB swing (ea)
D2.	band quadruped knee extension	2	8-12	2min	braced skater squat (ea)	constant-tension heel-elevated goblet squat	pause leg extension (2s pause)
E.	BW reverse lunge to step-up	2	6-10ea	90s	constant-tension BW step-up (ea)	DB jump squat	box jump

MONTH 6

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	pause flat DB bench press (2s pause)	2-3	3-5	3min	military press	incline press	bench press
B.	eccentric-accentuated DB pullover (2s lowering phase)	2-3	5-8	3min	wide-grip lat pulldown	rack pull-up AMRAP	OH-grip lat pulldown
C1.	seated DB shoulder press	2	6-10	30s	close-grip DB floor press	feet-elevated push-up	weighted push-up
C2.	bent over DB row	2	6-10	2min	deadstop 1-arm DB row (ea)	Pendlay row	UH-grip BB row
D1.	seated bent over DB rear delt raise	2	12-15	30s	bent over DB Y raise	pause face pull (2s pause)	reverse pec deck
D2.	deadbug	2	8-12ea	90s	plank 1-arm DB row (ea)	cable-resisted deadbug (ea)	DB drag (ea)

MONTH 6

Day 3: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	good morning	2-3	5-8	3min	trap bar deadlift	sumo deadlift	conventional deadlift
B.	pause DB glute bridge (3s pause)	2-3	6-10	3min	BB back extension	hip thrust with pulse	pause hip thrust (3s pause)
C.	DB split squat	2	5-8ea	2min	DB walking lunge 8-12 (ea)	1-arm DB Bulgarian split squat w/ a twist (ea)	BB Bulgarian split squat (ea)
D1.	BW step-up	2	6-10ea	30s	braced BW step-up (ea)	single-leg leg extension (ea)	DB reverse lunge to step-up (ea)
D2.	single-leg DB calf raise	2	15-20ea	2min	floating heel drop 8-15	single-leg calf hop (ea)	multi-directional single-leg calf hop (ea)

MONTH 6

Day 4: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	eccentric-accentuated OH-grip lat pulldown (4s ascending phase)	2-3	3-8	3min	pause inverted row (2s pause)	BW pull-up	weighted pull-up
B.	DB push press	2	5-8	3min	standing DB shoulder press	high incline DB press	incline DB press
C1.	bent over DB seesaw row	2	6-10ea	30s	half-kneeling 1-arm cable pulldown (ea)	seated 1-arm cable row (ea)	B-stance 1-arm DB row (ea)
C2.	standing DB seesaw press	2	8-12ea	2min	half-kneeling 1-arm DB shoulder press (ea)	DB floor press	seated Arnold press
D1.	bent over DB rear delt raise	2	8-12	30s	prone DB rear delt raise	cable rear delt flye	high-to-low face pull
D2.	incline DB bicep curl	2	8-12	30s	cable bicep curl (straight bar)	DB hammer curl	EZ bar curl
D3.	bench dip	2	15-20	90s	high incline DB Tate press	DB OH tricep extension	standing EZ bar tricep extension

MONTH 7

Dynamic Warmup

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bear squat x30s

half-kneeling T-spine rotation x15s ea

bowler squat x15s ea

standing hip opener x15s ea

walking knee hug x30s

MONTH 7

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	box jump	2	3-5	2min	pause DB squat (2s pause) 8-12	DB triple extension squat	seated vertical jump
B.	landmine deadlift	2	6-10	4min	trap bar deadlift 3-5	sumo deadlift 3-5	conventional deadlift 3-5
C.	pause landmine squat (2s pause)	2	5-8	2min	hack squat	lever squat	leg press
D1.	single-leg leg extension	2	6-10ea	30s	B-stance goblet squat (ea)	DB split squat (ea)	DB walking lunge (ea)
D2.	single-leg braced DB Romanian deadlift	2	6-10ea	90s	enhanced-eccentric lying machine leg curl (4s lowering phase) (ea)	straight-leg feet-elevated hamstring thrust	hand-to-hand KB swing (ea)
E.	standing cable hip abduction	2	8-12ea	90s	BW reverse hyperextension 12-20	BW frog reverse hyperextension 12-20	45-degree cable glute kickback (ea)

MONTH 7

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	side-to-side DB mock "slam"	2	5-8ea	2min	OH med ball slam	side-to-side med ball slam (ea)	half-kneeling alt. OH med ball slam (ea)
B.	landmine row	2	5-8	3min	bent over BB row	eccentric-only pull-up 1-3	pause OH-grip lat pulldown (2s pause)
C1.	pause DB shoulder press (3s pause)	2	6-10	30s	incline press	push press	military press
C2.	standing 1-arm cable row	2	8-12ea	2min	chest-supported 1-arm DB row (ea)	seated 1-arm cable row (ea)	bent over DB seesaw row (ea)
D1.	torso-elevated push-up	2	6-10	30s	ecc.-acc. DB floor press (4s lowering phase)	band-assisted push-up	feet-elevated push-up
D2.	bent over BW Y raise	2	20-30	90s	band face pull	band pull-apart	rope face pull
E.	band rear delt flye	2	8-12	90s	cable rear delt flye	prone DB rear delt raise	reverse pec deck

MONTH 7

Day 3: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB jump squat	2	3-5	2min	wall sit 30-45s	BW split squat jump 8-12 (ea)	box jump
B.	DB deficit reverse lunge	2	5-8ea	3min	pivot split squat (ea)	Zercher reverse lunge (ea)	BB split squat (ea)
C.	pause DB Romanian deadlift (2s pause)	2	6-10	2min	stiff-leg deadlift	B-stance good morning (ea)	Romanian deadlift
D.	band quadruped knee extension	2	8-12	2min	bench step-over (ea)	single-leg leg extension (ea)	leg extension
E.	lying machine leg curl	2	8-12	2min	deficit hamstring thrust	Nordic ham curl 3-5	pause lying leg curl (2s pause)
F.	B-stance BW hip thrust	2	8-15ea	1min	feet-elevated BW glute bridge	single-leg BW hip thrust (ea)	single-leg BW deficit hip thrust (ea)

MONTH 7

Day 4: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	pause DB shoulder press (3s pause)	2	5-8	3min	high incline DB press	half-kneeling military press	push press
B1.	pause chest-supported DB row (2s pause)	2	5-8	30s	inverted row	wide-grip seated cable row	seated cable row
B2.	deadstop torso-elevated push-up	2	8-12	2min	BW push-up	close-grip DB bench press	DB floor press
C1.	bent over 1-arm DB row	2	8-12ea	30s	3-point DB row (ea)	bent over 1-arm landmine row (ea)	band-resisted bent over 1-arm DB row (ea)
C2.	prone DB lateral raise	2	8-12	30s	DB lateral raise 21s 7 (ea)	lean-in 1-arm DB lateral raise (ea)	DB lateral raise
C3.	DB front raise	2	12-15	90s	cable upright row	DB high pull	DB upright row
D1.	rope hammer curl	2	8-12	30s	DB preacher curl	Zottman curl	DB hammer curl
D2.	OH rope tricep extension	2	15-20	90s	torso-elevated BW tricep extension AMRAP	band-assisted dip 6-10	rope tricep pushdown

MONTH 8
Dynamic Warmup

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alt. hip lunge to T-spine rotation x30s
alt. wide-stance windmill to lateral squat x30s
quad stretch to hamstring sweep x15s ea
side-to-side leg swing x15s ea
front-to-back leg swing x15s ea

MONTH 8

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	box jump	2	5-8	2min	wall sit 30-45s	seated vertical jump	standing vertical jump
B.	pause landmine squat (2s pause)	2	5-8	3min	front squat	hack squat	back squat
C.	landmine Romanian deadlift	2	6-10	3min	DB back extension	BB back extension	glute ham raise AMRAP
D1.	DB lateral step-down	2	6-10ea	30s	1-arm DB lateral step-up (ea)	DB lateral squat (ea)	landmine lateral lunge (ea)
D2.	single-leg DB glute bridge	2	8-12ea	2min	45-degree cable glute kickback (ea)	pause DB hip thrust (2s pause)	single-leg DB hip thrust (ea)
E.	double DB swing	3-4	30s	20s	1-arm DB snatch 20s (ea)	KB swing	sled push

MONTH 8

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB triple extension squat	3	8-15	1min	DB thruster	KB thruster	deadball OH throw
B.	wide-grip lat pulldown	2	5-8	3min	isometric inverted row hold 10-20s	BW pull-up	weighted pull-up
C.	seated DB shoulder press	2	6-10	3min	high incline DB press	military press	seated BB shoulder press
D1.	deadstop 1-arm DB row	2	6-10ea	30s	low incline chest-supported DB row	bent over BB row	Pendlay row
D2.	deadstop torso-elevated push-up	2	6-10	2min	flat DB bench press	BW push-up AMRAP	weighted push-up
E1.	DB hammer curl	2	8-12	30s	DB spider curl	narrow-grip DB bicep curl	alt. DB bicep curl (ea)
E2.	DB OH tricep extension	2	12-15	90s	high incline DB Tate press	band-assisted dip 8-12	BW dip AMRAP

MONTH 8

Day 3: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB jump squat	2-3	5-8	2min	DB split squat jump (ea)	DB standing vertical jump	trap bar jump
B.	pause Romanian deadlift (2s pause)	2	5-8	3min	pause good morning (2s pause)	trap bar deadlift	Nordic hip hinge
C.	box squat	2	5-8	3min	Zercher squat	pause hack squat (2s pause)	pause lever squat (2s pause)
D.	DB back extension	2	8-15	2min	cable pull-through	DB straddle lift	KB straddle lift
E1.	bench step-over	2	12-15ea	30s	B-stance wall sit 30-45s (ea)	eccentric-only shrimp squat 3-5 (ea)	leg extension
E2.	DB deficit hamstring thrust	2	12-15	2min	gliding leg curl	stability ball leg curl	lying machine leg curl

MONTH 8

Day 4: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	deadstop torso-elevated push-up	2	6-10	2min	band-assisted push-up	torso-elevated plyo push-up	plyo push-up
B.	flat DB bench press	2	5-8	3min	DB floor press	incline press	bench press
C.	UH-grip DB row	2	8-12	3min	pause UH-grip BB row (3s pause)	chest-supported 1-arm lat pulldown (ea)	chest-supported T-bar row
D.	half-kneeling 1-arm DB shoulder press	2	8-12ea	2min	pause DB shoulder press (3s pause)	alt. incline DB press (ea)	1-arm incline DB press (ea)
E.	bent over 1-arm landmine row	2	8-12ea	2min	rack pull-up	seated 1-arm cable row (ea)	1-arm lat pulldown (ea)
F1.	prone DB lateral raise	2	8-12	30s	1-arm leaning DB lateral raise (ea)	cable upright row	DB lateral raise
F2.	prone DB rear delt raise	2	12-15	90s	cable Y raise	seated bent over DB rear delt raise	reverse pec deck

MONTH 9
Dynamic Warmup

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hip lunge to T-spine rotation x15s ea
quadruped adductor hinge x15s ea
half-kneeling hip flexor mobilization x15s ea
body weight windmill x15s ea
dynamic shoulder circle x15s ea

MONTH 9

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	body weight triple extension squat	3	40s	20s	single-leg calf hop 20s (ea)	multi-directional single-leg calf hop 20s (ea)	jump rope
B.	landmine deadlift	2-3	5-8	4min	trap bar deadlift	sumo deadlift	conventional deadlift
C.	front foot-elevated DB split squat	2-3	6-10ea	2min	1-arm DB Bulgarian split squat (ea)	DB deficit reverse lunge (ea)	landmine curtsy lunge (ea)
D.	DB Romanian deadlift	2	8-12	2min	Romanian deadlift	DB glute emphasis back extension	hip thrust
E.	DB sumo squat	2	8-12	2min	B-stance DB squat (ea)	DB lateral lunge (ea)	1-arm DB lateral step-up (ea)
F.	side-lying BW adduction	2	8-15ea	90s	alt. adductor plate slide (ea)	standing cable hip adduction (ea)	Copenhagen plank (ea)

MONTH 9

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	alt. DB halo	2-3	12-15ea	1min	side-to-side med ball slam (ea)	DB mock "slam"	bent over med ball slam
B.	inverted row	2	5-8	3min	pause bent over DB row (2s pause)	bent over BB row	Pendlay row
C.	incline DB press	2	6-10	3min	seated DB shoulder press	bench press	incline press
D1.	pause OH-grip lat pulldown (2s pause)	2	5-8	30s	seated pull-up	BW pull-up	weighted pull-up
D2.	DB floor flye	2	8-12	2min	close-grip DB floor press	1-arm DB floor press (ea)	1-arm flat DB bench press (ea)
E.	high-to-low face pull	2	8-12	90s	cable rear delt flye	prone DB rear delt raise	reverse pec deck
F.	cable bicep curl (straight bar)	2	8-12	90s	alt. DB hammer curl (ea)	incline DB bicep curl	EZ bar curl

MONTH 9

Day 3: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	single-leg BW box squat	2-3	5-8ea	2min	BW split squat jump (ea)	DB jump squat	box jump
B.	lever squat	2-3	5-8	4min	hack squat	front squat	back squat
C.	KB swing	2	8-12	2min	DB back extension	glute ham raise	band-assisted Nordic ham curl
D.	DB step-up	2	8-12ea	2min	DB walking lunge (ea)	landmine lateral lunge (ea)	BB deficit reverse lunge (ea)
E.	1-arm B-stance DB Romanian deadlift	2	8-12ea	2min	B-stance DB good morning (ea)	single-leg DB back extension (ea)	single-leg DB hip thrust (ea)
F.	half-kneeling band Pallof press	2	6-10ea	1min	torso-elevated renegade row (ea)	high-to-low cable wood chop (ea)	half-kneeling DB wood chop (ea)

MONTH 9

Day 4: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB landmine rotation	2-3	8-12ea	2min	half-kneeling alt. OH med ball slam (ea)	side-to-side OH med ball slam (ea)	OH med ball slam w/ power rotation (ea)
B.	seated pull-up	2	5-8	3min	landmine row 8-12	OH-grip lat pulldown	BW pull-up AMRAP
C.	pause DB floor press (2s pause)	2	5-8	3min	alt. incline DB press (ea)	pause bench press (2s pause)	close-grip bench press
D1.	half-kneeling 1-arm cable pulldown	2	8-12ea	30s	seated 1-arm cable row (ea)	alt. DB gorilla row (ea)	pause chest-supported DB row (2s pause) 6-10
D2.	3-way 1-arm DB shoulder press	2	6-10ea	2min	BW push-up	pause torso-elevated push-up (2s pause)	weighted push-up
E1.	seated DB lateral raise	2	8-12	30s	lean-in 1-arm DB lateral raise (ea)	DB lateral raise 21s 7 (ea)	1-arm cable lateral raise (ea)
E2.	rope tricep pushdown	2	12-15	90s	standing EZ bar tricep extension	OH rope tricep extension	DB rolling tricep extension

MONTH 10
Dynamic Warmup

BW glute bridge to OH reach x30s
open book x15s ea
supine angel x15s ea
quadruped adductor hinge x15s ea
YTWL x10s ea

MONTH 10

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB triple extension squat	2	3-5	90s	DB standing vertical jump	box jump	trap bar jump
B.	box squat	2	3-5	3min	leg press 6-10	hack squat	back squat
C.	single-leg DB back extension	2	6-10ea	2min	BB back extension	hip thrust	pause Romanian deadlift (2s pause)
D.	4-3-1 DB sumo stiff-leg deadlift	2	5-8	2min	eccentric-only glute ham raise (5s lowering phase)	pause lying cable leg curl (2s pause)	band-assisted Nordic ham curl
E.	single-leg BW box squat	2	8-12ea	90s	1-arm racked DB reverse lunge (ea)	alt. DB lateral squat (ea)	landmine lateral lunge (ea)
F.	KB swing	2	12-15	90s	cable pull-through	B-stance DB glute bridge (ea)	BW glute emphasis back extension 20-30

MONTH 10

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB diagonal lift	2	5-8ea	1min	side-to-side DB mock "slam" (ea)	horizontal wood chop (ea)	lateral med ball toss (ea)
B.	seated DB shoulder press	2	5-8	3min	landmine shoulder press	military press	push press
C.	bent over DB row	2	5-8	3min	wide-grip lat pulldown	BW pull-up	weighted pull-up
D1.	flat DB bench press	2	6-10	30s	1-arm incline DB press (ea)	DB floor press	low incline DB press
D2.	3-point DB row	2	6-10ea	2min	seated 1-arm cable row (ea)	bent over 1-arm landmine row (ea)	bent over 1-arm DB row (ea)
E1.	bent over DB rear delt raise	2	8-12	30s	prone DB rear delt raise	prone DB Y raise	cable Y raise
E2.	crossbody tricep extension	2	8-12	90s	DB skull crusher	BW bench dip	band-assisted dip

MONTH 10

Day 3: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	standing vertical jump	2	5-8	90s	DB standing vertical jump	KB sled push 50 steps	sled push 50 steps
B.	landmine Romanian deadlift	2	8-12	3min	good morning	sumo deadlift 3-5	conventional deadlift 3-5
C.	DB deficit reverse lunge	2	5-8ea	2min	single-leg leg press (ea)	B-stance back squat (ea)	Zercher reverse lunge (ea)
D.	constant-tension DB hip thrust	2	12-15	2min	double DB swing	DB straddle lift	KB straddle lift
E.	single-leg leg extension	2	8-12ea	90s	braced skater squat (ea)	DB high step-up (ea)	contralateral braced 1-arm DB step-up (ea)
F.	lateral band walk	2	12-15ea	90s	banded cha-cha (ea)	side-lying hip raise 8-12 (ea)	standing cable hip abduction (ea)

MONTH 10

Day 4: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	deadball OH throw	2	5-8	90s	torso-elevated plyo push-up	plank-to-plank	power plank-up from knees
B.	pause bent over DB row (2s pause)	2	5-8	3min	rack pull-up	UH-grip BB row	pause bent over BB row (3s pause)
C.	pause flat DB bench press (2s pause)	2	5-8	3min	flat DB bench press	incline press	bench press
D1.	seated 1-arm cable row	2	8-12ea	30s	band-resisted bent over 1-arm DB row (ea)	half-kneeling 1-arm cable pulldown (ea)	chest-supported 1-arm lat pulldown (ea)
D2.	seated Arnold press	2	8-12	90s	half-kneeling DB shoulder press	1-arm DB push press (ea)	alt. DB Z press (ea)
E1.	DB face pull	2	12-15	30s	cable rear delt flye	seated bent over DB rear delt raise	reverse pec deck
E2.	incline DB bicep curl	2	8-12	2min	EZ bar curl	alt. DB bicep curl (ea)	DB spider curl

