

Strength Overview

Weekly specialty classes



Monday - Lower Body

Strength Day

Front Squat

5 x 4 at 78% 1RM

3 RFQ: Goblet Squats and Single Leg Hip Thrusts

3 rounds for quality of:

- 7 Goblet Squats, pick load
- 14 Single Leg Hip Thrusts

3 RFQ: Double Kettlebell Front Rack Carries and Good Mornings

3 rounds for quality of:

- Double Kettlebell Front Rack Carry, pick load, 20 m
- 8 Good Mornings, pick load

5 RFQ: Side Planks, Side Planks, and Deadbugs

5 rounds for quality of:

- Side Plank, 20 secs
- Side Plank, 20 secs
- Deadbug, 40 secs

Saturday - Upper Body

Strength Day

Strict Press

4 x 6 at 68% 1RM

3 RFQ: Landmine Rows and Ring Dips

3 rounds for quality of:

- 10 Landmine Rows
- 8 Ring Dips

3 RFQ: Bench Press and Chin-ups

3 rounds for quality of:

- 7 Bench Press, 65% 1RM
- 5 Chin-ups

2 RFQ: Banded High Pulls, Banded Tricep Extensions, and Banded Curls

2 rounds for quality of:

- 20 Banded High Pulls
- 20 Banded Tricep Extensions
- 20 Banded Curls