

8 Week Strength Training Plan

This workout can be done at a gym or home gym. 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.



	Weeks 1-3 4x10-12 Weight: Challenging at rep 10-12	Weeks 4-6 3x8-10 Weight: Challenging at rep 8-10	Deload 3x8-10 Weight: Challenging at rep 10	Weeks 7-8 3x5-7 Weight: Challenging at rep 5 - Heaviest Weeks
Day 1	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
Day 2	Pull Ups Deadlifts Barbell Rows Lat Pulldown Barbell/DB Curl Hammer Curl	Pull Ups Deadlifts Barbell Rows Lat Pulldown Barbell/DB Curl Hammer Curl	Deadlifts Hip Thrusts	Pull Ups or Lat Pulldowns Deadlifts Barbell Rows Hammer Curls
Day 3	Back Squats Split Squats Leg Extentions Walking Lunges	Back Squats Split Squats Leg Extentions Walking Lunges	T's, Y's, I's Lateral Raise	Back Squats Walking Lunges Leg Extentions
Day 4	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
Day 5	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
Day 6	Rest	Rest	Rest	Rest
Day 7	Rest	Rest	Rest	Rest