MONTH 11

Dynamic Warmup

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bear squat x30s

half-kneeling T-spine rotation x15s ea

alt. wide-stance windmill to lateral squat x30s

bowler squat x15s ea

standing hip opener x15s ea

MONTH 11

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	BW triple extension squat	2	6-10	90s	BW squat pulse 15-20	box jump	BW split squat jump (ea)
B.	pause DB Romanian deadlift (2s pause)	3	5-8	3min	good morning	stiff-leg deadlift	conventional deadlift
C.	B-stance DB front squat	2	6-10ea	2min	DB Bulgarian split squat (ea)	BB Bulgarian split squat (ea)	BB deficit reverse lunge (ea)
D.	B-stance DB glute bridge	2	6-10ea	2min	pause DB back extension (2s pause)	hip thrust	B-stance hip thrust (ea)
E.	prone DB leg curl	2	8-12	2min	stability ball leg curl	gliding leg curl	lying machine leg curl
F.	extra range side-lying BW hip abduction	2	12-15ea	90s	side-lying hip raise (ea)	lateral band walk (ea)	standing cable hip abduction (ea)

MONTH 11

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	deadbug	2	6-10ea	90s	reverse crunch	cable crunch 8-12	bent over med ball slam
B.	DB floor press	3	5-8	3min	flat DB bench press	incline press	bench press
C.	seated 1-arm cable row	2	6-10ea	2min	B-stance 1-arm DB row (ea)	bent over 1-arm landmine row (ea)	standing 1-arm cable row (ea)
D.	seated DB Z press	2	6-10	2min	low incline DB press	standing 1-arm landmine shoulder press (ea)	pause incline DB press (2s pause)
E.	alt. lat pulldown	2	8-12ea	2min	DB floor pullover	tall-kneeling 1-arm cable pull-in (ea)	1-arm lat pulldown (ea)
F.	prone DB rear delt raise	2	12-15	90s	cable rear delt flye	bent over DB rear delt raise	face pull

MONTH 11

Day 3: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	floating heel drop	2	30s	90s	constant-tension BW step-up (ea)	jump rope 80-100	single-leg calf hop (ea)
B.	pause goblet squat (2s pause)	3	5-8	3min	back squat	hack squat	lever squat
C.	B-stance DB good morning	2	8-12ea	2min	single-leg braced KB swing (ea)	single-leg braced DB Romanian deadlift (ea)	B-stance Romanian deadlift (ea)
D.	pause DB glute bridge (3s pause)	2	6-10	2min	single-leg DB hip thrust 8-15 (ea)	pause glute drive hip thrust (3s pause)	pause hip thrust (5s pause)
E.	goblet lateral box squat	2	8-12ea	90s	landmine curtsy lunge (ea)	alt. DB lateral squat (ea)	DB lateral lunge (ea)
F.	cable pull-through	2	15-20	90s	45-degree cable glute kickback (ea)	eccentric-only glute ham raise (5s lowering phase) AMRAP	DB back extension

MONTH 11

Day 4: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	pause torso-elevated push-up (2s pause)	2	5-8	2min	flat 1-arm DB bench press (ea)	BW push-up	weighted push-up
B.	OH-grip lat pulldown	3	5-8	3min	seated pull-up	BW pull-up	weighted pull-up
C.	standing DB shoulder press	2	6-10	3min	seated Arnold press	push press	seated BB shoulder press
D.	UH-grip DB row	2	8-12	2min	landmine row	seated 1-arm cable row (ea)	chest-supported T-bar row
E.	DB lateral raise	2	6-10	90s	standing 1-arm cable lateral raise (ea)	seated DB lateral raise	DB 6 ways
F1.	DB hammer curl	2	12-15	30s	DB spider curl	DB bicep curl	cable bicep curl (straight bar)
F2.	DB skull crusher	2	15-20	90s	torso-elevated BW tricep extension AMRAP	BW dip AMRAP	EZ bar skull crusher

MONTH 12
Dynamic Warmup

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open half-kneeling adductor dip x15s ea
half-kneeling hip flexor mobilization x15s ea
half-kneeling T-spine rotation x15s ea
BW reverse lunge with OH reach x15s ea
BW windmill x15s ea

MONTH 12

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB triple extension squat	2-3	3-5	2min	DB jump squat	box jump	trap bar jump
B.	leg press	3	5-8	3min	box squat	front squat	back squat
C.	pause Romanian deadlift (2s pause)	2	5-8	3min	trap bar deadlift	conventional deadlift	sumo deadlift
D.	pause goblet squat (2s pause)	2	6-10	2min	front foot-elevated DB split squat (ea)	single-leg leg extension (ea)	contralateral braced DB step-up (ea)
E.	DB stiff-leg deadlift	2	8-12	90s	DB glute emphasis back extension	B-stance good morning (ea)	B-stance hip thrust (ea)
F.	banded cha-cha	2	15-20ea	1min	side-lying hip raise 8-12 (ea)	standing cable hip abduction 12-15 (ea)	extra range side-lying BW hip abduction (ea)

MONTH 12

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB renegade row	2	6-10ea	90s	Pallof press (ea)	low-to-high cable wood chop (ea)	horizontal wood chop (ea)
B.	pause UH-grip DB row (3s pause)	3	5-8	3min	bent over BB row	pause chest-supported T-bar row (2s pause)	OH-grip lat pulldown
C.	flat DB bench press	2-3	6-10	3min	low incline DB press	weighted push-up	bench press
D1.	seated cable row	2-3	6-10	30s	isometric inverted row hold 15-30s	half-kneeling 1-arm cable pulldown (ea)	pause chest-supported DB row (2s pause)
D2.	seated DB Z press	2-3	8-12	90s	half-kneeling 1-arm DB shoulder press (ea)	standing DB shoulder press	DB push press
E.	standing 1-arm cable lateral raise	2	8-12ea	90s	prone DB lateral raise	1-arm DB lateral throw (ea)	1-arm DB leaning lateral raise (ea)
F.	high-to-low 1-arm face pull	2	8-12ea	90s	prone DB face pull	reverse pec deck	standing 1-arm face pull (ea)

MONTH 12

Day 3: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	double DB swing	2-3	15-20	2min	jump rope 30-60s	KB swing	sled push 50 steps
B.	BB back extension	3	5-8	3min	pause hip thrust (3s pause)	speed sumo deadlift	speed conventional deadlift
C.	pause leg press (2s pause)	2-3	5-8	3min	pause lever squat (2s pause)	pause front squat (2s pause)	pause squat (2s pause)
D.	pause lying cable leg curl (2s pause)	2-3	5-8	2min	lying machine leg curl 8-12	band-assisted Nordic ham curl	eccentric-only glute ham raise (5s lowering phase) AMRAP
E.	leg extension	2	12-15	2min	sissy squat AMRAP	band quadruped knee extension	DB walking lunge (ea)
F.	lateral band walk	2	12-20ea	1min	45-degree cable glute kickback 8-12 (ea)	standing band hip abduction (ea)	BW glute emphasis back extension

MONTH 12

Day 4: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB landmine rotation	2-3	6-10ea	2min	lateral med ball toss (ea)	DB diagonal lift (ea)	OH med ball slam
B.	standing DB shoulder press	3	5-8	3min	alt. DB floor press (ea)	pause flat DB bench press (2s pause)	close-grip bench press
C.	chest-supported 1-arm lat pulldown	2-3	6-10ea	2min	bent over 1-arm landmine row (ea)	deadstop 1-arm DB row (ea)	half-kneeling 1-arm cable pulldown (ea)
D1.	pause torso-elevated push-up (2s pause)	2	8-12	30s	pec deck	DB floor press	feet-elevated push-up
D2.	alt. DB gorilla row	2	8-12ea	2min	band-assisted chin-up 5-8	rack pull-up AMRAP	inverted row
E1.	high incline DB Tate press	2	12-15	30s	band-assisted dip 8-12	standing EZ bar tricep extension	crossbody tricep extension
E2.	DB spider curl	2	12-15	90s	alt. DB hammer curl (ea)	DB preacher curl	EZ bar curl

2X/WEEK
HOME TURBO VERSION

YEAR OF STRENGTH 2026

MONTH 1:
Dynamic Warmup

90/90 hip switch x30s
quadruped adductor hinge x15s ea
thread the needle x15s ea
lunge windmill x15s ea
quad stretch to hamstring sweep x15s ea

MONTH 1

Day 1: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB front squat	2	6-12	3min	pause heel-elevated DB squat (2s pause)	front foot-elevated DB split squat (ea)	foam roller DB hack squat
B.	bent over 1-arm band lat pulldown	2	8-15ea	2min	bent over band lat pulldown	inverted row - 6 ways AMRAP	pause inverted row (2s pause) AMRAP
C1.	DB good morning	2	6-12	30s	B-stance DB good morning 8-12 (ea)	DB stiff-leg deadlift 8-12	ecc.-acc. B-stance DB Romanian deadlift (3s lowering phase) (ea)
C2.	torso-elevated push-up	2	6-12	2min	BW push-up AMRAP	DB glute bridge floor press	pause push-up (2s pause) AMRAP
D1.	single-leg DB hip thrust	2	8-15ea	30s	DB hip thrust	pause DB glute bridge (3s pause)	single-leg BW deficit pause hip thrust (2s pause) (ea)
D2.	braced DB reverse lunge	2	8-15ea	30s	DB reverse lunge (ea)	DB step-up (ea)	DB kneel-to-stand (ea)
D3.	DB upright row	2	12-20	2min	band Y raise	DB lateral raise	DB high pull

MONTH 1

Day 2: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	goblet squat	2	6-12	30s	goblet squat 1.5 reps	pause DB front squat (2s pause)	B-stance DB squat (ea)
A2.	standing DB shoulder press	2	6-12	3min	seated Arnold press 8-12	high incline DB press	seated DB shoulder press
B1.	band good morning	2	8-15	30s	BW reverse hyperextension	DB hip thrust	pause DB hip thrust (3s pause)
B2.	bent over DB seesaw row	2	8-15ea	2min	UH-grip DB row	deadstop 1-arm DB row (ea)	pause chest-supported DB row (2s pause)
C1.	DB split squat	2	8-15ea	30s	B-stance goblet squat (ea)	braced DB curtsy lunge (ea)	DB curtsy lunge (ea)
C2.	DB glute bridge floor press	2	8-15	2min	DB floor press	flat DB bench press	flat 1-arm DB bench press (ea)

MONTH 2
Dynamic Warmup

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scapular push-up x30s
dynamic ankle mobilization x15s ea
hip lunge to T-spine rotation x15s ea
open half-kneeling adductor dip x15s ea
standing hip opener x15s ea

MONTH 2

Day 1: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	DB Romanian deadlift	2	6-12	30s	DB good morning	B-stance DB Romanian deadlift (ea)	pause B-stance DB Romanian deadlift (2s pause) (ea)
A2.	torso-elevated push-up	2	5-8	2min	eccentric-only push-up (5s lowering phase)	BW push-up	weighted push-up
B1.	DB split squat	2	8-15ea	30s	BW Bulgarian split squat (ea)	DB Bulgarian split squat (ea)	pause goblet Bulgarian split squat (2s pause) (ea)
B2.	band lat pulldown	2	6-12	1min	prone towel pull-up AMRAP	inverted row - 6 ways	BW pull-up AMRAP
C1.	DB hip thrust	2	6-12	30s	pause DB hip thrust (3s pause)	DB back extension	pause DB back extension (2s pause)
C2.	standing 1-arm band row	2	8-15ea	90s	half-kneeling 1-arm band row (ea)	seated band row	seated 1-arm band row (ea)
D.	deadbug	1-2	8-12ea	2min	shoulder tap (ea)	1-arm DB overhead march (ea)	KB or DB halo (ea)

MONTH 2

Day 2: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	KB deadlift	2	6-12	30s	DB suitcase deadlift (ea)	Nordic hip hinge 3-5	Nordic ham curl 3-5
A2.	DB floor press	2	6-12	2min	flat DB bench press	standing DB shoulder press	incline DB press
B1.	constant-tension DB Romanian deadlift	2	8-15	30s	ecc.-acc. DB Romanian deadlift (4s lowering phase)	DB good morning	pause DB good morning (2s pause)
B2.	UH-grip DB row	2	8-15	2min	pause UH-grip DB row (3s pause)	3-point DB row (ea)	bent over DB row
C1.	braced DB reverse lunge	2	8-15ea	30s	DB curtsy lunge (ea)	DB deficit reverse lunge (ea)	DB deficit curtsy lunge (ea)
C2.	seated DB shoulder press	2	8-15	2min	high incline DB press	half-kneeling 1-arm DB shoulder press (ea)	standing Arnold press
D.	BW sit-up	1-2	8-12	90s	plank 1-arm DB row (ea)	plank saw	weighted deadbug (ea)

MONTH 3
Dynamic Warmup

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half-kneeling lunge to T-spine rotation x15s ea
quadruped adductor windmill x15s ea
lateral squat x15s ea
reverse lunge to OH reach x15s ea
YTWL x10s ea

MONTH 3

Day 1: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	goblet squat	2-3	6-12	2min	pause heel-elevated DB squat (2s pause)	foam roller DB hack squat	B-stance DB squat (ea)
B.	close-grip DB floor press	2-3	6-12	3min	incline DB press	DB floor press	flat DB bench press
C.	DB stiff-leg deadlift	2	6-12	2min	pause DB back extension (2s pause)	Nordic hip hinge 3-5	Nordic ham curl 3-5
D.	band row	2	6-12	2min	chest-supported DB row	deadstop 1-arm DB row (ea)	pause bent over DB row (2s pause)
E1.	1-arm DB lateral squat	2	8-15ea	30s	1-arm DB lateral lunge (ea)	sliding 1-arm DB lateral lunge (ea)	foot-elevated 1-arm DB lateral squat (ea)
E2.	torso-elevated push-up	2	8-15	30s	band-assisted push-up	BW push-up AMRAP	weighted push-up
E3.	band lat stretcher	2	8-15	1min	DB floor pullover	inverted row - 6 ways	prone towel pull-up AMRAP

MONTH 3

Day 2: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	pause DB glute bridge (3s pause)	2-3	6-12	2min	pause single-leg DB hip thrust (3s pause) (ea)	B-stance DB hip thrust (ea)	pause DB hip thrust (5s pause)
B.	flat DB bench press	2-3	6-12	3min	close-grip DB floor press	pause push-up (2s pause)	pause flat DB bench press (2s pause)
C.	DB Romanian deadlift 1.5 reps	2	8-15	2min	DB Romanian deadlift	DB stiff-leg deadlift	ecc.-acc. DB Romanian deadlift (4s lowering phase)
D.	inverted row - 6 ways	2	5-8	2min	prone band lat pulldown 12-20	BW chin-up AMRAP	BW pull-up AMRAP
E1.	front foot-elevated DB split squat	2	8-12ea	0s	B-stance DB front squat (ea)	DB Bulgarian split squat (ea)	pause DB Bulgarian split squat (2s pause) (ea)
E2.	half-kneeling DB shoulder press	2	8-15	90s	high incline DB press	DB push press	half-kneeling 1-arm DB shoulder press (ea)

MONTH 4
Dynamic Warmup

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scapular push-up x30s
bear squat x30s
standing hip opener x15s ea
front-to-back leg swing x15s ea
side-to-side leg swing x15s ea

MONTH 4

Day 1: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	goblet squat	2-3	6-12	2min	goblet squat 1.5 reps	pause heel-elevated DB squat (2s pause)	foam roller DB hack squat
B.	bent over DB row	2-3	6-12	2min	chest-supported DB row	pause bent over DB row (2s pause)	pause bent over 1-arm DB row (2s pause) (ea)
C1.	DB split squat	2	6-12ea	0s	1-arm DB Bulgarian split squat w/ a twist (ea)	DB reverse lunge (ea)	DB deficit reverse lunge (ea)
C2.	seated Arnold press	2	8-15	0s	seated DB Z press	standing DB seesaw press (ea)	seated DB shoulder press
C3.	seated bent over DB rear delt raise	2	12-20	90s	bent over DB rear delt raise	DB face pull	band rear delt flye
D.	DB Romanian deadlift	2	8-15	2min	B-stance DB Romanian deadlift (ea)	DB stiff-leg sumo deadlift	4-3-1 DB sumo stiff-leg deadlift
E.	bent over band lat pulldown	2	8-15	90s	bent over 1-arm band lat pulldown (ea)	tall-kneeling 1-arm straight-arm band lat pulldown (ea)	prone band lat pulldown 12-20

MONTH 4

Day 2: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB straddle lift	2-3	6-12	3min	KB straddle lift	DB front squat	ecc.-acc. goblet squat (4s lowering phase)
B.	high incline DB press	2-3	8-15	3min	standing DB shoulder press	DB push press	ecc.-acc. DB push press (3s lowering phase)
C.	constant-tension DB Romanian deadlift	2	8-15	2min	pause DB Romanian deadlift (2s pause)	single-leg DB back extension (ea)	pause DB back extension (2s pause)
D1.	B-stance 1-arm DB row	2	6-10ea	30s	alt. DB gorilla row (ea)	standing 1-arm band row (ea)	bent over 1-arm DB row (ea)
D2.	goblet lateral box squat	2	8-15ea	90s	alt. DB lateral squat (ea)	lateral lunge (ea)	1-arm DB lateral step-up (ea)
E1.	pause DB floor press (2s pause)	2	6-10	30s	BW push-up AMRAP	alt. flat DB bench press (ea)	flat 1-arm DB bench press (ea)
E2.	DB pullover	2	12-15	90s	DB floor pullover	band pull-apart	pause band pull-apart (2s pause)

MONTH 5
Dynamic Warmup

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swimmers x30s
quadruped adductor hinge x15s ea
BW reverse lunge to OH reach x15s ea
standing hip rock to hamstring mobilization x15s ea
standing hip opener x15s ea

MONTH 5

Day 1: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	pause DB Romanian deadlift (2s pause)	2-3	6-12	3min	DB Romanian deadlift	DB stiff-leg deadlift	4-3-1 DB sumo stiff-leg deadlift
B.	high incline DB press	2	6-12	2min	low incline DB press	DB push press	standing DB shoulder press
C.	DB front squat	2	8-15	2min	heel-elevated DB squat	DB Bulgarian split squat (ea)	DB step-up (ea)
D1.	deadstop 1-arm DB row	2	6-12ea	30s	low incline chest-supported DB row	bent over batwing row (ea)	UH-grip DB row
D2.	deadstop torso-elevated push-up	2	6-12	2min	flat DB bench press	BW push-up AMRAP	weighted push-up
E1.	prone band leg curl	2	12-20	30s	single-leg stability ball leg curl 8-12 (ea)	pause prone band leg curl (2s pause)	straight-leg feet-elevated BW hamstring thrust
E2.	DB landmine rotation	2	8-12ea	1min	KB diagonal lift (ea)	DB diagonal lift (ea)	side-to-side DB mock "slam" (ea)

