

6-Week

STRENGTH TRAINING PROGRAM

WAIVER AND RELEASE

PLEASE READ CAREFULLY BEFORE PERFORMING ANY EXERCISES IN THIS PROGRAM

I acknowledge and understand that there are risks involved in participating in any exercise program and in exercises contained in this program. I agree that I will assume the risk and full responsibility for determining the need for medical clearance from my physician and obtaining such clearance, the safety and/or efficacy of any exercise program recommended to me, and any and all injuries, losses, or damages, which might occur to me / or my family while utilizing the information in this program.

I agree to waive, release, indemnify BE RELENTLESS COACHING and Jake Males from any and all claims, suits, or related causes of action against BE RELENTLESS COACHING or Jake Males for injury, loss, death, costs or other damages to me while utilizing all the information or partaking in the exercises contain within this program.

TRAINING PLAN OUTLINE

Below are your training goals to complete throughout the training phases

First day of the program (morning)- (optional, but highly recommend you do this): I want you to take a picture of yourself (shirt off or just in underwear) - This is just FOR YOU to see. I would like you to do this every 3 weeks, so you can also SEE the physical adaptations/changes taking place and adjustments can be made.

- You will be able to do majority of exercises listed at your gym (I have also provided options/variations for exercises)
- You will need to buy a LIGHT resistance band from K-mart / Big W (they are around \$6).
- An Exercise guide had been attached to show you the correct way to perform each exercise listed in the program

Training plan outline

- Complete 2-day strength program per week
- Complete steady state cardio min. 2 times per week (e.g. walking/bike) 20-45mins. Keep the intensity low, on a scale of 1-10 (1 being standing still, 10 being sprinting as fast as you can – I want you to be at a 4-6.

This program consists of two, three-week mini cycles. The workouts change every three weeks but build-on and compliment each other. The variety from alternate lifts each in mini cycle will expose our bodies to different stimuli and training environments, which is an excellent recipe for well-rounded athletes. We must commit to the plan, warm-ups and recovery to ensure our bodies recover, reduce the risk of injury and avoid overtraining.

This program is strategically designed to improve our bodies from an aesthetic standpoint and from a performance standpoint as well as prepare our bodies for the physical demands we face.

Our program consists of two full body strength sessions, 2 cardio sessions and 1 conditioning session.

Below you will find three SAMPLE templates of your training week*:

DAY	SAMPLE #1	SAMPLE #2	SAMPLE #3
Monday	Cardio 20-45min	Full Body session 1	Cardio 20-45min
Tuesday	Cardio 20-45mins	Off	Full body session 1
Wednesday	Full body session 1	Full body session 2	Off
Thursday	Off	Cardio 20-45mins	Cardio 20-45mins
Friday	Cardio 20-45mins	Full body session 1	Full body session 2
Saturday	Full body session 2	Cardo 20-45mins	Off
Sunday	Off	Full body session 2	Cardio 20-45mins

* Each sample is split accordingly with recovery in mind

Pre-movement preparation

PERFORM AT YOUR HIGHEST LEVEL, DECREASE THE LIKELIHOOD OF INJURIES AND RELIEVE TIGHTNESS IN YOUR BODY BEFORE TRAINING, THE WARM-UP OR PRE-MOVEMENT PREPARATION IS A KEY PIECE TO YOUR PROGRAM

The warm-up is split into sections designed to target the common areas of dysfunction/movement restriction as discussed earlier in our initial assessment. This will allow your body to move through a greater ROM (range of motion), relieve tightness, decrease the risk of injury, build weak points and have your body prepared to perform at its highest level

**WARM UP EXERCISES ARE NOT IN THE PROVIDED EXERCISE GUIDE.
PLEASE VIEW VIDEO LINK PROVIDED FOR EACH WARM FOR DEMONSTRATIONS OF EACH EXERCISE
YOU WILL COMPLETE THIS WARM UP BEFORE EVERY STRENGTH &/OR CONDITIONING SESSION (if you don't have access to foam rollers etc. just complete what you can out of the warmup)**

PHASE	EXERCISE	DURATION
SMR / RELEASE	Foam roll T-spine/upper back	20-60sec
	Lax ball bottom of feet	30-60sec each foot
MOBILITY / OPEN	Hip flexor stretch	30sec each leg
	Pec stretch in rack or doorway	10-30sec
ACTIVATE / ANCHOR	Birddog	X 10 reps each side
	Reverse lunge x 1 rep each leg, inchworm x 1	X 3-5 reps
	OR Forward lunge with overhead reach	OR X 10 reps
CNS / EXPLOSIVE	Triple extension med ball slam	2 x 6 reps
	If you don't have access to a med ball you can complete a box jump of squat jump variation instead	

