

## 8 Week Strength Training Plan

Focus on increasing strength after each segment. During deload, focus on your form - if you can go up this week, then do. If you need to back down, then do.

- Don't forget your electrolytes and protein (1gm protein per lb of ideal body weight).
- Don't forget to stretch.



	<b>Weeks 1-3</b> <b>4x10-12</b> <b>Weight: Challenging at rep 10-12</b>	<b>Weeks 4-6</b> <b>3x8-10</b> <b>Weight: Challenging at rep 8-10</b>	<b>Deload</b> <b>3x8-10</b> <b>Weight: Challenging at rep 10</b>	<b>Weeks 7-8</b> <b>3x5-7</b> <b>Weight: Challenging at rep 5 - Heaviest Weeks</b>
<b>Day 1</b>	Face pulls Bench Press Incline Press Rope Tricep Pushdown	Face pulls Bench Press Incline Press Rope Tricep Pushdown	Face Pulls Incline Press	Face pulls Bench Press Incline Press Rope Tricep Pushdown
<b>Day 2</b>	Deadlifts Barbell Rows Lat Pulldown Barbell/DB Curl	Pull Ups Deadlifts Barbell Rows Barbell/DB Curl Hammer Curl	Deadlifts Hip Thrusts	Pull Ups or Lat Pulldowns Deadlifts Barbell Rows Hammer Curls
<b>Day 3</b>	Back Squats Split Squats Leg Extensions Walking Lunges	Back Squats Split Squats Leg Extensions Walking Lunges	T's, Y's, I's Lateral Raise	Back Squats Walking Lunges Leg Extensions
<b>Day 4</b>	Face Pulls Shoulder Press Side Lateral Raise Overhead Tricep Extension	Face Pulls Shoulder Press Side Lateral Raise T's, Y's, I's Overhead Tricep Extension	Front Squats Romanian Deadlifts	Face Pulls Shoulder Press Side Lateral Raise
<b>Day 5</b>	Hip Thrusts DB Front Squat Romanian Deadlifts Hamstring Curl	Hip Thrusts DB Front Squat Romanian Deadlifts Hamstring Curl	Rest	Hip Thrusts Romanian Deadlifts Hamstring Curl
<b>Day 6</b>	Rest	Rest	Rest	Rest
<b>Day 7</b>	Rest	Rest	Rest	Rest