MONTH 5

Day 2: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB good morning	2-3	6-12	3min	pause DB good morning (2s pause)	ecc.-acc. DB Romanian deadlift (4s lowering phase)	DB back extension
B.	band lat pulldown	2	8-12	3min	3-point DB row (ea)	BW pull-up 3-5	weighted pull-up 3-5
C.	goblet box squat	2	6-12	2min	front heel-elevated DB split squat (ea)	heel-elevated DB squat	pause DB foam roller hack squat (2s pause)
D.	eccentric-accentuated DB push press (3s lowering phase)	2	6-12	2min	half-kneeling 1-arm DB shoulder press (ea)	pause DB shoulder press (3s pause)	DB floor press
E1.	stability ball leg curl	2	12-20	30s	gliding leg curl AMRAP	sliding leg curl	eccentric-only sliding leg curl 6-12
E2.	chest-supported 1-arm DB row	2	6-12ea	30s	1-arm band lat pulldown (ea)	bent over 1-arm DB row (ea)	deadstop 1-arm DB row (ea)
E3.	shoulder tap	2	8-15ea	1min	weighted plank to toe tap (ea)	weighted deadbug (ea)	band-resisted deadbug (ea)

MONTH 6
Dynamic Warmup

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alt. wide-stance windmill to lateral squat x30s
bent over T-spine rotation x15s ea
BW reverse lunge x15s ea
quad stretch to hamstring sweep x15s ea
standing shoulder protraction to retraction x30s

MONTH 6

Day 1: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	B-stance goblet squat	2	6-12ea	3min	pause heel-elevated DB squat (2s pause)	pause DB foam roller hack squat (2s pause)	pause B-stance goblet squat (2s pause) (ea)
B.	flat DB bench press	2	6-12	3min	alt. DB Z press (ea)	incline DB press	pause flat DB bench press (2s pause)
C.	DB suitcase deadlift	2	8-15ea	2min	DB good morning	B-stance DB Romanian deadlift (ea)	single-leg braced DB Romanian deadlift (ea)
D.	DB floor pullover	2	8-15	2min	inverted row - 6 ways	ecc.-acc. DB pullover (2s lowering phase)	bent over 1-arm band lat pulldown (ea)
E1.	goblet lateral box squat	2	6-10ea	30s	1-arm DB lateral step-up (ea)	alt. DB lateral squat (ea)	1-arm DB lateral squat (ea)
E2.	seated DB shoulder press	2	6-10	30s	close-grip DB floor press	feet-elevated push-up	weighted push-up
E3.	bent over DB row	2	6-12	90s	deadstop 1-arm DB row (ea)	standing 1-arm band row (ea)	pause bent over DB row (2s pause)

MONTH 6

Day 2: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	compact hip hinge	2	8-15	0s	DB Romanian deadlift	rear foot-elevated DB Romanian deadlift (ea)	DB stiff-leg deadlift
A2.	hamstring walkout	2	8-15	2min	prone band leg curl	sliding leg curl	seated hamstring heel curl
B.	band lat pulldown	2	8-15	3min	pause UH-grip DB row (3s pause)	prone towel pull-up AMRAP	inverted row - 6 ways 8-15
C.	B-stance DB glute bridge	2	6-12ea	2min	pause DB glute bridge (3s pause)	DB hip thrust with pulse	pause single-leg BW hip thrust (2s pause) (ea)
D1.	DB push press	2	6-12	30s	standing DB shoulder press	high incline DB press	incline DB press
D2.	bent over DB seesaw row	2	6-12ea	90s	half-kneeling 1-arm band row (ea)	seated 1-arm band row (around feet) (ea)	B-stance 1-arm DB row (ea)
E.	DB split squat	2	6-12ea	2min	DB walking lunge 8-15 (ea)	B-stance goblet squat (ea)	1-arm DB Bulgarian split squat w/ a twist (ea)

MONTH 7
Dynamic Warmup

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bear squat x30s
half-kneeling T-spine rotation x15s ea
bowler squat x15s ea
standing hip opener x15s ea
walking knee hug x30s

MONTH 7

Day 1: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	box jump	2	3-5	2min	pause DB squat (2s pause) 8-12	DB triple extension squat	seated vertical jump
B1.	DB Romanian deadlift	2	8-15	30s	rear foot-elevated DB Romanian deadlift (ea)	DB stiff-leg deadlift	pause DB Romanian deadlift (2s pause)
B2.	pause deficit hamstring thrust (4s pause)	2	3-8	2min	gliding leg curl	sliding leg curl	eccentric-only sliding leg curl
C1.	pause bent over DB row (2s pause)	2	6-12	30s	DB pullover	prone band lat pulldown	bent over band lat pulldown
C2.	single-leg band terminal knee extension (TKE)	2	8-15ea	30s	pause goblet squat (2s pause)	DB split squat (ea)	DB deficit reverse lunge (ea)
C3.	goblet squat	2	8-15	90s	goblet squat 1.5 reps	heel-elevated DB squat	heel-elevated foam roller DB hack squat
D1.	pause DB shoulder press (3s pause)	2	6-12	30s	low incline DB press	DB push press	standing DB shoulder press
D2.	DB reverse lunge to forward lunge	2	6-12ea	30s	B-stance goblet squat (ea)	DB split squat (ea)	DB walking lunge (ea)
D3.	single-leg braced DB Romanian deadlift	2	6-12ea	90s	single-leg braced DB swing (ea)	straight-leg feet-elevated hamstring thrust	hand-to-hand KB swing (ea)

MONTH 7

Day 2: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB jump squat	2	3-5	2min	wall sit 30-45s	BW split squat jump 8-12 (ea)	box jump
B.	DB deficit reverse lunge	2	6-12ea	2min	pivot split squat (ea)	DB Bulgarian split squat (ea)	pause DB split squat (2s pause) (ea)
C.	pause DB shoulder press (3s pause)	2	6-12	2min	high incline DB press	half-kneeling DB shoulder press	ecc.-acc. DB push press (3s lowering phase)
D1.	pause DB Romanian deadlift (2s pause)	2	8-15	30s	DB stiff-leg deadlift	B-stance 1-arm KB Romanian deadlift from deadstop (ea)	single-leg braced DB Romanian deadlift (ea)
D2.	stability ball leg curl	2	12-20	30s	deficit hamstring thrust	pause prone band leg curl (2s pause)	prone band leg curl
D3.	pause chest-supported DB row (2s pause)	2	6-12	90s	inverted row - 6 ways	pause seated band row (3s pause)	standing 1-arm band row (ea)
E1.	B-stance BW hip thrust	2	8-15ea	30s	feet-elevated BW glute bridge	single-leg BW hip thrust (ea)	single-leg deficit BW hip thrust (ea)
E2.	prone DB lateral raise	2	8-15	30s	DB lateral raise 21s 7 (ea)	lean-in 1-arm DB lateral raise (ea)	DB lateral raise
E3.	DB front raise	2	12-20	1min	band upright row	DB high pull	DB upright row

MONTH 8
Dynamic Warmup

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alt. hip lunge to T-spine rotation x30s
alt. wide-stance windmill to lateral squat x30s
quad stretch to hamstring sweep x15s ea
side-to-side leg swing x15s ea
front-to-back leg swing x15s ea

MONTH 8

Day 1: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	box jump	2	5-8	30s	wall sit 30-45s	seated vertical jump	standing vertical jump
A2.	DB triple extension squat	2	8-15	1min	DB thruster	KB thruster	deadball OH throw
B1.	heel-elevated DB squat	2	5-8	30s	1-arm DB Bulgarian split squat (ea)	assisted pistol squat (ea)	sissy squat AMRAP
B2.	band-resisted bent over 1-arm DB row	2	5-8ea	2min	isometric inverted row hold 10-20s	BW pull-up	weighted pull-up
C1.	eccentric-accentuated DB Romanian deadlift (4s lowering phase)	2	6-12	30s	DB Romanian deadlift	DB back extension	single-leg DB back extension (ea)
C2.	seated Arnold press	2	6-12	2min	high incline DB press	seated Z press	seated DB shoulder press
D1.	single-leg DB glute bridge	2	8-15ea	30s	45-degree knee-banded glute kickback (ea)	pause DB hip thrust (2s pause)	single-leg DB hip thrust (ea)
D2.	deadstop 1-arm DB row	2	6-12ea	90s	low incline chest-supported DB row	pause seated band row (3s pause)	bent over DB seesaw row (ea)

MONTH 8

Day 2: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	DB jump squat	2	5-8	30s	DB split squat jump (ea)	BW split squat jump (ea)	DB standing vertical jump
A2.	deadstop torso-elevated push-up	2	6-10	1min	band-assisted push-up	torso-elevated plyo push-up	plyo push-up
B1.	pause DB Romanian deadlift (2s pause)	2	6-12	30s	pause DB good morning (2s pause)	pause Nordic ham curl (2s pause)	Nordic hip hinge
B2.	flat DB bench press	2	6-12	3min	DB floor press	incline DB press	flat 1-arm DB bench press (ea)
C1.	goblet box squat	2	6-12	30s	DB reverse lunge (ea)	heel-elevated DB foam roller hack squat	pause DB front squat (2s pause)
C2.	UH-grip DB row	2	8-15	2min	DB pullover	seated 1-arm band row (around feet) (ea)	chest-supported 1-arm DB row (ea)
D.	DB back extension	2	8-15	2min	band pull-through	DB straddle lift	KB straddle lift
E.	half-kneeling 1-arm DB shoulder press	2	8-15ea	2min	pause DB shoulder press (3s pause)	alt. incline DB press (ea)	1-arm incline DB press (ea)

MONTH 9
Dynamic Warmup

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hip lunge to T-spine rotation x15s ea
quadruped adductor hinge x15s ea
half-kneeling hip flexor mobilization x15s ea
body weight windmill x15s ea
dynamic shoulder circle x15s ea

MONTH 9

Day 1: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	body weight triple extension squat	2	20-30s	30s	single-leg calf hop (ea)	multi-directional single-leg calf hop (ea)	jump rope
A2.	alt. DB halo	2	20-30s	90s	side-to-side med ball slam (ea)	DB mock "slam"	bent over med ball slam
B1.	single-leg prone band leg curl	2	8-12ea	0s	Nordic hip hinge 3-5	prone band leg curl	single-leg stability ball leg curl (ea)
B2.	DB straddle lift	2	12-15	2min	KB swing	1-arm DB suitcase deadlift (ea)	DB stiff-leg deadlift
C.	3-point DB row	2	6-12ea	2min	pause bent over DB row (2s pause)	seated band row (around feet)	bent over 1-arm DB row (ea)
D1.	front foot-elevated DB split squat	2	6-12ea	30s	1-arm DB Bulgarian split squat (ea)	DB deficit reverse lunge (ea)	DB curtsy lunge (ea)
D2.	incline DB press	2	8-15	90s	seated DB shoulder press	BW push-up AMRAP	pause incline DB press (2s pause)
E1.	DB Romanian deadlift	2	8-15ea	30s	B-stance DB hip thrust (ea)	DB glute emphasis back extension	pause single-leg DB hip thrust (2s pause) (ea)
E2.	pause UH-grip DB row (3s pause)	2	8-12	90s	band lat pulldown	seated pull-up 5-8	BW pull-up AMRAP

MONTH 9

Day 2: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	single-leg BW box squat	2	5-8ea	30s	BW split squat jump (ea)	DB jump squat	box jump
A2.	DB landmine rotation	2	8-12ea	90s	half-kneeling alt. OH med ball slam (ea)	side-to-side OH med ball slam (ea)	OH med ball slam w/ power rotation (ea)
B1.	braced skater squat	2	6-12ea	0s	bench step-over (ea)	band-assisted kneeling leg extension	sissy squat 5-8
B2.	pause goblet squat (2s pause)	2	6-12	2min	B-stance wall sit 30-45s (ea)	wall sit 30-45s	heel-elevated DB squat
C.	seated pull-up	2	5-8	3min	ecc.-acc. DB pullover (2s lowering phase) 6-12	inverted row - 6 ways	BW pull-up AMRAP
D1.	KB swing	2	5-8	30s	band pull-through	band-assisted Nordic ham curl	Nordic hip hinge
D2.	pause DB floor press (2s pause)	2	6-12	90s	DB floor press	alt. flat DB bench press (ea)	close-grip DB bench press
E1.	1-arm B-stance DB Romanian deadlift	2	8-12ea	30s	B-stance DB good morning (ea)	single-leg DB back extension (ea)	single-leg DB hip thrust (ea)
E2.	half-kneeling 1-arm band row	2	6-12ea	90s	alt. DB gorilla row (ea)	pause chest-supported DB row (2s pause) 6-10	bent over DB seesaw row (ea)

MONTH 10
Dynamic Warmup

BW glute bridge to OH reach x30s
open book x15s ea
supine angel x15s ea
quadruped adductor hinge x15s ea
YTWL x10s ea

MONTH 10

Day 1: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	DB triple extension squat	2	3-8	30s	DB standing vertical jump	box jump	DB jump squat
A2.	DB diagonal lift	2	5-8ea	90s	side-to-side DB mock "slam" (ea)	horizontal band wood chop (ea)	lateral med ball toss (ea)
B.	goblet squat	2	6-12	2min	pause goblet squat (2s pause)	pause DB front squat (2s pause)	pause heel-elevated DB squat (2s pause)
C.	seated DB shoulder press	2	6-12	2min	deadstop torso-elevated push-up	pike push-up AMRAP	DB push press
D.	B-stance DB good morning	2	6-12ea	2min	feet-elevated BW glute bridge 20-30	pause DB Romanian deadlift (2s pause)	single-leg braced DB Romanian deadlift (ea)
E.	bent over DB row	2	6-12	2min	band lat pulldown	BW pull-up	weighted pull-up
F1.	single-leg BW box squat	2	8-15ea	30s	1-arm racked DB reverse lunge (ea)	alt. DB lateral squat (ea)	DB lateral lunge (ea)
F2.	flat DB bench press	2	6-12	90s	1-arm incline DB press (ea)	low incline DB press	DB floor press

MONTH 10

Day 2: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	standing vertical jump	2	5-8	30s	DB standing vertical jump	KB sled push 50 steps	KB swing 15-20
A2.	deadball OH throw	2	5-8	90s	torso-elevated plyo push-up	plank-to-plank	power plank-up from knees
B1.	DB hip thrust	2	8-15	0s	DB good morning	1-arm DB suitcase deadlift (ea)	pause DB Romanian deadlift (2s pause)
B2.	hamstring walkout	2	8-15	3min	sliding leg curl	single-leg stability ball leg curl (ea)	stability ball leg curl
C1.	bent over band lat pulldown	2	6-12	0s	inverted row - 6 ways	UH-grip DB row	DB pullover
C2.	bent over DB seesaw row	2	6-12ea	2min	alt. DB gorilla row (ea)	pause seated band row (3s pause)	pause bent over DB row (2s pause)
D1.	DB split squat	2	6-12ea	30s	1-arm DB Bulgarian split squat (ea)	B-stance goblet squat (ea)	DB deficit reverse lunge (ea)
D2.	alt. DB floor press	2	6-12ea	90s	high incline DB press	pause flat DB bench press (2s pause)	flat DB bench press
E1.	single-leg band terminal knee extension (TKE)	2	8-12ea	30s	braced skater squat (ea)	DB high step-up (ea)	contralateral braced 1-arm DB step-up (ea)
E2.	band lat stretcher	2	8-15	90s	band-resisted bent over 1-arm DB row (ea)	chest-supported 1-arm DB row (ea)	bent over 1-arm band lat pulldown (ea)

MONTH 11
Dynamic Warmup

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bear squat x30s
half-kneeling T-spine rotation x15s ea
alt. wide-stance windmill to lateral squat x30s
bowler squat x15s ea
standing hip opener x15s ea

MONTH 11

Day 1: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	BW triple extension squat	2	6-10	30s	BW squat pulse 15-20	box jump	BW split squat jump (ea)
A2.	deadbug	2	6-10ea	1min	reverse crunch	band crunch	bent over med ball slam
B.	pause DB Romanian deadlift (2s pause)	2	5-8	3min	hamstring walkout	DB deficit hamstring thrust 12-15	pause Nordic ham curl (2s pause)
C.	DB floor press	2	6-12	3min	alt. flat DB bench press (ea)	low incline DB press	flat DB bench press
D1.	B-stance DB front squat	2	6-12ea	30s	DB split squat (ea)	DB Bulgarian split squat (ea)	DB deficit reverse lunge (ea)
D2.	seated 1-arm band row (around feet)	2	6-12ea	90s	band lat pulldown	bent over 1-arm DB row (ea)	B-stance 1-arm DB row (ea)
E1.	B-stance DB glute bridge	2	8-15ea	30s	pause BW reverse hyperextension (2s pause)	DB hip thrust	B-stance DB hip thrust (ea)
E2.	seated DB Z press	2	12-15	90s	low incline DB press	DB push press	pause incline DB press (2s pause)

MONTH 11

Day 2: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	floating heel drop	2	8-15	30s	constant-tension BW step-up (ea)	jump rope 80-100	single-leg calf hop (ea)
A2.	pause torso-elevated push-up (2s pause)	2	5-8	1min	flat 1-arm DB bench press (ea)	BW push-up	weighted push-up
B.	pause goblet squat (2s pause)	2	6-12	3min	heel-elevated DB squat	front foot-elevated DB split squat (ea)	sissy squat AMRAP
C.	eccentric-accentuated DB pullover (2s lowering phase)	2	5-8	3min	prone towel pull-up	BW pull-up	weighted pull-up
D1.	B-stance DB good morning	2	8-15ea	30s	single-leg braced KB swing (ea)	single-leg braced DB Romanian deadlift (ea)	B-stance DB Romanian deadlift (ea)
D2.	standing DB shoulder press	2	6-12	90s	seated Arnold press	seated DB shoulder press	seated DB Z press
E1.	pause DB glute bridge (3s pause)	2	6-12	30s	single-leg DB hip thrust 8-15 (ea)	knee-banded quadruped hip extension 12-15 (ea)	pause DB hip thrust (5s pause)
E2.	UH-grip DB row	2	8-15	90s	low incline chest-supported DB row	tall-kneeling 1-arm band pull-in (ea)	bent over batwing row (ea)

MONTH 12
Dynamic Warmup

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open half-kneeling adductor dip x15s ea
half-kneeling hip flexor mobilization x15s ea
half-kneeling T-spine rotation x15s ea
BW reverse lunge with OH reach x15s ea
BW windmill x15s ea