Full body pre-movement preparation (warm-up)

FULL BODY PREP - VIDEO LINK: <https://youtu.be/EVxVXerG4O0>

“Success at anything will always come down to this:
FOCUS & EFFORT. And we control both”

6-week Strength training program

Phase 1: Weeks 1-3

Full Body Strength Session 1
Phase 1: Week 1-3

Seq.	Exercise Choose ONE from each	Sets x Reps	Rest
1A	Seated row or machine row	3 x 10 reps	Rest 30sec between each exercise of the circuit. After completing the mobility reset "D", rest 90sec before restarting the circuit or moving on to the next section
1B	Hamstring curl w/ball	3 x 15 reps	
1C	Dumbbell split squat Hold ONE dumbbell in the hand of your "non-working" leg – if performing a split squat with your left leg forward, you would hold the dumbbell in your right hand	3 x 6 reps each leg	
1D	Hip flexor stretch (from warm up)	3 x 20sec each side	
2A	Push up against bar Set the bar height so you can only do 10-12 reps, keeping good form. The lower the bar, the more resistance	3 x 10	
2B	Goblet squat to bench Controlled lowering (4-6sec down)	3 x 6	
3C	Plank	3 x 30-45sec	
3D	Y-Handcuff (Super Slow)	3 x 6	

Full Body Strength Session 2
Phase 1: Week 1-3

Seq.	Exercise Choose ONE from each	Sets x Reps	Rest	
1A	Lat pulldown (cable or machine) or assisted chin up/pull up	3 x 10 reps	Rest 30sec between each exercise of the circuit. After completing the mobility reset "D", rest 90sec before restarting the circuit or moving on to the next section	
1B	Glute bridge	3 x 15 reps		
1C	Dumbbell step up Hold ONE dumbbell in the hand of your "non-working" leg – if your left leg is up on the bench, you would hold the dumbbell in your right hand	3 x 6 reps each leg		
1D	Hip flexor stretch (from warm up)	3 x 20sec each side		
2A	Dumbbell bench press or machine bench press	3 x 10		
2B	Leg press	3 x 12		
3C	Pallof press	3 x 10 each side		
3D	Y-Handcuff (Super Slow)	3 x 6		

6-week Strength training program

Phase 2: Weeks 4-6

Full Body Strength Session 1
Phase 2: Week 4-6

Seq.	Exercise Choose ONE from each	Sets x Reps	Rest
1A	Seated row or machine row	3 x 30sec ISO hold + 15 reps <i>ISO hold – Row the weight and HOLD squeezing your shoulder blades together for 30sec followed by 15 reps</i>	Rest 30sec between each exercise of the circuit. After completing the mobility reset "D", rest 90sec before restarting the circuit or moving on to the next section
1B	Hamstring curl w/ball	3 x 6-10 reps 6-sec eccentric Take 6sec as you straighten/extend your legs each rep	
1C	Dumbbell split squat (change of load) Hold ONE dumbbell in the hand of your "working" leg – if performing a split squat with your left leg forward, you would hold the dumbbell in your LEFT hand	3 x 8 reps each leg	
1D	Hip flexor stretch (from warm up)	3 x 20sec each side	
2A	Push up against bar 6sec lowering each rep The lower the bar, the more resistance Lower yourself down for 6secs each rep, push up in 1-2sec	3 x 6-8	
2B	Goblet squat to bench (3sec hold at the bottom/on bench)	3 x 8	
3C	Side plank	3 x 20-45sec each side	
3D	Y-Handcuff (Super Slow)	3 x 6	

Full Body Strength Session 2
Phase 1: Week 4-6

Seq.	Exercise Choose ONE from each	Sets x Reps	Rest	
1A	Eccentric chin up Set a box next to the bar or jump and start holding with you chin over the bar, lower yourself down as slow as possible. Once all the way down, jump back up and repeat You do not have to pull yourself back up	3 x 3 reps	Rest 30sec between each exercise of the circuit. After completing the mobility reset "D", rest 90sec before restarting the circuit or moving on to the next section	
1B	Glute bridge	3 x 15 reps		
1C	Dumbbell step up Hold ONE dumbbell in the hand of your "non-working" leg – if your left leg is up on the bench, you would hold the dumbbell in your right hand	3 x 6 reps each leg		
1D	Hip flexor stretch (from warm up)	3 x 20sec each side		
2A	Dumbbell bench press or machine bench press	3 x 6-8		
2B	Leg press	3 x 8 (3sec hold at bottom of every rep)		
3C	Palof press (tall kneeling stance/on knees)	3 x 12 each side		