



PROGRAMMING FOR ABSOLUTE STRENGTH

A GUIDE TO UNDERSTANDING THE BASICS OF
PROGRAMMING FOR ABSOLUTE STRENGTH TRAINING

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FITNESS | SINCE '99

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OPEX Fitness is the leader in coaching education and premier functional fitness facilities. From the industry leading coaching course, the OPEX Coaching Certificate Program (CCP), to an industry defining OPEX Gym license program, OPEX helps coaches professionalize their passion and successfully scale their businesses. Every month, We at OPEX Fitness curate free introductory knowledge on topics covered in our comprehensive coaching certification program (CCP).

At OPEX, we are committed to delivering quality coaching education. We provide the tools you need to confidently create individually designed fitness programs and improve your clients levels of fitness.

Recently, we released a complete guide to programing for the strength speed aspect of the strength continuum. You can download this free coaching guide by following the link [here](#).

This month we are retaining our focus on the strength continuum by providing a free download on absolute strength. This free guide will provide insight into program design strategies for absolute strength as well as highlight the expected client benefits, a topic which is covered intimately within the OPEX CCP.

Absolute strength is the first and perhaps most important aspect of the strength continuum. The strength continuum provides context for classifying different types of muscle contractions. Characteristics of contractions differ between muscle groups and types of forces.

For simplicity's sake, the strength continuum is made up of four distinct categories in order to help fitness professionals distinguish between the different types of contractions:

ABSOLUTE STRENGTH
STRENGTH SPEED
SPEED STRENGTH
ABSOLUTE SPEED

For the purposes of this guide, we will focus specifically on absolute strength.



ABSOLUTE STRENGTH DEFINED

In order to understand what absolute strength is, coaches need to understand what it is not. Absolute strength is not a measure of how much weight a client can lift, relative to their bodyweight. Rather, absolute strength is a measure of how much weight a client can 'absolutely' lift, regardless of bodyweight (raw scores).

Improvements in absolute strength are a result of improved motor coordination and nervous system adaptations through resistance training. Essentially, resistance training is the method by which you improve absolute strength.

A client's 'function,' or goals, in regards to fitness changes how and why absolute strength training is applied. The movements selected by a fitness professional for an individual's absolute strength development are largely based upon the goals of the client and the physical assessment of that client. The OPEX CCP provides the most comprehensive assessment model through a focus and analysis of the client's basic motor patterns.



After completing a thorough assessment, a professional coach will classify their client into one of three different categories: **Beginner**, **Intermediate**, and **Advanced**.

BEGINNERS

Beginners are in a phase where motor learning and coordinating patterns are developing. To give a concrete example, when a beginner does a bicep curl with a dumbbell, they'll likely be contracting their tricep and pec muscles as well, even though those muscles don't need to be contracted during the movement. The nervous system has to learn how to properly sequence and fire the correct muscles for a given movement. This development takes time and exposure. As a result, beginner training programs will include many repeated touches on absolute strength work. The reason for this, is that their nervous system hasn't yet developed to the point where it can induce enough fatigue to warrant more time between repeated patterns of movement.



INTERMEDIATE

Intermediate individuals are now improving their nervous system's ability to coordinate muscle action and firing. As a result, they will need more rest between repeated patterns than a beginner. Their programs may have 2-3 days between absolute strength touches on similar movement patterns.



ADVANCED

Advanced individuals have more variables to consider when programming for absolute strength. As an individual's training age increases, their nervous system's ability to sequence motor contractions improves, allowing the individual to induce greater fatigue on their system. As a result, advanced individual training may require greater time between absolute strength based pieces due to the recovery required for the nervous system.



An effective absolute strength program can only be created when the coach compiles information about the client's goals and capabilities as determined by the assessment. If you have interest in further understanding the OPEX methods of client assessment and individual design, we encourage you to explore OPEX Coaching Certificate Program (CCP).