MONTH 12

Day 1: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	DB triple extension squat	2	3-5	30s	standing vertical jump	DB jump squat	box jump
A2.	DB renegade row	2	6-10ea	90s	band Pallof press (ea)	low-to-high band wood chop (ea)	horizontal band wood chop (ea)
B.	1-arm racked DB reverse lunge	2-3	6-12ea	2min	pause 1-arm DB Bulgarian split squat (2s pause) (ea)	pause DB squat (2s pause)	B-stance DB front squat (ea)
C.	eccentric-accentuated DB pullover (2s lowering phase)	2-3	5-8	2min	inverted row - 6 ways	prone towel pull-up	eccentric-only pull-up 2-3
D1.	pause prone band leg curl (2s pause)	2	6-12	0s	gliding leg curl	eccentric-only sliding leg curl (5s lowering phase)	hamstring walkout
D2.	KB deadlift	2	8-15	30s	1-arm DB suitcase deadlift (ea)	4-3-1 DB sumo stiff-leg deadlift	DB stiff-leg deadlift
D3.	flat DB bench press	2	6-12	90s	weighted push-up	1-arm DB floor press (ea)	pause flat DB bench press (2s pause)
E1.	DB straddle lift	2	8-15	30s	rear foot-elevated DB Romanian deadlift (ea)	feet-elevated BW glute bridge 12-20	B-stance DB hip thrust (ea)
E2.	pause UH-grip DB row (3s pause)	2	6-12	90s	bent over 1-arm DB row (ea)	pause chest-supported DB row (2s pause)	bent over DB seesaw row (ea)

MONTH 12

Day 2: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	double DB swing	2	15-20	30s	jump rope 30-60s	KB sled push 30-50 steps	KB swing
A2.	DB landmine rotation	2	6-10ea	90s	lateral med ball toss (ea)	DB diagonal lift (ea)	OH med ball slam
B.	1-arm B-stance KB Romanian deadlift from deadstop	2-3	6-12ea	2min	KB Romanian deadlift 8-15	single-leg braced DB Romanian deadlift (ea)	B-stance DB Romanian deadlift (ea)
C.	standing DB shoulder press	2-3	6-12	3min	alt. DB floor press (ea)	pause flat DB bench press (2s pause)	close-grip DB bench press
D1.	DB high step-up	2	6-12ea	30s	4-3-1 goblet squat	front foot-elevated DB split squat (ea)	pause heel-elevated DB squat (2s pause)
D2.	chest-supported 1-arm DB row	2	6-12ea	2min	BW chin-up AMRAP	deadstop 1-arm DB row (ea)	half-kneeling 1-arm band lat pulldown (ea)
E1.	prone DB leg curl	2	8-15	30s	ecc.-acc. stability ball leg curl (4s lowering phase)	seated hamstring heel curl	prone band leg curl 12-20
E2.	DB floor flye	2	8-12	90s	pause torso-elevated push-up (2s pause)	DB floor press	feet-elevated push-up

3X/WEEK
HOME TURBO VERSION

YEAR OF STRENGTH 2026

MONTH 1
Dynamic Warmup

90/90 hip switch x30s
quadruped adductor hinge x15s ea
thread the needle x15s ea
lunge windmill x15s ea
quad stretch to hamstring sweep x15s ea

MONTH 1

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB front squat	2	6-12	2min	pause heel-elevated DB squat (2s pause)	front foot-elevated DB split squat (ea)	foam roller DB hack squat
B.	DB good morning	2	6-12	2min	B-stance DB good morning 8-12 (ea)	DB stiff-leg deadlift 8-12	ecc.-acc. B-stance DB Romanian deadlift (3s lowering phase) (ea)
C1.	single-leg DB hip thrust	2	8-15ea	30s	DB hip thrust	pause DB glute bridge (3s pause)	pause single-leg BW deficit hip thrust (2s pause) (ea)
C2.	braced DB reverse lunge	2	8-15ea	90s	DB reverse lunge (ea)	DB step-up (ea)	DB kneel-to-stand (ea)
D.	band-assisted kneeling leg extension	2	12-15	2min	bench step-over (ea)	eccentric-only shrimp squat (5s lowering phase) (ea)	sissy squat AMRAP

MONTH 1

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	bent over 1-arm band lat pulldown	2	8-15ea	30s	bent over band lat pulldown	inverted row - 6 ways AMRAP	pause inverted row (2s pause) AMRAP
A2.	low incline DB press	2	6-12	2min	flat DB bench press	incline DB press	seated DB shoulder press
B1.	bent over 1-arm DB row	2	6-12ea	30s	chest-supported 1-arm DB row (ea)	pause bent over 1-arm DB row (2s pause) (ea)	pause chest-supported DB row (2s pause)
B2.	torso-elevated push-up	2	6-12	2min	BW push-up AMRAP	DB glute bridge floor press	pause push-up (2s pause) AMRAP
C1.	DB upright row	2	12-20	30s	band Y raise	DB lateral raise	DB high pull
C2.	alt. DB bicep curl	2	8-15ea	2min	DB hammer curl	band bicep curl	ecc.-acc. DB bicep curl (3s lowering phase)

MONTH 1

Day 3: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	goblet squat	2	6-12	30s	goblet squat 1.5 reps	pause DB front squat (2s pause)	B-stance DB squat (ea)
A2.	standing DB shoulder press	2	6-12	3min	seated Arnold press 8-12	high incline DB press	seated DB shoulder press
B1.	band good morning	2	8-15	30s	BW reverse hyperextension	DB hip thrust	pause DB hip thrust (3s pause)
B2.	bent over DB seesaw row	2	8-15ea	2min	UH-grip DB row	deadstop 1-arm DB row (ea)	pause chest-supported DB row (2s pause)
C1.	DB split squat	2	8-15ea	30s	B-stance goblet squat (ea)	braced DB curtsy lunge (ea)	DB curtsy lunge (ea)
C2.	DB glute bridge floor press	2	8-15	2min	DB floor press	flat DB bench press	flat 1-arm DB bench press (ea)

MONTH 2

Dynamic Warmup

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scapular push-up x30s
dynamic ankle mobilization x15s ea
hip lunge to T-spine rotation x15s ea
open half-kneeling adductor dip x15s ea
standing hip opener x15s ea

MONTH 2

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB Romanian deadlift	2	6-12	2min	DB good morning	B-stance DB Romanian deadlift (ea)	B-stance pause DB Romanian deadlift (2s pause) (ea)
B.	DB split squat	2	8-15ea	2min	front foot-elevated DB split squat (ea)	DB Bulgarian split squat (ea)	pause DB Bulgarian split squat (2s pause) (ea)
C1.	DB hip thrust	2	6-12	30s	pause DB hip thrust (3s pause)	DB back extension	pause DB back extension (2s pause)
C2.	standing BW calf raise	2	12-15	90s	BW donkey calf raise	standing DB calf raise	single-leg DB calf raise (ea)
D.	goblet squat	2	8-15	90s	B-stance goblet squat (ea)	braced BW step-up (ea)	DB lateral step-down (ea)
E.	hamstring walkout	2	12-20	90s	stability ball leg curl	deficit hamstring thrust	prone band leg curl

MONTH 2

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	band lat pulldown	2	6-12	30s	prone towel pull-up AMRAP	inverted row - 6 ways	BW pull-up AMRAP
A2.	torso-elevated push-up	2	5-8	2min	eccentric-only push-up (5s lowering phase)	BW push-up	weighted push-up
B1.	standing 1-arm band row	2	8-15ea	30s	half-kneeling 1-arm band row (ea)	seated band row	seated 1-arm band row (ea)
B2.	seated DB Z press	2	8-15	30s	standing DB seesaw press (ea)	standing DB shoulder press	DB push press
B3.	bent over BW Y raise	2	12-15	1min	band Y raise	bent over DB Y raise	prone DB Y raise
C.	deadbug	2	8-12ea	90s	shoulder tap (ea)	1-arm DB overhead march (ea)	KB or DB halo (ea)

MONTH 2

Day 3: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	KB deadlift	2	6-12	30s	DB suitcase deadlift (ea)	Nordic hip hinge 3-5	Nordic ham curl 3-5
A2.	DB floor press	2	6-12	2min	flat DB bench press	standing DB shoulder press	incline DB press
B1.	constant-tension DB Romanian deadlift	2	8-15	30s	ecc.-acc. DB Romanian deadlift (4s lowering phase)	DB good morning	pause DB good morning (2s pause)
B2.	UH-grip DB row	2	8-15	2min	pause UH-grip DB row (3s pause)	3-point DB row (ea)	bent over DB row
C1.	braced DB reverse lunge	2	8-15ea	30s	DB curtsy lunge (ea)	DB deficit reverse lunge (ea)	DB deficit curtsy lunge (ea)
C2.	seated DB shoulder press	2	8-15	2min	high incline DB press	half-kneeling 1-arm DB shoulder press (ea)	standing Arnold press
D.	BW sit-up	1-2	8-12	90s	plank 1-arm DB row (ea)	plank saw	weighted deadbug (ea)

MONTH 3
Dynamic Warmup

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half-kneeling lunge to T-spine rotation x15s ea
quadruped adductor windmill x15s ea
lateral squat x15s ea
reverse lunge to OH reach x15s ea
YTWL x10s ea

MONTH 3

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	goblet squat	3	6-12	2min	pause heel-elevated DB squat (2s pause)	foam roller DB hack squat	B-stance DB squat (ea)
B.	DB stiff-leg deadlift	2-3	6-12	2min	pause DB back extension (2s pause)	Nordic hip hinge 3-5	Nordic ham curl 3-5
C.	braced DB split squat	2	8-15ea	2min	alt. DB reverse lunge (ea)	BW split squat jump (ea)	DB split squat jump (ea)
D1.	KB deadlift	2	12-15	30s	B-stance KB swing 8-12 (ea)	DB suitcase deadlift (ea)	1-arm KB suitcase deadlift (ea)
D2.	1-arm DB lateral squat	2	8-15ea	2min	1-arm DB lateral lunge (ea)	sliding 1-arm DB lateral lunge (ea)	foot-elevated 1-arm DB lateral squat (ea)
E.	torso-elevated renegade row	2	8-12ea	1min	half-kneeling band Pallof press (ea)	half-kneeling DB wood chop (ea)	low-to-high band wood chop (ea)

MONTH 3

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	close-grip DB floor press	3	6-12	3min	incline DB press	DB floor press	flat DB bench press
B.	band row	2-3	6-12	2min	chest-supported DB row	deadstop 1-arm DB row (ea)	pause bent over DB row (2s pause)
C1.	torso-elevated push-up	2	8-15	30s	band-assisted push-up	BW push-up AMRAP	weighted push-up
C2.	band chest flye	2	12-20	2min	pause flat DB flye (2s pause)	incline DB flye	flat DB flye
D1.	band lat stretcher	2	8-15	30s	DB floor pullover	inverted row - 6 ways	prone towel pull-up AMRAP
D2.	bent over DB rear delt raise	2	12-15	90s	DB face pull	pause band pull-apart (2s pause)	band pull-apart

MONTH 3

Day 3: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	pause DB glute bridge (3s pause)	2-3	6-12	2min	pause single-leg DB hip thrust (3s pause) (ea)	B-stance DB hip thrust (ea)	pause DB hip thrust (5s pause)
B.	flat DB bench press	2-3	6-12	3min	close-grip DB floor press	pause push-up (2s pause)	pause flat DB bench press (2s pause)
C.	DB Romanian deadlift 1.5 reps	2	8-15	2min	DB Romanian deadlift	DB stiff-leg deadlift	ecc.-acc. DB Romanian deadlift (4s lowering phase)
D.	inverted row	2	5-8	2min	prone band lat pulldown 12-20	BW chin-up AMRAP	BW pull-up AMRAP
E1.	front foot-elevated DB split squat	2	8-12ea	0s	B-stance DB front squat (ea)	DB Bulgarian split squat (ea)	pause DB Bulgarian split squat (2s pause) (ea)
E2.	half-kneeling DB shoulder press	2	8-15	90s	high incline DB press	DB push press	half-kneeling 1-arm DB shoulder press (ea)

MONTH 4
Dynamic Warmup

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scapular push-up x30s
bear squat x30s
standing hip opener x15s ea
front-to-back leg swing x15s ea
side-to-side leg swing x15s ea

MONTH 4

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	goblet squat	2-3	6-12	3min	goblet squat 1.5 reps	pause heel-elevated DB squat (2s pause)	foam roller DB hack squat
B.	DB split squat	2-3	6-12ea	2min	1-arm DB Bulgarian split squat w/ a twist (ea)	DB reverse lunge (ea)	DB deficit reverse lunge (ea)
C.	DB Romanian deadlift	2	8-15	2min	B-stance DB Romanian deadlift (ea)	DB stiff-leg sumo deadlift	4-3-1 DB sumo stiff-leg deadlift
D.	bilateral band terminal knee extension (TKE)	2	8-12	90s	seated weighted leg extension (ea)	bench step-over (ea)	band-assisted kneeling leg extension
E.	reverse crunch	2	12-15	1min	band crunch	DB mock "slam"	OH med ball slam

MONTH 4

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	bent over DB row	2-3	6-12	3min	chest-supported DB row	pause bent over DB row (2s pause)	pause bent over 1-arm DB row (2s pause) (ea)
B1.	seated Arnold press	2-3	8-15	0s	seated DB Z press	standing DB seesaw press (ea)	seated DB shoulder press
B2.	seated bent over DB rear delt raise	2-3	12-20	2min	bent over DB rear delt raise	DB face pull	band rear delt flye
C1.	bent over band lat pulldown	2	8-15	30s	bent over 1-arm band lat pulldown (ea)	tall-kneeling 1-arm straight-arm band lat pulldown (ea)	prone band lat pulldown 12-20
C2.	incline DB press	2	12-20	90s	low incline DB press	alt. incline DB press (ea)	close-grip DB floor press
D1.	torso-elevated push-up	2	8-12	0s	deadstop torso-elevated push-up	BW push-up	feet-elevated push-up
D2.	DB push press	2	8-15	1min	3-way 1-arm DB shoulder press (ea)	DB thruster	1-arm DB clean and press (ea)

MONTH 4

Day 3: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB straddle lift	2-3	6-12	3min	KB straddle lift	DB front squat	ecc.-acc. goblet squat (4s lowering phase)
B.	high incline DB press	2-3	8-15	3min	standing DB shoulder press	DB push press	ecc.-acc. DB push press (3s lowering phase)
C.	constant-tension DB Romanian deadlift	2	8-15	2min	pause DB Romanian deadlift (2s pause)	single-leg DB back extension (ea)	pause DB back extension (2s pause)
D1.	B-stance 1-arm DB row	2	6-10ea	30s	alt. DB gorilla row (ea)	standing 1-arm band row (ea)	bent over 1-arm DB row (ea)
D2.	goblet lateral box squat	2	8-15ea	90s	alt. DB lateral squat (ea)	lateral lunge (ea)	1-arm DB lateral step-up (ea)
E1.	pause DB floor press (2s pause)	2	6-10	30s	BW push-up AMRAP	alt. flat DB bench press (ea)	flat 1-arm DB bench press (ea)
E2.	DB pullover	2	12-15	90s	DB floor pullover	band pull-apart	pause band pull-apart (2s pause)

MONTH 5
Dynamic Warmup

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swimmers x30s
quadruped adductor hinge x15s ea
BW reverse lunge to OH reach x15s ea
standing hip rock to hamstring mobilization x15s ea
standing hip opener x15s ea

MONTH 5

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	pause DB Romanian deadlift (2s pause)	2-3	6-12	3min	DB Romanian deadlift	DB stiff-leg deadlift	4-3-1 DB sumo stiff-leg deadlift
B.	DB glute bridge	2	8-15	2min	B-stance DB glute bridge (ea)	DB hip thrust triple contraction	pause DB hip thrust (5s pause)
C.	DB front squat	2	8-15	2min	heel-elevated DB squat	DB Bulgarian split squat (ea)	DB step-up (ea)
D.	prone band leg curl	2	12-20	2min	single-leg stability ball leg curl 8-12 (ea)	pause prone band leg curl (2s pause)	straight-leg feet-elevated BW hamstring thrust
E1.	BW frog reverse hyperextension	2	15-20	30s	BW reverse hyperextension	compact hip hinge	KB swing
E2.	DB landmine rotation	2	8-12ea	1min	KB diagonal lift (ea)	DB diagonal lift (ea)	side-to-side DB mock "slam" (ea)

MONTH 5

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	high incline DB press	2-3	6-12	3min	low incline DB press	DB push press	standing DB shoulder press
B1.	deadstop 1-arm DB row	2	6-12ea	30s	low incline chest-supported DB row	bent over batwing row (ea)	UH-grip DB row
B2.	deadstop torso-elevated push-up	2	6-12	2min	flat DB bench press	BW push-up AMRAP	weighted push-up
C1.	tall-kneeling 1-arm band pull-in	2	6-12ea	30s	DB floor pullover 8-15	seated 1-arm band row (around feet) (ea)	prone 1-arm band lat pulldown (ea)
C2.	standing DB seesaw press	2	8-15ea	90s	1-arm DB floor press (ea)	standing 1-arm DB shoulder press (ea)	1-arm DB push press (ea)
D.	DB bicep curl	2	8-15	90s	incline DB bicep curl	narrow-grip DB bicep curl	DB spider curl

MONTH 5

Day 3: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB good morning	2-3	6-12	3min	pause DB good morning (2s pause)	ecc.-acc. DB Romanian deadlift (4s lowering phase)	DB back extension
B.	band lat pulldown	2	8-12	3min	3-point DB row (ea)	BW pull-up 3-5	weighted pull-up 3-5
C.	goblet box squat	2	6-12	2min	front heel-elevated DB split squat (ea)	heel-elevated DB squat	pause DB foam roller hack squat (2s pause)
D.	eccentric-accentuated DB push press (3s lowering phase)	2	6-12	2min	half-kneeling 1-arm DB shoulder press (ea)	pause DB shoulder press (3s pause)	DB floor press
E1.	stability ball leg curl	2	12-20	30s	gliding leg curl AMRAP	sliding leg curl	eccentric-only sliding leg curl 6-12
E2.	chest-supported 1-arm DB row	2	6-12ea	30s	1-arm band lat pulldown (ea)	bent over 1-arm DB row (ea)	deadstop 1-arm DB row (ea)
E3.	shoulder tap	2	8-15ea	1min	weighted plank to toe tap (ea)	weighted deadbug (ea)	band-resisted deadbug (ea)

MONTH 6
Dynamic Warmup

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alt. wide-stance windmill to lateral squat x30s
bent over T-spine rotation x15s ea
BW reverse lunge x15s ea
quad stretch to hamstring sweep x15s ea
standing shoulder protraction to retraction x30s

MONTH 6

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	B-stance goblet squat	2-3	6-12ea	3min	pause heel-elevated DB squat (2s pause)	pause DB foam roller hack squat (2s pause)	pause B-stance goblet squat (2s pause) (ea)
B.	DB suitcase deadlift	2-3	8-15ea	3min	DB good morning	B-stance DB Romanian deadlift (ea)	single-leg braced DB Romanian deadlift (ea)
C.	goblet lateral box squat	2	6-10ea	90s	1-arm DB lateral step-up (ea)	alt. DB lateral squat (ea)	1-arm DB lateral squat (ea)
D1.	DB straddle lift	2-3	8-12	30s	KB deadlift	B-stance DB swing (ea)	hand-to-hand KB swing (ea)
D2.	band quadruped knee extension	2	8-12	2min	braced skater squat (ea)	band-assisted kneeling leg extension	sissy squat AMRAP
E.	BW reverse lunge to step-up	2	6-10ea	90s	constant-tension BW step-up (ea)	DB jump squat	box jump

