

New Week 51 - Max Strength 1: August 26 - September 1, 2019

Goals:	1. Start pushing the weights again! 2. RIR: 3 (Reps in reserve/leave 3 left in the tank)
Warm-up & Cooldown:	Agility Ladder (5 minutes)
Dynamic Stretches:	Walking toe touch (hamstrings), Quad stretch, Piriformis/glute stretch, Frankensteins, Lunge hold rotation + reach, Hip circles (in to out), Hip circles (out to in), Inchworms
Mobility Exercises:	Cat-Cow 1x5-10 (optional), Scap CARS 1x2, Shoulder CARS Level 2 1x2, Hip CARS Level 2 1x2
Plyometrics:	Box Jumps 4x5

	DAY 1								DAY 2								DAY 3							
	<u>Straight Sets 1</u>								<u>Straight Sets 1</u>								<u>Straight Sets 1</u>							
	Rest 1-5 minutes after each set							Totals	Rest 1-5 minutes after each set							Totals	Rest 1-5 minutes after each set							Totals
	A. Barbell Back Squat								A. Barbell Deadlift								A. Barbell Back Squat							
Reps	5	5	5	5			20	Reps	5	5	4	4			18	Reps	5	5	5	5			20	
Load	95	115	125	135			2350	Load	135	157	162	162			2756	Load	95	115	125	135			2350	
	B. Dumbbell Bench Press								B. Barbell Overhead Press								B. Dumbbell Bench Press							
Reps	5	5	5	5			20	Reps	5	5	5	5			20	Reps	5	5	5	5			20	
Load	30	30	30	30			1200	Load	55	60	60	65			1200	Load	30	30	30	30			1200	
	<u>Complex 2</u>								<u>Complex 2</u>								<u>Complex 2</u>							
	Rest 1-2 minutes after each set								Rest 1-2 minutes after each set								Rest 1-2 minutes after each set							
	C1. Seated Cable Rows								C1. Pull-up Hang elbow at 120 degrees								C1. Forward Lunge (suitcase hold), per side							
Reps	10	10	10				30	Reps	30s	30s	30s			0	Reps	10	10	10				30		
Load	100	100	100				6000	Load						#VALUE!	Load	20	20	20				1200		
	C2. Single-leg Hip Thrust								C2. Dumbbell Incline Press								C2. Lat-Pulldown (Supinated, Shoulder-width grip)							
Reps	10	10	10				30	Reps	10	10	10			30	Reps	10	10	10				30		
Load							0	Load	80	25	25	25			1500	Load	95	95	95				2850	
Reps							0	Reps						0	Reps							0		
Load							0	Load						0	Load							0		
	<u>Complex 3</u>								<u>Complex 3</u>								<u>Complex 3</u>							
	Rest 1-2 minutes after each set								Rest 1-2 minutes after each set								Rest 1-2 minutes after each set							
	D1. Back Extensions								D1. Bicep Curls (Straight bar)								D1. Seated Dumbbell Overhead Press							
Reps	10	10	10				30	Reps	12	12	12			36	Reps	12	12	12				36		
Load							0	Load	40	40	40			1440	Load	25	25	25				1800		
	D2. Feet-up crunches								D2. Tricep Extensions (Cables)								D2. Single-Arm Rows							
Reps	20	20	20				60	Reps	12	12	12			36	Reps	12	12	12				36		
Load							0	Load	40	40	40			1440	Load	30	30	30				1080		
	Cardio 25 min								E. Sled Pushes - 4 sets, 1 set = down length and back								Cardio 25 min							
Time (s)							0	Time (s)						0	Time (s)							0		
Load							0	Load						0	Load							0		

Training Load Quantification		Body Weight	lbs	Training Load Quantification		Body Weight	145 lbs	Training Load Quantification		Body Weight	lbs
Session duration (min)	125			Session duration (min)	155			Session duration (min)	140		
sRPE (1-10)	5			sRPE (1-10)	6			sRPE (1-10)	5		
Training Load (AU)	625			Training Load (AU)	930			Training Load (AU)	700		
Total Tonnage (lbs)	9550			Total Tonnage (lbs)	VALUE!			Total Tonnage (lbs)	10480		