STRONG360 PROGRAMMING

STRONGMAN: WEEK 9

DAY		EXERCISE	SETS / REPS	NOTES
MONDAY				
	1)	Log Clean and Press (Clean Once)	5x5 at 70-85%	
		Axle Press from Rack		
		Log Clean and Press (Clean Once)		
		Log Clean and Press (Clean All)		
	2)	Lat Pulldowns	5x8-10	
	3)	Overhead Dicks Press	4x6	
	4a)	DB Curls	2-3x10-12	
	4b)	DB 90/90s	2-3x10-12	
	4c)	DB Lateral Raises	2-3x10-12	
	4d)	DB Skullcrushers	2-3x10-12	
	5)	Dead Bugs	3x15	
TUESDAY				
	1)	Bike Tempos	2x10x40 sec	
		or		
		Incline Treadmill Walk	20 min	
WEDNESDAY				
	1)	2" Deficit Deads	9x1 at 70%-10 sec rest	
		Front Squat		
		Squat		
	2)	Front Squat	Up to 1rm	
		Squat		
		Deadlift		
	3)	Pause Squat		
		4" Snatch Grip Block Pulls		
		Front Box Squat		
	4)	Plank	3x60 sec-weighted	
THURSDAY				
	1)	Bike Tempos	2x10x40 sec	
		or		
		Incline Treadmill Walk	20 min	

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STRONGMAN: WEEK 9

DAY		EXERCISE	SETS / REPS	NOTES
FRIDAY				
	1)	DB Clean and Press (Clean Once)	3x4 each hand	
	2)	Closegrip Bench	55/65/75%x5+	
	3)	DB Chest Supported Row	5x8-10	
	4a)	Dips	2-3x10-12	
	4b)	DB Curls	2-3x12-15	
	4c)	DB Front Raises	2-3x15-20	
	4d)	Face Pulls	2-3x20	
SATURDAY				
	1)	Yoke	1x50'-As Heavy As Possible	
		Farmers Walk		
		Atlas Stones		
	2)	Speed Farmers	Med Weight-3x10 sec max distance	
		Speed Atlas Stones		
		Speed Yoke		
	3)	Stone Over Bar	Med x60 sec	
		Yoke		
		Farmers		