MONTH 6

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	flat DB bench press	2-3	6-12	3min	alt. DB Z press (ea)	incline DB press	pause flat DB bench press (2s pause)
B.	DB floor pullover	2-3	8-15	3min	inverted row - 6 ways	ecc.-acc. DB pullover (2s lowering phase)	bent over 1-arm band lat pulldown (ea)
C1.	seated DB shoulder press	2	6-10	30s	close-grip DB floor press	feet-elevated push-up	weighted push-up
C2.	bent over DB row	2	6-12	2min	deadstop 1-arm DB row (ea)	standing 1-arm band row (ea)	pause bent over DB row (2s pause)
D1.	seated bent over DB rear delt raise	2	12-15	30s	bent over DB Y raise	seated band face pull	prone DB rear delt raise
D2.	deadbug	2	8-12ea	90s	plank 1-arm DB row (ea)	weighted deadbug (ea)	DB drag (ea)

MONTH 6

Day 3: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	compact hip hinge	2	8-15	0s	DB Romanian deadlift	rear foot-elevated DB Romanian deadlift (ea)	DB stiff-leg deadlift
A2.	hamstring walkout	2	8-15	2min	prone band leg curl	sliding leg curl	seated hamstring heel curl
B.	band lat pulldown	2	8-15	3min	pause UH-grip DB row (3s pause)	prone towel pull-up AMRAP	inverted row - 6 ways 3-8
C.	B-stance DB glute bridge	2	6-12ea	2min	pause DB glute bridge (3s pause)	DB hip thrust with pulse	pause single-leg BW hip thrust (2s pause) (ea)
D1.	DB push press	2	6-12	30s	standing DB shoulder press	high incline DB press	incline DB press
D2.	bent over DB seesaw row	2	6-12ea	90s	half-kneeling 1-arm band row (ea)	seated 1-arm band row (around feet) (ea)	B-stance 1-arm DB row (ea)
E.	DB split squat	2	6-12ea	2min	DB walking lunge 8-15 (ea)	B-stance goblet squat (ea)	1-arm DB Bulgarian split squat w/ a twist (ea)

MONTH 7

Dynamic Warmup

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bear squat x30s

half-kneeling T-spine rotation x15s ea

bowler squat x15s ea

standing hip opener x15s ea

walking knee hug x30s

MONTH 7

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	box jump	2	3-5	2min	pause DB squat (2s pause) 8-12	DB triple extension squat	seated vertical jump
B1.	DB Romanian deadlift	2	8-15	30s	rear foot-elevated DB Romanian deadlift (ea)	DB stiff-leg deadlift	pause DB Romanian deadlift (2s pause)
B2.	pause deficit hamstring thrust (4s pause)	2	3-8	2min	gliding leg curl	sliding leg curl	eccentric-only sliding leg curl
C1.	single-leg band terminal knee extension (TKE)	2	8-15ea	0s	pause goblet squat (2s pause)	DB split squat (ea)	DB deficit reverse lunge (ea)
C2.	goblet squat	2	8-15	2min	goblet squat 1.5 reps	heel-elevated DB squat	heel-elevated foam roller DB hack squat
D1.	DB reverse lunge to forward lunge	2	6-12ea	30s	B-stance goblet squat (ea)	DB split squat (ea)	DB walking lunge (ea)
D2.	single-leg braced DB Romanian deadlift	2	6-12ea	90s	single-leg braced DB swing (ea)	straight-leg feet-elevated hamstring thrust	hand-to-hand KB swing (ea)
E.	knee-banded quadruped hip extension	2	8-12ea	1min	BW reverse hyperextension 12-20	BW frog reverse hyperextension	45-degree knee-banded glute kickback (ea)

MONTH 7

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	side-to-side DB mock "slam"	2	5-8ea	2min	OH med ball slam	side-to-side med ball slam (ea)	half-kneeling alt. OH med ball slam (ea)
B.	pause bent over DB row (2s pause)	2	6-12	2min	DB pullover	prone band lat pulldown	bent over band lat pulldown
C1.	pause DB shoulder press (3s pause)	2	6-12	30s	low incline DB press	DB push press	standing DB shoulder press
C2.	standing 1-arm band row	2	8-15ea	2min	chest-supported 1-arm DB row (ea)	seated 1-arm band row (around feet) (ea)	bent over DB seesaw row (ea)
D1.	torso-elevated push-up	2	6-10	30s	ecc.-acc. DB floor press (4s lowering phase)	band-assisted push-up	feet-elevated push-up
D2.	bent over BW Y raise	2	20-30	90s	DB face pull	band pull-apart	band face pull
E.	band rear delt flye	2	8-15	90s	bent over DB Y raise	prone DB rear delt raise	bent over DB rear delt raise

MONTH 7

Day 3: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB jump squat	2	3-5	2min	wall sit 30-45s	BW split squat jump 8-12 (ea)	box jump
B.	DB deficit reverse lunge	2	6-12ea	2min	pivot split squat (ea)	DB Bulgarian split squat (ea)	pause DB split squat (2s pause) (ea)
C.	pause DB shoulder press (3s pause)	2	6-12	2min	high incline DB press	half-kneeling DB shoulder press	ecc.-acc. DB push press (3s lowering phase)
D1.	pause DB Romanian deadlift (2s pause)	2	8-15	30s	DB stiff-leg deadlift	B-stance 1-arm KB Romanian deadlift from deadstop (ea)	single-leg braced DB Romanian deadlift (ea)
D2.	stability ball leg curl	2	12-20	30s	deficit hamstring thrust	pause prone band leg curl (2s pause)	prone band leg curl
D3.	pause chest-supported DB row (2s pause)	2	6-12	90s	inverted row - 6 ways	pause seated band row (3s pause)	standing 1-arm band row (ea)
E1.	B-stance BW hip thrust	2	8-15ea	30s	feet-elevated BW glute bridge	single-leg BW hip thrust (ea)	single-leg deficit BW hip thrust (ea)
E2.	prone DB lateral raise	2	8-15	30s	DB lateral raise 21s 7 (ea)	lean-in 1-arm DB lateral raise (ea)	DB lateral raise
E3.	DB front raise	2	12-20	1min	band upright row	DB high pull	DB upright row

MONTH 8
Dynamic Warmup

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alt. hip lunge to T-spine rotation x30s
alt. wide-stance windmill to lateral squat x30s
quad stretch to hamstring sweep x15s ea
side-to-side leg swing x15s ea
front-to-back leg swing x15s ea

MONTH 8

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	box jump	2	5-8	2min	wall sit 30-45s	seated vertical jump	standing vertical jump
B.	heel-elevated DB squat	2	5-8	3min	1-arm DB Bulgarian split squat (ea)	assisted pistol squat (ea)	sissy squat AMRAP
C.	eccentric-accentuated DB Romanian deadlift (4s lowering phase)	2	6-12	3min	DB Romanian deadlift	DB back extension	single-leg DB back extension (ea)
D1.	DB lateral step-down	2	6-12ea	30s	1-arm DB lateral step-up (ea)	DB lateral squat (ea)	DB lateral lunge (ea)
D2.	single-leg DB glute bridge	2	8-15ea	2min	45-degree knee-banded glute kickback (ea)	pause DB hip thrust (2s pause)	single-leg DB hip thrust (ea)
E.	double DB swing	3-4	30s	20s	1-arm DB snatch 20s (ea)	DB thruster	KB swing

MONTH 8

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB triple extension squat	3	8-15	1min	DB thruster	KB thruster	deadball OH throw
B.	band-resisted bent over 1-arm DB row	2	5-8ea	3min	isometric inverted row hold 10-20s	BW pull-up	weighted pull-up
C.	seated Arnold press	2	6-12	3min	high incline DB press	seated Z press	seated DB shoulder press
D1.	deadstop 1-arm DB row	2	6-12ea	30s	low incline chest-supported DB row	pause seated band row (3s pause)	bent over DB seesaw row (ea)
D2.	deadstop torso-elevated push-up	2	6-12	2min	flat DB bench press	BW push-up AMRAP	weighted push-up
E1.	DB hammer curl	2	8-15	30s	DB spider curl	narrow-grip DB bicep curl	alt. DB bicep curl (ea)
E2.	DB OH tricep extension	2	8-15	90s	high incline DB Tate press	BW bench dip	DB bench dip

MONTH 8

Day 3: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	DB jump squat	2	5-8	30s	DB split squat jump (ea)	BW split squat jump (ea)	DB standing vertical jump
A2.	deadstop torso-elevated push-up	2	6-10	1min	band-assisted push-up	torso-elevated plyo push-up	plyo push-up
B1.	pause DB Romanian deadlift (2s pause)	2	6-12	30s	pause DB good morning (2s pause)	pause Nordic ham curl (2s pause)	Nordic hip hinge
B2.	flat DB bench press	2	6-12	3min	DB floor press	incline DB press	flat 1-arm DB bench press (ea)
C1.	goblet box squat	2	6-12	30s	DB reverse lunge (ea)	heel-elevated DB foam roller hack squat	pause DB front squat (2s pause)
C2.	UH-grip DB row	2	8-15	2min	DB pullover	seated 1-arm band row (around feet) (ea)	chest-supported 1-arm DB row (ea)
D.	DB back extension	2	8-15	2min	band pull-through	DB straddle lift	KB straddle lift
E.	half-kneeling 1-arm DB shoulder press	2	8-15ea	2min	pause DB shoulder press (3s pause)	alt. incline DB press (ea)	1-arm incline DB press (ea)

MONTH 9
Dynamic Warmup

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hip lunge to T-spine rotation x15s ea
quadruped adductor hinge x15s ea
half-kneeling hip flexor mobilization x15s ea
body weight windmill x15s ea
dynamic shoulder circle x15s ea

MONTH 9

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	BW triple extension squat	3	6-10	20s	single-leg calf hop 20s (ea)	multi-directional single-leg calf hop 20s (ea)	jump rope 80-100
B1.	single-leg prone band leg curl	2-3	8-12ea	0s	Nordic hip hinge 3-5	prone band leg curl	single-leg stability ball leg curl (ea)
B2.	DB straddle lift	2-3	12-15	2min	KB swing	1-arm DB suitcase deadlift (ea)	DB stiff-leg deadlift
C.	front foot-elevated DB split squat	2	6-12ea	2min	1-arm DB Bulgarian split squat (ea)	DB deficit reverse lunge (ea)	DB curtsy lunge (ea)
D.	DB Romanian deadlift	2	8-15	2min	B-stance DB hip thrust (ea)	DB glute emphasis back extension	pause single-leg DB hip thrust (2s pause) (ea)
E1.	DB sumo squat	2	8-12	30s	B-stance DB squat (ea)	DB lateral lunge (ea)	1-arm DB lateral step-up (ea)
E2.	side-lying BW adduction	2	8-15ea	90s	alt. adductor plate slide (ea)	standing band hip adduction (ea)	Copenhagen plank (ea)

MONTH 9

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	alt. DB halo	2-3	12-15ea	1min	side-to-side med ball slam (ea)	DB mock "slam"	bent over med ball slam
B.	3-point DB row	2	6-12ea	2min	pause bent over DB row (2s pause)	seated band row (around feet)	bent over 1-arm DB row (ea)
C.	incline DB press	2	8-15	3min	seated DB shoulder press	BW push-up AMRAP	pause incline DB press (2s pause)
D1.	pause UH-grip DB row (3s pause)	2	8-12	30s	band lat pulldown	seated pull-up 5-8	BW pull-up AMRAP
D2.	DB floor flye	2	8-15	2min	close-grip DB floor press	1-arm DB floor press (ea)	1-arm flat DB bench press (ea)
E1.	high-to-low band face pull	2	8-15	30s	band rear delt flye	prone DB rear delt raise	bent over DB rear delt raise
E2.	band bicep curl	2	8-15	90s	alt. DB hammer curl (ea)	incline DB bicep curl	DB bicep curl

MONTH 9

Day 3: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	single-leg BW box squat	2	5-8ea	30s	BW split squat jump (ea)	DB jump squat	box jump
A2.	DB landmine rotation	2	8-12ea	90s	half-kneeling alt. OH med ball slam (ea)	side-to-side OH med ball slam (ea)	OH med ball slam w/ power rotation (ea)
B1.	braced skater squat	2	6-12ea	0s	bench step-over (ea)	band-assisted kneeling leg extension	sissy squat 5-8
B2.	pause goblet squat (2s pause)	2	6-12	2min	B-stance wall sit 30-45s (ea)	wall sit 30-45s	heel-elevated DB squat
C.	seated pull-up	2	5-8	3min	ecc.-acc. DB pullover (2s lowering phase) 6-12	inverted row - 6 ways	BW pull-up AMRAP
D1.	KB swing	2	5-8	30s	band pull-through	band-assisted Nordic ham curl	Nordic hip hinge
D2.	pause DB floor press (2s pause)	2	6-12	90s	DB floor press	alt. flat DB bench press (ea)	close-grip DB bench press
E1.	1-arm B-stance DB Romanian deadlift	2	8-12ea	30s	B-stance DB good morning (ea)	single-leg DB back extension (ea)	single-leg DB hip thrust (ea)
E2.	half-kneeling 1-arm band row	2	6-12ea	90s	alt. DB gorilla row (ea)	pause chest-supported DB row (2s pause) 6-10	bent over DB seesaw row (ea)

MONTH 10

Dynamic Warmup

BW glute bridge to OH reach x30s

open book x15s ea

supine angel x15s ea

quadruped adductor hinge x15s ea

YTWL x10s ea

MONTH 10

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB triple extension squat	2	3-8	90s	DB standing vertical jump	box jump	DB jump squat
B.	goblet squat	2	6-12	3min	pause goblet squat (2s pause)	pause DB front squat (2s pause)	pause heel-elevated DB squat (2s pause)
C.	B-stance DB good morning	2	6-12ea	2min	feet-elevated BW glute bridge 20-30	pause DB Romanian deadlift (2s pause)	single-leg braced DB Romanian deadlift (ea)
D.	4-3-1 DB sumo stiff-leg deadlift	2	6-12	2min	pause prone band leg curl (2s pause)	band-assisted Nordic ham curl	pause Nordic ham curl (2s pause)
E.	single-leg BW box squat	2	8-15ea	90s	1-arm racked DB reverse lunge (ea)	alt. DB lateral squat (ea)	DB lateral lunge (ea)
F.	KB swing	2	12-15	90s	band pull-through	B-stance DB glute bridge (ea)	feet-elevated BW glute bridge

MONTH 10

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB diagonal lift	2	5-8ea	90s	side-to-side DB mock "slam" (ea)	horizontal band wood chop (ea)	lateral med ball toss (ea)
B.	seated DB shoulder press	2	6-12	2min	deadstop torso-elevated push-up	pike push-up AMRAP	DB push press
C.	bent over DB row	2	6-12	3min	band lat pulldown	BW pull-up	weighted pull-up
D1.	flat DB bench press	2	6-12	30s	1-arm incline DB press (ea)	low incline DB press	DB floor press
D2.	3-point DB row	2	6-12ea	90s	standing 1-arm band row 8-15 (ea)	seated band row (around feet)	bent over 1-arm DB row (ea)
E1.	bent over DB rear delt raise	2	8-15	30s	prone DB rear delt raise	prone DB Y raise	bent over DB Y raise
E2.	band tricep pushdown	2	8-15	90s	DB skull crusher	BW bench dip	DB bench dip

MONTH 10

Day 3: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	standing vertical jump	2	5-8	30s	DB standing vertical jump	KB sled push 50 steps	KB swing 15-20
A2.	deadball OH throw	2	5-8	90s	torso-elevated plyo push-up	plank-to-plank	power plank-up from knees
B1.	DB hip thrust	2	8-15	0s	DB good morning	1-arm DB suitcase deadlift (ea)	pause DB Romanian deadlift (2s pause)
B2.	hamstring walkout	2	8-15	3min	sliding leg curl	single-leg stability ball leg curl (ea)	stability ball leg curl
C1.	bent over band lat pulldown	2	6-12	0s	inverted row - 6 ways	UH-grip DB row	DB pullover
C2.	bent over DB seesaw row	2	6-12ea	2min	alt. DB gorilla row (ea)	pause seated band row (3s pause)	pause bent over DB row (2s pause)
D1.	DB split squat	2	6-12ea	30s	1-arm DB Bulgarian split squat (ea)	B-stance goblet squat (ea)	DB deficit reverse lunge (ea)
D2.	alt. DB floor press	2	6-12ea	90s	high incline DB press	pause flat DB bench press (2s pause)	flat DB bench press
E1.	single-leg band terminal knee extension (TKE)	2	8-12ea	30s	braced skater squat (ea)	DB high step-up (ea)	contralateral braced 1-arm DB step-up (ea)
E2.	band lat stretcher	2	8-15	90s	band-resisted bent over 1-arm DB row (ea)	chest-supported 1-arm DB row (ea)	bent over 1-arm band lat pulldown (ea)

MONTH 11
Dynamic Warmup

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bear squat x30s
half-kneeling T-spine rotation x15s ea
alt. wide-stance windmill to lateral squat x30s
bowler squat x15s ea
standing hip opener x15s ea

MONTH 11

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	BW triple extension squat	2	6-10	90s	BW squat pulse 15-20	box jump	BW split squat jump (ea)
B.	pause DB Romanian deadlift (2s pause)	3	5-8	3min	hamstring walkout	DB deficit hamstring thrust 12-15	pause Nordic ham curl (2s pause)
C.	B-stance DB front squat	2	6-12ea	2min	DB split squat (ea)	DB Bulgarian split squat (ea)	DB deficit reverse lunge (ea)
D.	B-stance DB glute bridge	2	8-15ea	2min	pause BW reverse hyperextension (2s pause)	DB hip thrust	B-stance DB hip thrust (ea)
E.	seated hamstring heel curl	2	8-15	90s	stability ball leg curl	gliding leg curl	prone DB leg curl
F.	extra range side-lying BW hip abduction	2	12-15ea	90s	side-lying hip raise (ea)	lateral band walk (ea)	standing band hip abduction (ea)

MONTH 11

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	deadbug	2	6-10ea	90s	reverse crunch	band crunch	bent over med ball slam
B.	DB floor press	3	6-12	3min	alt. flat DB bench press (ea)	low incline DB press	flat DB bench press
C.	seated 1-arm band row (around feet)	2	6-12ea	2min	B-stance 1-arm DB row (ea)	band lat pulldown	bent over 1-arm DB row (ea)
D.	seated DB Z press	2	6-12	2min	low incline DB press	DB push press	pause incline DB press (2s pause)
E.	deadstop 1-arm DB row	2	8-15ea	2min	DB floor pullover	inverted row - 6 ways	bent over 1-arm band lat pulldown (ea)
F.	prone DB rear delt raise	2	12-20	90s	band rear delt flye	bent over DB rear delt raise	band pull-apart

