

Show of Strength Program (3-Day Split with Optional 4th day):

Welcome to your Show of Strength strength training program! Follow prescribed sets and reps and aim to increase weight 5-10 lbs each week. If you have any questions or would like to learn more or how to modify, reach out via email to martina.ramirez_silva@bp.com

	Movement		Week 1	Week 2	Week 3	Week 4	Max Testing
DAY 1	Recommended Warm-Up: 1. 5 minutes moderate cardio choice to increase blood flow to muscles we will be training. 2. Mobility & Activation: Walking Lunges with Twist						
	Squats (Choice: Box Squats, DB Goblet Squats, BB Squats)	Sets	3	3	3	3	
		Reps	6-8	6-8	6-8	6	
		Weight					
	Leg Press	Sets	4	4	4	4	
		Reps	5	5	5	5	
		Weight					
	DB Bench Press	Sets	3	3	3	3	
		Reps	8-12	8-12	8-12	8-13	
		Weight					
	Dips (Can perform assisted on bench or add weight belt)	Sets	3	3	3	3	
		Reps	8-12	8-12	8-12	8-13	
# Reps							
Push-Ups (amrap = as many reps as possible)	Sets	2	2	2	2		
	Reps	amrap	amrap	amrap	amrap		
	# Reps						
DAY 2	Recommended Warm-Up: 1. 5 minutes moderate cardio choice to increase blood flow to muscles we will be training. 2. Mobility & Activation: Inch Worm, Banded Row						
	BB Bench Press	Sets	1	1	1	1	
		Reps	1	1	1	1	
		Weight					
		Sets	3	3	3	3	
		Reps	5	5	5	5	
		Weight					
	Lat Pulldown	Sets	3	3	3	3	
		Reps	10-12	10-12	10-12	10-12	
		Weight					
	Row Choice	Sets	3	3	3	3	
		Reps	10-12	10-12	10-12	10-12	
		Weight					
	Pull-Ups (Can perform assisted on machine or with band)	Sets	2	2	2	2	
		Reps	amrap	amrap	amrap	amrap	
# Reps							

Schedule your max testing at the front counter

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DAY 3	Recommended Warm-Up: 1. 5 minutes moderate cardio choice to increase blood flow to muscles we will be training. 2. Mobility & Activation: Walking Lunges with Twist					
	Trap Bar Deadlift (Can substitute with RDL)	Sets	3	3	3	3
		Reps	5	5	5	5
		Weight				
	Hip Thrust	Sets	3	3	3	3
		Reps	12	12	12	12
		Weight				
	Abduction Machine	Sets	3	3	3	3
		Reps	15	15	15	15
		Weight				
Cable Tricep Extension	Sets	3	3	3	3	
	Reps	15	15	15	15	
	Weight					
Hanging Leg Raises	Sets	3	3	3	3	
	Reps	10	10	10	10	
	Weight					
DAY 4 (Optional)	Recommended Warm-Up: 1. 5 minutes moderate cardio choice to increase blood flow to muscles we will be training. 2. Mobility & Activation: Inch Worm, Banded Row					
	Leg Press	Sets	3	3	3	3
		Reps	10	10	10	10
		Weight				
	DB Bench Press	Sets	3	3	3	3
		Reps	8	8	8	8
		Weight				
	Bulgarian Split Squat	Sets	3	3	3	3
		Reps	8	8	8	8
		Weight				
	Thoracic Cable Rotation	Sets	2	2	2	2
		Reps	10	10	10	10
		Weight				
	Farmer Carries	Sets	3	3	3	3
		Reps	20 yd	20 yd	20 yd	20 yd
		Weight				
Push-Ups	Sets	5	5	5	5	
	Reps	5	5	5	5	
	Weight					

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