MONTH 11

Day 3: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	floating heel drop	2	8-15	30s	constant-tension BW step-up (ea)	jump rope 80-100	single-leg calf hop (ea)
A2.	pause torso-elevated push-up (2s pause)	2	5-8	1min	flat 1-arm DB bench press (ea)	BW push-up	weighted push-up
B.	pause goblet squat (2s pause)	2	6-12	3min	heel-elevated DB squat	front foot-elevated DB split squat (ea)	sissy squat AMRAP
C.	eccentric-accentuated DB pullover (2s lowering phase)	2	5-8	3min	prone towel pull-up	BW pull-up	weighted pull-up
D1.	B-stance DB good morning	2	8-15ea	30s	single-leg braced KB swing (ea)	single-leg braced DB Romanian deadlift (ea)	B-stance DB Romanian deadlift (ea)
D2.	standing DB shoulder press	2	6-12	90s	seated Arnold press	seated DB shoulder press	seated DB Z press
E1.	pause DB glute bridge (3s pause)	2	6-12	30s	single-leg DB hip thrust 8-15 (ea)	knee-banded quadruped hip extension 12-15 (ea)	pause DB hip thrust (5s pause)
E2.	UH-grip DB row	2	8-15	90s	low incline chest-supported DB row	tall-kneeling 1-arm band pull-in (ea)	bent over batwing row (ea)

MONTH 12
Dynamic Warmup

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open half-kneeling adductor dip x15s ea
half-kneeling hip flexor mobilization x15s ea
half-kneeling T-spine rotation x15s ea
BW reverse lunge with OH reach x15s ea
BW windmill x15s ea

MONTH 12

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB triple extension squat	2-3	3-5	2min	standing vertical jump	DB jump squat	box jump
B.	1-arm racked DB reverse lunge	3	6-12ea	3min	pause 1-arm DB Bulgarian split squat (2s pause) (ea)	pause DB squat (2s pause)	B-stance DB front squat (ea)
C1.	pause prone band leg curl (2s pause)	2	6-12	0s	gliding leg curl	eccentric-only sliding leg curl (5s lowering phase)	hamstring walkout
C2.	KB deadlift	2	8-15	2min	1-arm DB suitcase deadlift (ea)	4-3-1 DB sumo stiff-leg deadlift	DB stiff-leg deadlift
D.	pause goblet squat (2s pause)	2	6-12	2min	front foot-elevated DB split squat (ea)	single-leg band terminal knee extension (TKE) 12-15 (ea)	contralateral braced DB step-up (ea)
E1.	DB straddle lift	2	8-15	30s	rear foot-elevated DB Romanian deadlift (ea)	feet-elevated BW glute bridge 12-20	B-stance DB hip thrust (ea)
E2.	banded cha-cha	2	15-20ea	90s	side-lying hip raise 8-12 (ea)	standing band hip abduction (ea)	extra range side-lying BW hip abduction (ea)

MONTH 12

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB renegade row	2	6-10ea	90s	band Pallof press (ea)	low-to-high band wood chop (ea)	horizontal band wood chop (ea)
B.	ecc.-acc. DB pullover (2s lowering phase)	3	5-8	3min	inverted row - 6 ways	prone towel pull-up	eccentric-only pull-up 2-3
C.	flat DB bench press	2-3	6-12	3min	weighted push-up	1-arm DB floor press (ea)	pause flat DB bench press (2s pause)
D1.	pause UH-grip DB row (3s pause)	2-3	6-12	30s	bent over 1-arm DB row (ea)	pause chest-supported DB row (2s pause)	bent over DB seesaw row (ea)
D2.	seated DB Z press	2-3	8-15	2min	half-kneeling 1-arm DB shoulder press (ea)	standing DB shoulder press	DB push press
E1.	DB lateral raise	2	8-12	30s	prone DB lateral raise	1-arm DB lateral throw (ea)	1-arm DB leaning lateral raise (ea)
E2.	high-to-low band face pull	2	8-12	90s	prone DB face pull	seated band face pull	DB face pull

MONTH 12

Day 3: Full Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	double DB swing	2	15-20	30s	jump rope 30-60s	KB sled push 50 steps	KB swing
A2.	DB landmine rotation	2	6-10	90s	lateral med ball toss (ea)	DB diagonal lift (ea)	OH med ball slam
B.	1-arm B-stance KB Romanian deadlift from deadstop	2-3	6-12ea	2min	KB Romanian deadlift 8-15	single-leg braced DB Romanian deadlift (ea)	B-stance DB Romanian deadlift (ea)
C.	standing DB shoulder press	2-3	6-12	3min	alt. DB floor press (ea)	pause flat DB bench press (2s pause)	close-grip DB bench press
D1.	DB high step-up	2	6-12ea	30s	4-3-1 goblet squat	front foot-elevated DB split squat (ea)	pause heel-elevated DB squat (2s pause)
D2.	chest-supported 1-arm DB row	2	6-12ea	2min	BW chin-up AMRAP	deadstop 1-arm DB row (ea)	half-kneeling 1-arm band lat pulldown (ea)
E1.	prone DB leg curl	2	8-15	30s	ecc.-acc. stability ball leg curl (4s lowering phase)	seated hamstring heel curl	prone band leg curl 12-20
E2.	DB floor flye	2	8-12	90s	pause torso-elevated push-up (2s pause)	DB floor press	feet-elevated push-up

4X/WEEK
HOME TURBO VERSION

YEAR OF STRENGTH 2026

MONTH 1
Dynamic Warmup

90/90 hip switch x30s
quadruped adductor hinge x15s ea
thread the needle x15s ea
lunge windmill x15s ea
quad stretch to hamstring sweep x15s ea

MONTH 1

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB front squat	2	6-12	2min	pause heel-elevated DB squat (2s pause)	front foot-elevated DB split squat (ea)	foam roller DB hack squat
B.	DB good morning	2	6-12	2min	B-stance DB good morning 8-12 (ea)	DB stiff-leg deadlift 8-12	ecc.-acc. B-stance DB Romanian deadlift (3s lowering phase) (ea)
C1.	single-leg DB hip thrust	2	8-15ea	30s	DB hip thrust	pause DB glute bridge (3s pause)	single-leg BW deficit pause hip thrust (2s pause) (ea)
C2.	braced DB reverse lunge	2	8-15ea	90s	DB reverse lunge (ea)	DB step-up (ea)	DB kneel-to-stand (ea)
D.	band-assisted kneeling leg extension	2	12-15	2min	bench step-over (ea)	eccentric-only shrimp squat (5s lowering phase) 3-5 (ea)	sissy squat AMRAP

MONTH 1

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	bent over 1-arm band lat pulldown	2	8-15ea	30s	bent over band lat pulldown	inverted row AMRAP	pause inverted row (2s pause) AMRAP
A2.	low incline DB press	2	6-12	2min	flat DB bench press	incline DB press	seated DB shoulder press
B1.	bent over 1-arm DB row	2	6-12ea	30s	chest-supported 1-arm DB row (ea)	pause bent over 1-arm DB row (2s pause) (ea)	pause chest-supported DB row (2s pause)
B2.	torso-elevated push-up	2	6-12	2min	BW push-up AMRAP	DB glute bridge floor press	pause push-up (2s pause) AMRAP
C1.	DB upright row	2	12-20	30s	band Y raise	DB lateral raise	DB high pull
C2.	alt. DB bicep curl	2	8-15ea	2min	DB hammer curl	band bicep curl	ecc.-acc. DB bicep curl (3s lowering phase)

MONTH 1

Day 3: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	goblet squat	2-3	6-12	2min	goblet squat 1.5 reps	pause DB front squat (2s pause)	B-stance DB squat (ea)
B.	band good morning	2	8-15	2min	BW reverse hyperextension	DB hip thrust	pause DB hip thrust (3s pause)
C1.	DB split squat	2	12-15ea	30s	B-stance goblet squat (ea)	braced DB curtsy lunge (ea)	DB curtsy lunge (ea)
C2.	BW squat pulse	2	8-12	2min	BW squat iso hold 20-45s	single-leg wall sit 20-30s (ea)	DB split squat pulse (ea)
D.	constant-tension DB Romanian deadlift	3-5	15-20	30s	double DB swing	B-stance KB swing 8-15 (ea)	KB swing

MONTH 1

Day 4: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	seated DB shoulder press	2-3	6-12	3min	seated Arnold press 8-12	high incline DB press	standing DB shoulder press
B.	bent over DB seesaw row	2	8-15ea	2min	UH-grip DB row	deadstop 1-arm DB row (ea)	pause chest-supported DB row (2s pause)
C1.	DB glute bridge floor press	2	8-12	30s	DB floor press	flat DB bench press	flat 1-arm DB bench press (ea)
C2.	DB pullover	2	12-15	2min	band pull-apart	tall-kneeling 1-arm straight-arm band lat pulldown (ea)	bent over band lat pulldown
D1.	band face pull	2	12-15	30s	high-to-low band face pull	DB face pull	bent over DB rear delt raise
D2.	DB rolling tricep extension	2	15-20	2min	DB skull crusher	bench dip	torso-elevated BW tricep extension AMRAP

MONTH 2
Dynamic Warmup

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scapular push-up x30s
dynamic ankle mobilization x15s ea
hip lunge to T-spine rotation x15s ea
open half-kneeling adductor dip x15s ea
standing hip opener x15s ea

MONTH 2

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB Romanian deadlift	2	6-12	2min	DB good morning	B-stance DB Romanian deadlift (ea)	pause B-stance DB Romanian deadlift (2s pause) (ea)
B.	DB split squat	2	8-15ea	2min	front foot-elevated DB split squat (ea)	DB Bulgarian split squat (ea)	pause DB Bulgarian split squat (2s pause) (ea)
C1.	DB hip thrust	2	6-12	30s	pause DB hip thrust (3s pause)	DB back extension	pause DB back extension (2s pause)
C2.	standing BW calf raise	2	12-15	90s	BW donkey calf raise	standing DB calf raise	single-leg DB calf raise (ea)
D.	goblet squat	2	8-15	90s	B-stance goblet squat (ea)	braced BW step-up (ea)	DB lateral step-down (ea)
E.	hamstring walkout	2	12-20	90s	stability ball leg curl	deficit hamstring thrust	prone band leg curl

MONTH 2

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	band lat pulldown	2	6-12	30s	prone towel pull-up AMRAP	inverted row	BW pull-up AMRAP
A2.	torso-elevated push-up	2	5-8	2min	eccentric-only push-up (5s lowering phase)	BW push-up	weighted push-up
B1.	standing 1-arm band row	2	8-15ea	30s	half-kneeling 1-arm band row (ea)	seated band row	seated 1-arm band row (ea)
B2.	seated DB Z press	2	8-15	30s	standing DB seesaw press (ea)	standing DB shoulder press	DB push press
B3.	bent over BW Y raise	2	12-15	1min	band Y raise	bent over DB Y raise	prone DB Y raise
C.	deadbug	2	8-12ea	90s	shoulder tap (ea)	1-arm DB overhead march (ea)	KB or DB halo (ea)

MONTH 2

Day 3: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	KB deadlift	2-3	6-12	2min	DB suitcase deadlift (ea)	Nordic hip hinge 3-5	Nordic ham curl 3-5
B.	constant-tension DB Romanian deadlift	2-3	8-15	2min	ecc.-acc. DB Romanian deadlift (4s lowering phase)	DB good morning	pause DB good morning (2s pause)
C1.	braced DB reverse lunge	2	8-15ea	30s	DB curtsy lunge (ea)	DB deficit reverse lunge (ea)	DB deficit curtsy lunge (ea)
C2.	standing band-resisted psoas march	2	8-12ea	90s	band-resisted psoas march (ea)	seated leg raise (ea)	seated weighted leg extension (ea)
D.	KB swing	3-5	8-12	30s	hand-to-hand KB swing (ea)	B-stance DB swing (ea)	B-stance KB swing (ea)

MONTH 2

Day 4: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB floor press	2	6-12	3min	flat DB bench press	standing DB shoulder press	incline DB press
B.	UH-grip DB row	2	8-15	2min	pause UH-grip DB row (3s pause)	3-point DB row (ea)	bent over DB row
C1.	seated DB shoulder press	2	8-15	30s	high incline DB press	half-kneeling 1-arm DB shoulder press (ea)	standing Arnold press
C2.	chest-supported DB row	2	12-15	2min	pause chest-supported DB row (2s pause)	B-stance 1-arm DB row (ea)	alt. DB gorilla row (ea)
D.	band lat stretcher	2	15-20	90s	tall-kneeling 1-arm straight-arm band lat pulldown (ea)	DB pullover	band pull-apart
E.	BW sit-up	1-2	8-12	90s	plank 1-arm DB row (ea)	plank saw	weighted deadbug (ea)

MONTH 3
Dynamic Warmup

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half-kneeling lunge to T-spine rotation x15s ea
quadruped adductor windmill x15s ea
lateral squat x15s ea
reverse lunge to OH reach x15s ea
YTWL x10s ea

MONTH 3

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	goblet squat	3	6-12	2min	pause heel-elevated DB squat (2s pause)	foam roller DB hack squat	B-stance DB squat (ea)
B.	DB stiff-leg deadlift	2-3	6-12	2min	pause DB back extension (2s pause)	Nordic hip hinge 3-5	Nordic ham curl 3-5
C.	braced DB split squat	2	8-15ea	2min	alt. DB reverse lunge (ea)	BW split squat jump (ea)	DB split squat jump (ea)
D1.	KB deadlift	2	12-15	30s	B-stance KB swing 8-12 (ea)	DB suitcase deadlift (ea)	1-arm KB suitcase deadlift (ea)
D2.	1-arm DB lateral squat	2	8-15ea	2min	1-arm DB lateral lunge (ea)	sliding 1-arm DB lateral lunge (ea)	foot-elevated 1-arm DB lateral squat (ea)
E.	torso-elevated renegade row	2	8-12ea	1min	half-kneeling band Pallof press (ea)	half-kneeling DB wood chop (ea)	low-to-high band wood chop (ea)

MONTH 3

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	close-grip DB floor press	3	6-12	3min	incline DB press	DB floor press	flat DB bench press
B.	band row	2-3	6-12	2min	chest-supported DB row	deadstop 1-arm DB row (ea)	pause bent over DB row (2s pause)
C1.	torso-elevated push-up	2	8-15	30s	band-assisted push-up	BW push-up AMRAP	weighted push-up
C2.	band chest flye	2	12-20	2min	pause flat DB flye (2s pause)	incline DB flye	flat DB flye
D1.	band lat stretcher	2	8-15	30s	DB floor pullover	inverted row - 6 ways	prone towel pull-up AMRAP
D2.	bent over DB rear delt raise	2	12-15	90s	DB face pull	pause band pull-apart (2s pause)	band pull-apart

MONTH 3

Day 3: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	pause DB glute bridge (3s pause)	3	6-12	2min	pause single-leg DB hip thrust (3s pause) (ea)	B-stance DB hip thrust (ea)	pause DB hip thrust (5s pause)
B.	DB Romanian deadlift 1.5 reps	2-3	8-15	2min	DB Romanian deadlift	DB stiff-leg deadlift	ecc.-acc. DB Romanian deadlift (4s lowering phase)
C1.	front foot-elevated DB split squat	2	8-12ea	30s	B-stance DB front squat (ea)	DB Bulgarian split squat (ea)	pause DB Bulgarian split squat (2s pause) (ea)
C2.	BW reverse hyperextension	2	12-20	2min	DB straddle lift	single-leg DB back extension (ea)	DB glute emphasis back extension
D1.	goblet box squat	2	12-15	0s	DB sumo squat	heel-elevated DB squat	goblet squat
D2.	compact hip hinge	2	12-15	2min	double DB swing	KB swing	hand-to-hand KB swing (ea)

MONTH 3

Day 4: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	flat DB bench press	3	6-12	3min	close-grip DB floor press	pause push-up (2s pause)	pause flat DB bench press (2s pause)
B.	inverted row	2-3	5-8	2min	prone band lat pulldown 12-20	BW chin-up AMRAP	BW pull-up AMRAP
C1.	half-kneeling DB shoulder press	2	8-15	30s	high incline DB press	DB push press	half-kneeling 1-arm DB shoulder press (ea)
C2.	3-point DB row	2	12-20ea	90s	seated 1-arm band row (around feet) (ea)	bent over batwing row (ea)	bent over DB seesaw row (ea)
D1.	band tricep pushdown	2	15-20	30s	high incline DB Tate press	DB skull crusher	DB rolling tricep extension
D2.	narrow-grip DB bicep curl	2	12-15	90s	incline DB bicep curl	DB hammer curl	EZ bar curl

MONTH 4
Dynamic Warmup

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scapular push-up x30s
bear squat x30s
standing hip opener x15s ea
front-to-back leg swing x15s ea
side-to-side leg swing x15s ea

MONTH 4

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	goblet squat	2-3	6-12	3min	goblet squat 1.5 reps	pause heel-elevated DB squat (2s pause)	foam roller DB hack squat
B.	DB split squat	2-3	6-12ea	2min	1-arm DB Bulgarian split squat w/ a twist (ea)	DB reverse lunge (ea)	DB deficit reverse lunge (ea)
C.	DB Romanian deadlift	2	8-15	2min	B-stance DB Romanian deadlift (ea)	DB stiff-leg sumo deadlift	4-3-1 DB sumo stiff-leg deadlift
D.	bilateral band terminal knee extension (TKE)	2	8-12	90s	seated weighted leg extension (ea)	bench step-over (ea)	band-assisted kneeling leg extension
E.	reverse crunch	2	12-15	1min	band crunch	DB mock "slam"	OH med ball slam

MONTH 4

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	bent over DB row	2-3	6-12	3min	chest-supported DB row	pause bent over DB row (2s pause)	pause bent over 1-arm DB row (2s pause) (ea)
B1.	seated Arnold press	2-3	8-15	0s	seated DB Z press	standing DB seesaw press (ea)	seated DB shoulder press
B2.	seated bent over DB rear delt raise	2-3	12-20	2min	bent over DB rear delt raise	DB face pull	band rear delt flye
C1.	bent over band lat pulldown	2	8-15	30s	bent over 1-arm band lat pulldown (ea)	tall-kneeling 1-arm straight-arm band lat pulldown (ea)	prone band lat pulldown 12-20
C2.	incline DB press	2	12-20	90s	low incline DB press	alt. incline DB press (ea)	close-grip DB floor press
D1.	torso-elevated push-up	2	8-12	0s	deadstop torso-elevated push-up	BW push-up	feet-elevated push-up
D2.	DB push press	2	8-15	1min	3-way 1-arm DB shoulder press (ea)	DB thruster	1-arm DB clean and press (ea)

MONTH 4

Day 3: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB straddle lift	2-3	6-12	3min	KB straddle lift	DB front squat	ecc.-acc. goblet squat (4s lowering phase)
B.	constant-tension DB Romanian deadlift	2-3	8-15	2min	pause DB Romanian deadlift (2s pause)	single-leg DB back extension (ea)	pause DB back extension (2s pause)
C.	goblet lateral box squat	2	8-15ea	90s	alt. DB lateral squat (ea)	lateral lunge (ea)	1-arm DB lateral step-up (ea)
D1.	pause DB hip thrust (3s pause)	2	12-15	30s	pause DB glute bridge (3s pause)	single-leg BW deficit hip thrust (ea)	pause single-leg DB hip thrust (2s pause) (ea)
D2.	standing band hip adduction	2	8-12ea	90s	alt. adductor plate slide (ea)	bent-leg Copenhagen plank (ea)	side-lying BW adduction (ea)
E.	side plank march	2	8-12ea	1min	suitcase isometric hold 20-60s (ea)	side plank 20-30s (ea)	side plank row (ea)

MONTH 4

Day 4: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	high incline DB press	2-3	6-12	3min	standing DB shoulder press	DB push press	ecc.-acc. DB push press (3s lowering phase)
B.	B-stance 1-arm DB row	2-3	6-12ea	2min	alt. DB gorilla row (ea)	standing 1-arm band row (ea)	bent over 1-arm DB row (ea)
C1.	pause DB floor press (2s pause)	2	6-12	30s	BW push-up AMRAP	alt. flat DB bench press (ea)	flat 1-arm DB bench press (ea)
C2.	DB pullover	2	12-20	90s	DB floor pullover	band pull-apart	pause band pull-apart (2s pause)
D1.	pause bent over DB row (2s pause)	2	8-12	30s	pause chest-supported DB row (2s pause)	inverted row	pause inverted row (2s pause)
D2.	prone DB face pull	2	12-20	90s	bent over DB rear delt raise	prone DB rear delt raise	DB face pull

MONTH 5
Dynamic Warmup

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swimmers x30s
quadruped adductor hinge x15s ea
BW reverse lunge to OH reach x15s ea
standing hip rock to hamstring mobilization x15s ea
standing hip opener x15s ea

MONTH 5

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	pause DB Romanian deadlift (2s pause)	2-3	6-12	3min	DB Romanian deadlift	DB stiff-leg deadlift	4-3-1 DB sumo stiff-leg deadlift
B.	DB glute bridge	2	8-15	2min	B-stance DB glute bridge (ea)	DB hip thrust triple contraction	pause DB hip thrust (5s pause)
C.	DB front squat	2	8-15	2min	heel-elevated DB squat	DB Bulgarian split squat (ea)	DB step-up (ea)
D.	prone band leg curl	2	12-20	2min	single-leg stability ball leg curl 8-12 (ea)	pause prone band leg curl (2s pause)	straight-leg feet-elevated BW hamstring thrust
E1.	BW frog reverse hyperextension	2	15-20	30s	BW reverse hyperextension	compact hip hinge	KB swing
E2.	DB landmine rotation	2	8-12ea	1min	KB diagonal lift (ea)	DB diagonal lift (ea)	side-to-side DB mock "slam" (ea)

MONTH 5

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	high incline DB press	2-3	6-12	3min	low incline DB press	DB push press	standing DB shoulder press
B1.	deadstop 1-arm DB row	2	6-12ea	30s	low incline chest-supported DB row	bent over batwing row (ea)	UH-grip DB row
B2.	deadstop torso-elevated push-up	2	6-12	2min	flat DB bench press	BW push-up AMRAP	weighted push-up
C1.	tall-kneeling 1-arm band pull-in	2	6-12ea	30s	DB floor pullover 8-15	seated 1-arm band row (around feet) (ea)	prone 1-arm band lat pulldown (ea)
C2.	standing DB seesaw press	2	8-15ea	90s	1-arm DB floor press (ea)	standing 1-arm DB shoulder press (ea)	1-arm DB push press (ea)
D.	DB bicep curl	2	8-15	90s	incline DB bicep curl	narrow-grip DB bicep curl	DB spider curl

MONTH 5

Day 3: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB good morning	2-3	6-12	3min	pause DB good morning (2s pause)	ecc.-acc. DB Romanian deadlift (4s lowering phase)	DB back extension
B.	goblet box squat	2	6-12	3min	front heel-elevated DB split squat (ea)	heel-elevated DB squat	pause DB foam roller hack squat (2s pause)
C1.	double DB swing	2	12-20	30s	band pull-through	KB straddle lift	KB swing
C2.	braced DB split squat	2	8-15ea	2min	DB walking lunge (ea)	1-arm DB Bulgarian split squat w/ a twist (ea)	pivot split squat (ea)
D.	stability ball leg curl	2	12-20	2min	gliding leg curl AMRAP	sliding leg curl	eccentric-only sliding leg curl 6-12
E.	shoulder tap	2	8-15ea	1min	weighted plank to toe tap (ea)	weighted deadbug (ea)	band-resisted deadbug (ea)

MONTH 5

Day 4: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	band lat pulldown	2-3	8-12	3min	3-point DB row (ea)	BW pull-up 3-5	weighted pull-up 3-5
B.	eccentric-accentuated DB push press (3s lowering phase)	2	6-12	3min	half-kneeling 1-arm DB shoulder press (ea)	pause DB shoulder press (3s pause)	DB floor press
C1.	chest-supported 1-arm DB row	2	6-12ea	30s	1-arm band lat pulldown (ea)	bent over 1-arm DB row (ea)	deadstop 1-arm DB row (ea)
C2.	torso-elevated push-up	2	12-15	2min	DB floor press	eccentric-only push-up (5s lowering phase) AMRAP	BW push-up AMRAP
D1.	prone DB rear delt raise	2	8-12	30s	band rear delt flye	DB face pull	prone DB face pull
D2.	DB OH tricep extension	2	15-20	90s	torso-elevated BW tricep extension AMRAP	band tricep pushdown	DB skull crusher

MONTH 6
Dynamic Warmup

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alt. wide-stance windmill to lateral squat x30s
bent over T-spine rotation x15s ea
BW reverse lunge x15s ea
quad stretch to hamstring sweep x15s ea
standing shoulder protraction to retraction x30s

MONTH 6

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	B-stance goblet squat	2-3	6-12ea	3min	pause heel-elevated DB squat (2s pause)	pause DB foam roller hack squat (2s pause)	pause B-stance goblet squat (2s pause) (ea)
B.	DB suitcase deadlift	2-3	8-15ea	3min	DB good morning	B-stance DB Romanian deadlift (ea)	single-leg braced DB Romanian deadlift (ea)
C.	goblet lateral box squat	2	6-10ea	90s	1-arm DB lateral step-up (ea)	alt. DB lateral squat (ea)	1-arm DB lateral squat (ea)
D1.	DB straddle lift	2	8-12	30s	KB deadlift	B-stance DB swing (ea)	hand-to-hand KB swing (ea)
D2.	band quadruped knee extension	2	8-12	2min	braced skater squat (ea)	band-assisted kneeling leg extension	sissy squat AMRAP
E.	BW reverse lunge to step-up	2	6-10ea	90s	constant-tension BW step-up (ea)	DB jump squat	box jump

MONTH 6

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	flat DB bench press	2-3	6-12	3min	alt. DB Z press (ea)	incline DB press	pause flat DB bench press (2s pause)
B.	DB floor pullover	2-3	8-15	3min	inverted row - 6 ways	ecc.-acc. DB pullover (2s lowering phase)	bent over 1-arm band lat pulldown (ea)
C1.	seated DB shoulder press	2	6-10	30s	close-grip DB floor press	feet-elevated push-up	weighted push-up
C2.	bent over DB row	2	6-12	2min	deadstop 1-arm DB row (ea)	standing 1-arm band row (ea)	pause bent over DB row (2s pause)
D1.	seated bent over DB rear delt raise	2	12-15	30s	bent over DB Y raise	seated band face pull	prone DB rear delt raise
D2.	deadbug	2	8-12ea	90s	plank 1-arm DB row (ea)	weighted deadbug (ea)	DB drag (ea)

MONTH 6

Day 3: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A1.	compact hip hinge	2-3	8-15	0s	DB Romanian deadlift	rear foot-elevated DB Romanian deadlift (ea)	DB stiff-leg deadlift
A2.	hamstring walkout	2-3	8-15	2min	prone band leg curl	sliding leg curl	seated hamstring heel curl
B.	B-stance DB glute bridge	2	6-12ea	2min	pause DB glute bridge (3s pause)	DB hip thrust with pulse	pause single-leg BW hip thrust (2s pause) (ea)
C.	DB split squat	2	6-12ea	2min	DB walking lunge 8-15 (ea)	B-stance goblet squat (ea)	1-arm DB Bulgarian split squat w/ a twist (ea)
D1.	BW step-up	2	6-10ea	30s	braced BW step-up (ea)	single-leg band terminal knee extension (TKE) (ea)	DB reverse lunge to step-up (ea)
D2.	single-leg DB calf raise	2	15-20ea	90s	floating heel drop 8-15	single-leg calf hop (ea)	multi-directional single-leg calf hop (ea)

MONTH 6

Day 4: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	band lat pulldown	2-3	8-15	3min	pause UH-grip DB row (3s pause)	prone towel pull-up AMRAP	inverted row - 6 ways
B.	DB push press	2	6-12	3min	standing DB shoulder press	high incline DB press	incline DB press
C1.	bent over DB seesaw row	2	6-12ea	30s	half-kneeling 1-arm band row (ea)	seated 1-arm band row (around feet) (ea)	B-stance 1-arm DB row (ea)
C2.	standing DB seesaw press	2	8-15ea	2min	half-kneeling 1-arm DB shoulder press (ea)	DB floor press	seated Arnold press
D1.	bent over DB rear delt raise	2	8-15	30s	prone DB rear delt raise	band rear delt flye	high-to-low band face pull
D2.	DB bicep curl	2	8-15	30s	band bicep curl	incline DB bicep curl	DB hammer curl
D3.	bench dip	2	12-20	90s	high incline DB Tate press	DB skull crusher	DB OH tricep extension

MONTH 7
Dynamic Warmup

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bear squat x30s
half-kneeling T-spine rotation x15s ea
bowler squat x15s ea
standing hip opener x15s ea
walking knee hug x30s

MONTH 7

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	box jump	2	3-5	2min	pause DB squat (2s pause) 8-12	DB triple extension squat	seated vertical jump
B1.	DB Romanian deadlift	2	8-15	30s	rear foot-elevated DB Romanian deadlift (ea)	DB stiff-leg deadlift	pause DB Romanian deadlift (2s pause)
B2.	pause deficit hamstring thrust (4s pause)	2	3-8	2min	gliding leg curl	sliding leg curl	eccentric-only sliding leg curl
C1.	single-leg band terminal knee extension (TKE)	2	8-15ea	0s	pause goblet squat (2s pause)	DB split squat (ea)	DB deficit reverse lunge (ea)
C2.	goblet squat	2	8-15	2min	goblet squat 1.5 reps	heel-elevated DB squat	heel-elevated foam roller DB hack squat
D1.	DB reverse lunge to forward lunge	2	6-12ea	30s	B-stance goblet squat (ea)	DB split squat (ea)	DB walking lunge (ea)
D2.	single-leg braced DB Romanian deadlift	2	6-12ea	90s	single-leg braced DB swing (ea)	straight-leg feet-elevated hamstring thrust	hand-to-hand KB swing (ea)
E.	knee-banded quadruped hip extension	2	8-12ea	1min	BW reverse hyperextension 12-20	BW frog reverse hyperextension	45-degree knee-banded glute kickback (ea)

MONTH 7

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	side-to-side DB mock "slam"	2	5-8ea	2min	OH med ball slam	side-to-side med ball slam (ea)	half-kneeling alt. OH med ball slam (ea)
B.	pause bent over DB row (2s pause)	2	6-12	2min	DB pullover	prone band lat pulldown	bent over band lat pulldown
C1.	pause DB shoulder press (3s pause)	2	6-12	30s	low incline DB press	DB push press	standing DB shoulder press
C2.	standing 1-arm band row	2	8-15ea	2min	chest-supported 1-arm DB row (ea)	seated 1-arm band row (around feet) (ea)	bent over DB seesaw row (ea)
D1.	torso-elevated push-up	2	6-10	30s	ecc.-acc. DB floor press (4s lowering phase)	band-assisted push-up	feet-elevated push-up
D2.	bent over BW Y raise	2	20-30	90s	DB face pull	band pull-apart	band face pull
E.	band rear delt flye	2	8-15	90s	bent over DB Y raise	prone DB rear delt raise	bent over DB rear delt raise

MONTH 7

Day 3: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB jump squat	2	3-5	3min	wall sit 30-45s	BW split squat jump 8-12 (ea)	box jump
B.	DB deficit reverse lunge	2	6-12ea	3min	pivot split squat (ea)	DB Bulgarian split squat (ea)	pause DB split squat (2s pause) (ea)
C1.	pause DB Romanian deadlift (2s pause)	2	8-15	30s	DB stiff-leg deadlift	B-stance 1-arm KB Romanian deadlift from deadstop (ea)	single-leg braced DB Romanian deadlift (ea)
C2.	stability ball leg curl	2	12-20	2min	deficit hamstring thrust	pause prone band leg curl (2s pause)	prone band leg curl
D1.	band quadruped knee extension	2	8-15	30s	bench step-over (ea)	seated weighted leg extension (ea)	sissy squat AMRAP
D2.	alt. BW reverse lunge	2	8-15ea	90s	BW squat iso hold 20-45s	single-leg wall sit 20-30s (ea)	BW walking lunge (ea)
E.	B-stance BW hip thrust	2	8-15ea	90s	feet-elevated BW glute bridge	single-leg BW hip thrust (ea)	single-leg deficit BW hip thrust (ea)

MONTH 7

Day 4: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	pause DB shoulder press (3s pause)	2	6-12	3min	high incline DB press	half-kneeling DB shoulder press	ecc.-acc. DB push press (3s lowering phase)
B1.	pause chest-supported DB row (2s pause)	2	6-12	30s	inverted row - 6 ways	pause seated band row (3s pause)	standing 1-arm band row (ea)
B2.	deadstop torso-elevated push-up	2	8-15	2min	BW push-up	close-grip DB bench press	DB floor press
C1.	bent over 1-arm DB row	2	8-15ea	30s	3-point DB row (ea)	B-stance 1-arm DB row (ea)	band-resisted bent over 1-arm DB row (ea)
C2.	prone DB lateral raise	2	8-15	30s	DB lateral raise 21s 7 (ea)	lean-in 1-arm DB lateral raise (ea)	DB lateral raise
C3.	DB front raise	2	12-20	90s	band upright row	DB high pull	DB upright row
D1.	band bicep curl	2	8-15	30s	DB preacher curl	Zottman curl	DB hammer curl
D2.	DB OH tricep extension	2	15-20	90s	torso-elevated BW tricep extension AMRAP	high incline DB Tate press	band tricep pushdown

MONTH 8
Dynamic Warmup

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alt. hip lunge to T-spine rotation x30s
alt. wide-stance windmill to lateral squat x30s
quad stretch to hamstring sweep x15s ea
side-to-side leg swing x15s ea
front-to-back leg swing x15s ea

MONTH 8

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	box jump	2	5-8	2min	wall sit 30-45s	seated vertical jump	standing vertical jump
B.	heel-elevated DB squat	2	5-8	3min	1-arm DB Bulgarian split squat (ea)	assisted pistol squat (ea)	sissy squat AMRAP
C.	eccentric-accentuated DB Romanian deadlift (4s lowering phase)	2	6-12	3min	DB Romanian deadlift	DB back extension	single-leg DB back extension (ea)
D1.	DB lateral step-down	2	6-12ea	30s	1-arm DB lateral step-up (ea)	DB lateral squat (ea)	DB lateral lunge (ea)
D2.	single-leg DB glute bridge	2	8-15ea	2min	45-degree knee-banded glute kickback (ea)	pause DB hip thrust (2s pause)	single-leg DB hip thrust (ea)
E.	double DB swing	3-4	30s	20s	1-arm DB snatch 20s (ea)	DB thruster	KB swing

MONTH 8

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB triple extension squat	3	8-15	1min	DB thruster	KB thruster	deadball OH throw
B.	band-resisted bent over 1-arm DB row	2	5-8ea	3min	isometric inverted row hold 10-20s	BW pull-up	weighted pull-up
C.	seated Arnold press	2	6-12	3min	high incline DB press	seated Z press	seated DB shoulder press
D1.	deadstop 1-arm DB row	2	6-12ea	30s	low incline chest-supported DB row	pause seated band row (3s pause)	bent over DB seesaw row (ea)
D2.	deadstop torso-elevated push-up	2	6-12	2min	flat DB bench press	BW push-up AMRAP	weighted push-up
E1.	DB hammer curl	2	8-15	30s	DB spider curl	narrow-grip DB bicep curl	alt. DB bicep curl (ea)
E2.	DB OH tricep extension	2	8-15	90s	high incline DB Tate press	BW bench dip	DB bench dip

MONTH 8

Day 3: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB jump squat	2-3	5-8	2min	DB split squat jump (ea)	BW split squat jump (ea)	DB standing vertical jump
B.	pause DB Romanian deadlift (2s pause)	2	6-12	3min	pause DB good morning (2s pause)	pause Nordic ham curl (2s pause)	Nordic hip hinge
C.	goblet box squat	2	6-12	3min	DB reverse lunge (ea)	heel-elevated DB foam roller hack squat	pause DB front squat (2s pause)
D.	DB back extension	2	8-15	2min	band pull-through	DB straddle lift	KB straddle lift
E.	bench step-over	2	8-15ea	2min	B-stance wall sit 30-45s (ea)	eccentric-only shrimp squat 3-5 (ea)	band-assisted kneeling leg extension
F1.	hamstring walkout	2	8-15	0s	DB deficit hamstring thrust	gliding leg curl	stability ball leg curl
F2.	pause feet-elevated hamstring bridge (4s pause)	2	8-15	2min	single-leg prone band leg curl (ea)	prone band leg curl	prone DB leg curl

MONTH 8

Day 4: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	deadstop torso-elevated push-up	2	6-10	2min	band-assisted push-up	torso-elevated plyo push-up	plyo push-up
B.	flat DB bench press	2	6-12	3min	DB floor press	incline DB press	flat 1-arm DB bench press (ea)
C1.	UH-grip DB row	2	8-15	30s	DB pullover	seated 1-arm band row (around feet) (ea)	chest-supported 1-arm DB row (ea)
C2.	half-kneeling 1-arm DB shoulder press	2	8-15ea	2min	pause DB shoulder press (3s pause)	alt. incline DB press (ea)	1-arm incline DB press (ea)
D.	3-point DB row	2	6-12ea	2min	bent over DB seesaw row (ea)	bent over band lat pulldown	seated pull-up
E1.	prone DB lateral raise	2	8-12	30s	1-arm leaning DB lateral raise (ea)	band upright row	DB lateral raise
E2.	prone DB rear delt raise	2	12-15	90s	band Y raise	seated bent over DB rear delt raise	bent over DB rear delt raise

MONTH 9
Dynamic Warmup

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hip lunge to T-spine rotation x15s ea
quadruped adductor hinge x15s ea
half-kneeling hip flexor mobilization x15s ea
body weight windmill x15s ea
dynamic shoulder circle x15s ea

MONTH 9

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	body weight triple extension squat	3	40s	20s	single-leg calf hop 20s (ea)	multi-directional single-leg calf hop 20s (ea)	jump rope
B1.	single-leg prone band leg curl	2-3	8-12ea	0s	Nordic hip hinge 3-5	prone band leg curl	single-leg stability ball leg curl (ea)
B2.	DB straddle lift	2-3	12-15	2min	KB swing	1-arm DB suitcase deadlift (ea)	DB stiff-leg deadlift
C.	front foot-elevated DB split squat	2	6-12ea	2min	1-arm DB Bulgarian split squat (ea)	DB deficit reverse lunge (ea)	DB curtsy lunge (ea)
D.	DB Romanian deadlift	2	8-15	2min	B-stance DB hip thrust (ea)	DB glute emphasis back extension	pause single-leg DB hip thrust (2s pause) (ea)
E1.	DB sumo squat	2	8-12	30s	B-stance DB squat (ea)	DB lateral lunge (ea)	1-arm DB lateral step-up (ea)
E2.	side-lying BW adduction	2	8-15ea	90s	alt. adductor plate slide (ea)	standing band hip adduction (ea)	Copenhagen plank (ea)

MONTH 9

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	alt. DB halo	2-3	12-15ea	1min	side-to-side med ball slam (ea)	DB mock "slam"	bent over med ball slam
B.	3-point DB row	2	6-12ea	2min	pause bent over DB row (2s pause)	seated band row (around feet)	bent over 1-arm DB row (ea)
C.	incline DB press	2	8-15	3min	seated DB shoulder press	BW push-up AMRAP	pause incline DB press (2s pause)
D1.	pause UH-grip DB row (3s pause)	2	8-12	30s	band lat pulldown	seated pull-up 5-8	BW pull-up AMRAP
D2.	DB floor flye	2	8-15	2min	close-grip DB floor press	1-arm DB floor press (ea)	1-arm flat DB bench press (ea)
E1.	high-to-low band face pull	2	8-15	30s	band rear delt flye	prone DB rear delt raise	bent over DB rear delt raise
E2.	band bicep curl	2	8-15	90s	alt. DB hammer curl (ea)	incline DB bicep curl	DB bicep curl

MONTH 9

Day 3: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	single-leg BW box squat	2-3	5-8ea	90s	BW split squat jump (ea)	DB jump squat	box jump
B1.	braced skater squat	2-3	6-12ea	0s	bench step-over (ea)	band-assisted kneeling leg extension	sissy squat 5-8
B2.	pause goblet squat (2s pause)	2-3	6-12	2min	B-stance wall sit 30-45s (ea)	wall sit 30-45s	heel-elevated DB squat
C.	KB swing	2	5-8	3min	band pull-through	band-assisted Nordic ham curl	Nordic hip hinge
D.	DB step-up	2	8-12ea	2min	DB walking lunge (ea)	DB lateral lunge (ea)	DB reverse lunge to step-up (ea)
E1.	1-arm B-stance DB Romanian deadlift	2	8-12ea	30s	B-stance DB good morning (ea)	single-leg DB back extension (ea)	single-leg DB hip thrust (ea)
E2.	half-kneeling band Pallof press	2	6-10ea	90s	torso-elevated renegade row (ea)	high-to-low band wood chop (ea)	half-kneeling DB wood chop (ea)

MONTH 9

Day 4: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB landmine rotation	2-3	8-12ea	2min	half-kneeling alt. OH med ball slam (ea)	side-to-side OH med ball slam (ea)	OH med ball slam w/ power rotation (ea)
B.	seated pull-up	2	5-8	3min	ecc.-acc. DB pullover (2s lowering phase) 6-12	inverted row - 6 ways	BW pull-up AMRAP
C1.	pause standing DB shoulder press (3s pause)	2	6-12	0s	DB thruster	pause flat DB flye (2s pause)	flat DB flye
C2.	pause DB floor press (2s pause)	2	6-12	2min	DB floor press	alt. flat DB bench press (ea)	close-grip DB bench press
D1.	half-kneeling 1-arm band row	2	6-12ea	30s	alt. DB gorilla row (ea)	pause chest-supported DB row (2s pause) 6-10	bent over DB seesaw row (ea)
D2.	3-way 1-arm DB shoulder press	2	6-12ea	2min	BW push-up	pause torso-elevated push-up (2s pause)	weighted push-up
E1.	seated DB lateral raise	2	8-15	30s	lean-in 1-arm DB lateral raise (ea)	lateral raise 21s 7 (ea)	1-arm DB lateral raise (ea)
E2.	band tricep pushdown	2	12-20	90s	BW bench dip	torso-elevated BW tricep extension AMRAP	DB rolling tricep extension

MONTH 10
Dynamic Warmup

BW glute bridge to OH reach x30s
open book x15s ea
supine angel x15s ea
quadruped adductor hinge x15s ea
YTWL x10s ea

MONTH 10

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB triple extension squat	2	3-8	90s	DB standing vertical jump	box jump	DB jump squat
B.	goblet squat	2	6-12	3min	pause goblet squat (2s pause)	pause DB front squat (2s pause)	pause heel-elevated DB squat (2s pause)
C.	B-stance DB good morning	2	6-12ea	2min	feet-elevated BW glute bridge 20-30	pause DB Romanian deadlift (2s pause)	single-leg braced DB Romanian deadlift (ea)
D.	4-3-1 DB sumo stiff-leg deadlift	2	6-12	2min	pause prone band leg curl (2s pause)	band-assisted Nordic ham curl	pause Nordic ham curl (2s pause)
E.	single-leg BW box squat	2	8-15ea	90s	1-arm racked DB reverse lunge (ea)	alt. DB lateral squat (ea)	DB lateral lunge (ea)
F.	KB swing	2	12-15	90s	band pull-through	B-stance DB glute bridge (ea)	feet-elevated BW glute bridge

MONTH 10

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB diagonal lift	2	5-8ea	90s	side-to-side DB mock "slam" (ea)	horizontal band wood chop (ea)	lateral med ball toss (ea)
B.	seated DB shoulder press	2	6-12	2min	deadstop torso-elevated push-up	pike push-up AMRAP	DB push press
C.	bent over DB row	2	6-12	3min	band lat pulldown	BW pull-up	weighted pull-up
D1.	flat DB bench press	2	6-12	30s	1-arm incline DB press (ea)	low incline DB press	DB floor press
D2.	3-point DB row	2	6-12ea	90s	standing 1-arm band row 8-15 (ea)	seated band row (around feet)	bent over 1-arm DB row (ea)
E1.	bent over DB rear delt raise	2	8-15	30s	prone DB rear delt raise	prone DB Y raise	bent over DB Y raise
E2.	band tricep pushdown	2	8-15	90s	DB skull crusher	BW bench dip	DB bench dip

MONTH 10

Day 3: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	standing vertical jump	2	5-8	90s	DB standing vertical jump	KB sled push 50 steps	KB swing 15-20
B1.	DB hip thrust	2	8-15	0s	DB good morning	1-arm DB suitcase deadlift (ea)	pause DB Romanian deadlift (2s pause)
B2.	hamstring walkout	2	8-15	3min	sliding leg curl	single-leg stability ball leg curl (ea)	stability ball leg curl
C.	DB split squat	2	6-12ea	2min	1-arm DB Bulgarian split squat (ea)	B-stance goblet squat (ea)	DB deficit reverse lunge (ea)
D.	constant-tension DB Romanian deadlift	2	12-20	2min	double DB swing	DB straddle lift	KB straddle lift
E1.	single-leg band terminal knee extension (TKE)	2	8-12ea	30s	braced skater squat (ea)	DB high step-up (ea)	contralateral braced 1-arm DB step-up (ea)
E2.	lateral band walk	2	12-15ea	90s	banded cha-cha (ea)	side-lying hip raise 8-12 (ea)	standing band hip abduction (ea)

MONTH 10

Day 4: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	deadball OH throw	2	5-8	90s	torso-elevated plyo push-up	plank-to-plank	power plank-up from knees
B1.	bent over band lat pulldown	2	6-12	0s	inverted row - 6 ways	UH-grip DB row	DB pullover
B2.	bent over DB seesaw row	2	6-12ea	2min	alt. DB gorilla row (ea)	pause seated band row (3s pause)	pause bent over DB row (2s pause)
C.	alt. DB floor press	2	6-12ea	2min	high incline DB press	pause flat DB bench press (2s pause)	flat DB bench press
D1.	band lat stretcher	2	8-15	30s	band-resisted bent over 1-arm DB row (ea)	chest-supported 1-arm DB row (ea)	bent over 1-arm band lat pulldown (ea)
D2.	seated Arnold press	2	8-15	2min	half-kneeling DB shoulder press	1-arm DB push press (ea)	alt. DB Z press (ea)
E1.	DB face pull	2	12-15	30s	band rear delt flye	seated bent over DB rear delt raise	prone DB rear delt raise
E2.	incline DB bicep curl	2	8-15	90s	narrow-grip DB bicep curl	alt. DB bicep curl (ea)	DB spider curl

MONTH 11
Dynamic Warmup

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bear squat x30s
half-kneeling T-spine rotation x15s ea
alt. wide-stance windmill to lateral squat x30s
bowler squat x15s ea
standing hip opener x15s ea

MONTH 11

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	BW triple extension squat	2	6-10	90s	BW squat pulse 15-20	box jump	BW split squat jump (ea)
B.	pause DB Romanian deadlift (2s pause)	3	5-8	3min	hamstring walkout	DB deficit hamstring thrust 12-15	pause Nordic ham curl (2s pause)
C.	B-stance DB front squat	2	6-12ea	2min	DB split squat (ea)	DB Bulgarian split squat (ea)	DB deficit reverse lunge (ea)
D.	B-stance DB glute bridge	2	8-15ea	2min	pause BW reverse hyperextension (2s pause)	DB hip thrust	B-stance DB hip thrust (ea)
E.	seated hamstring heel curl	2	8-15	90s	stability ball leg curl	gliding leg curl	prone DB leg curl
F.	extra range side-lying BW hip abduction	2	12-15ea	90s	side-lying hip raise (ea)	lateral band walk (ea)	standing band hip abduction (ea)

MONTH 11

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	deadbug	2	6-10ea	90s	reverse crunch	band crunch	bent over med ball slam
B.	DB floor press	3	6-12	3min	alt. flat DB bench press (ea)	low incline DB press	flat DB bench press
C.	seated 1-arm band row (around feet)	2	6-12ea	2min	B-stance 1-arm DB row (ea)	band lat pulldown	bent over 1-arm DB row (ea)
D.	seated DB Z press	2	6-12	2min	low incline DB press	DB push press	pause incline DB press (2s pause)
E.	deadstop 1-arm DB row	2	8-15ea	2min	DB floor pullover	inverted row - 6 ways	bent over 1-arm band lat pulldown (ea)
F.	prone DB rear delt raise	2	12-20	90s	band rear delt flye	bent over DB rear delt raise	band pull-apart

MONTH 11

Day 3: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	floating heel drop	2	30s	90s	constant-tension BW step-up (ea)	jump rope 80-100	single-leg calf hop (ea)
B.	pause goblet squat (2s pause)	3	6-12	3min	heel-elevated DB squat	front foot-elevated DB split squat (ea)	sissy squat AMRAP
C.	B-stance DB good morning	2	8-15ea	2min	single-leg braced KB swing (ea)	single-leg braced DB Romanian deadlift (ea)	B-stance DB Romanian deadlift (ea)
D.	pause DB glute bridge (3s pause)	2	6-12	2min	single-leg DB hip thrust 8-15 (ea)	knee-banded quadruped hip extension 12-15 (ea)	pause DB hip thrust (5s pause)
E.	goblet lateral box squat	2	8-15ea	90s	DB curtsy lunge (ea)	alt. DB lateral squat (ea)	DB lateral lunge (ea)
F.	band pull-through	2	15-20	90s	45-degree knee-banded glute kickback (ea)	feet-elevated BW glute bridge	BW reverse hyperextension

MONTH 11

Day 4: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	pause torso-elevated push-up (2s pause)	2	5-8	2min	flat 1-arm DB bench press (ea)	BW push-up	weighted push-up
B.	eccentric-accentuated DB pullover (2s lowering phase)	3	5-8	3min	prone towel pull-up	BW pull-up	weighted pull-up
C.	standing DB shoulder press	2	6-12	2min	seated Arnold press	seated DB shoulder press	seated DB Z press
D.	UH-grip DB row	2	8-15	2min	low incline chest-supported DB row	tall-kneeling 1-arm band pull-in (ea)	bent over batwing row (ea)
E.	DB lateral raise	2	6-10	90s	prone DB lateral raise	seated DB lateral raise	DB 6 ways
F1.	DB hammer curl	2	12-15	30s	DB spider curl	DB bicep curl	narrow-grip DB bicep curl
F2.	DB skull crusher	2	15-20	90s	torso-elevated BW tricep extension AMRAP	BW bench dip	DB OH tricep extension

MONTH 12
Dynamic Warmup

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open half-kneeling adductor dip x15s ea
half-kneeling hip flexor mobilization x15s ea
half-kneeling T-spine rotation x15s ea
BW reverse lunge with OH reach x15s ea
BW windmill x15s ea

MONTH 12

Day 1: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB triple extension squat	2-3	3-5	2min	standing vertical jump	DB jump squat	box jump
B.	1-arm racked DB reverse lunge	3	6-12ea	3min	pause 1-arm DB Bulgarian split squat (2s pause) (ea)	pause DB squat (2s pause)	B-stance DB front squat (ea)
C1.	pause prone band leg curl (2s pause)	2	6-12	0s	gliding leg curl	eccentric-only sliding leg curl (5s lowering phase)	hamstring walkout
C2.	KB deadlift	2	8-15	2min	1-arm DB suitcase deadlift (ea)	4-3-1 DB sumo stiff-leg deadlift	DB stiff-leg deadlift
D.	pause goblet squat (2s pause)	2	6-12	2min	front foot-elevated DB split squat (ea)	single-leg band terminal knee extension (TKE) 12-15 (ea)	contralateral braced DB step-up (ea)
E1.	DB straddle lift	2	8-15	30s	rear foot-elevated DB Romanian deadlift (ea)	feet-elevated BW glute bridge 12-20	B-stance DB hip thrust (ea)
E2.	banded cha-cha	2	15-20ea	90s	side-lying hip raise 8-12 (ea)	standing band hip abduction (ea)	extra range side-lying BW hip abduction (ea)

MONTH 12

Day 2: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB renegade row	2	6-10ea	90s	band Pallof press (ea)	low-to-high band wood chop (ea)	horizontal band wood chop (ea)
B.	eccentric-accentuated DB pullover (2s lowering phase)	3	5-8	3min	inverted row - 6 ways	prone towel pull-up	eccentric-only pull-up 2-3
C.	flat DB bench press	2-3	6-12	3min	weighted push-up	1-arm DB floor press (ea)	pause flat DB bench press (2s pause)
D1.	pause UH-grip DB row (3s pause)	2-3	6-12	30s	bent over 1-arm DB row (ea)	pause chest-supported DB row (2s pause)	bent over DB seesaw row (ea)
D2.	seated DB Z press	2-3	8-15	2min	half-kneeling 1-arm DB shoulder press (ea)	standing DB shoulder press	DB push press
E1.	DB lateral raise	2	8-12	30s	prone DB lateral raise	1-arm DB lateral throw (ea)	1-arm DB leaning lateral raise (ea)
E2.	high-to-low band face pull	2	8-12	90s	prone DB face pull	seated band face pull	DB face pull

MONTH 12

Day 3: Lower Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	double DB swing	2-3	15-20	2min	jump rope 30-60s	KB sled push 50 steps	KB swing
B.	1-arm B-stance KB Romanian deadlift from deadstop	2-3	6-12ea	3min	KB Romanian deadlift 8-15	single-leg braced DB Romanian deadlift (ea)	B-stance DB Romanian deadlift (ea)
C.	DB high step-up	2-3	6-12ea	3min	4-3-1 goblet squat	front foot-elevated DB split squat (ea)	pause heel-elevated DB squat (2s pause)
D.	prone DB leg curl	2	8-15	2min	ecc.-acc. stability ball leg curl (4s lowering phase)	seated hamstring heel curl	prone band leg curl 12-20
E.	bilateral band terminal knee extension (TKE)	2	12-20	90s	band-assisted kneeling leg extension AMRAP	constant-tension heel-elevated goblet squat	DB walking lunge (ea)
F.	lateral band walk	2	12-20ea	1min	45-degree knee-banded glute kickback (ea)	standing band hip abduction (ea)	extra range side-lying BW hip abduction (ea)

MONTH 12

Day 4: Upper Body

	EXERCISE	SETS	REPS	REST	ALT 1	ALT 2	ALT 3
A.	DB landmine rotation	2-3	6-10ea	2min	lateral med ball toss (ea)	DB diagonal lift (ea)	OH med ball slam
B.	standing DB shoulder press	3	6-12	3min	alt. DB floor press (ea)	pause flat DB bench press (2s pause)	close-grip DB bench press
C.	chest-supported 1-arm DB row	2-3	6-12ea	2min	BW chin-up AMRAP	deadstop 1-arm DB row (ea)	half-kneeling 1-arm band lat pulldown (ea)
D1.	DB floor flye	2-3	8-12	30s	pause torso-elevated push-up (2s pause)	DB floor press	feet-elevated push-up
D2.	alt. DB gorilla row	2-3	8-12ea	2min	band lat stretcher	bent over DB row	inverted row - 6 ways
E1.	high incline DB Tate press	2	12-15	30s	BW bench dip	band tricep pushdown	standing EZ bar tricep extension
E2.	DB spider curl	2	12-15	90s	alt. DB hammer curl (ea)	narrow-grip DB bicep curl	DB preacher curl

WHAT'S NEXT

Woohoo! Now that you've made it to the end of the program, you may be wondering what's next for you.

If you're itching for more, check out some of my best offerings below.

Momentum by Sohee

Join my mobile app for a seamless strength training experience. As a subscriber, you'll get instant access to 12 different program versions each month: 2x, 3x, and 4x/week for home and gym, along with 30-minute Turbo Mode workouts.

The app also features comprehensive video demos for every exercise, intuitive workout tracking with the ability to change your program and training frequency as often as needed, and unlimited form checks from me and my coaching team.

Custom Training Program

If you're ready for something more personalized, a Custom Training Program could be the perfect next step. After filling out a comprehensive questionnaire, you'll receive an individualized strength training program designed by me, tailored to your needs and goals. Every four, six, or eight weeks, you'll submit a form with pertinent updates and requests and receive a new program within five business days.

1-on-1 ELT Method Coaching

The most hands-on service I offer. My team and I have helped hundreds of people like you reach and maintain their health, fitness, and behavior change goals using an evidence-based approach. As a 1-on-1 client, you'll receive compassionate guidance and accountability plus unlimited access to your coach in our private portal.