THE BENEFITS OF ABSOLUTE STRENGTH

**PROVIDES THE FOUNDATION TO EFFECTIVELY MOVE
THROUGH THE ENTIRE STRENGTH CONTINUUM.**

INCREASES BONE DENSITY

INCREASES LEAN MUSCLE MASS

DECREASES MORTALITY RATE



Absolute strength is the foundation of the entire strength continuum. While absolute strength is a prerequisite to effectively move through the strength continuum, most clients can train and thrive within absolute strength alone. Every client has unique goals, therefore your implementation of absolute strength training is going to differ from client to client.

Since resistance training is the primary method for developing absolute strength, a client can expect correlated improvements in bone density and lean muscle mass critical for injury prevention and minimizing the negative effects of the aging process. Absolute strength development, when implemented correctly, will support a client's longevity and enable a more active lifestyle.

For those whose fitness goals are performance-based, developing absolute strength is the fundamental phase of their athletic development. The level of absolute strength required corresponds to the sport and the level at which the client wishes to perform. As a result, development of absolute strength programming requires clear and comprehensive understanding of a client's goals and athletic abilities.



FIVE WEEKS OF ABSOLUTE STRENGTH TRAINING



The five-week absolute strength training template provided [here](#) was developed for a specific client 'avatar'. This 'avatar' is based off of a typical male, general fitness enthusiast with a moderate training age.

All of information below tells a trained OPEX Fitness CCP coach why the training looks the way it is. Week to week there are simple progressions and adjustments. If you'd like to learn more about how to understand the full structure of this program, be sure to check out the OPEX Fitness Coaching Certification Program (CCP).

AVATAR INFORMATION



CLIENT: MIKE

SEX: MALE

AGE: 25 YEARS OLD

HEIGHT: 5'10"

WEIGHT: 185 POUNDS

TRAINING AGE: 5 YEARS OF BODYBUILDING
STRENGTH TRAINING
BASIC AEROBIC WORK

Deadlift: 345 LBS

Weighted Pronated Grip Pull-Up: 185 LBS (BODY WEIGHT) + 60 LBS = 245 LBS

Back Squat: 275 LBS

Strict Press: 165 LBS

Front Squat: 235 LBS

2000 Row Time Trial: 7: 40

Bench Press: 225 LBS

10 min Max Calories on Assault Bike: 170 CALORIES

MIKE'S 5-WEEK TRAINING CYCLE

TRAINING GOALS

PR attempts at Back Squat, Front Squat, Strict Press, Bench Press and Weighted Pronated Grip Pull-Up

PR attempts at 2000m Row Time Trial and 10 minute Max Calorie AirBike

TRAINING LAYOUT

5 Training Days per week

2 Active Recovery Days

VIEW MIKE'S 5-WEEK TRAINING GUIDE

[VIEW THE GUIDE](#)



If you are passionate about coaching and looking for the tools and mentorship to help you build a successful coaching career, you should consider our comprehensive coaching certificate program (CCP).

**Schedule time with an advisor
to get started with OPEX CCP**

START CCP TODAY



The OPEX Coaching Certificate Program (CCP) delves deeply into program design and illustrates how to best program the different aspects of the strength continuum. CCP is more than a certificate, it's access to a community of experts who provide mentorship and the resources necessary for long-term success. Connect with the OPEX team to learn more about CCP today, and be one step closer to mastering the intricacies of fitness program design and the strength continuum.

Experience the next level of fitness coaching. Experience OPEX CCP.

WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>A. 3 sets / Warm-up: 10 calorie AirBike 5/leg Dumbbell Romnian Deadlift @ 3030 (light load) 25 sec Star Plank / Side +</p> <p>B. Back Squat @ 30X1; 6 reps @ 205lbs x 5 sets, rest 3-4 min between sets</p> <p>C. Rear Foot Elevated Split Squat @ 3030; 8 tough reps / leg x 3 sets, rest 1 min between legs</p> <p>D. Double Kettlebell Front Rack Carry; 50m Tough x 3 sets, rest 1:30 between sets</p> <p>E. 10 minutes @ 60%/Sustained effort: 10 calorie AirBike 10 Kettlebell Swings @ 24kg 10 Push-Ups</p>	<p>A. 3 sets / Warm-up: 10 calorie Row 10m Bear Crawl 10m Crab Walk 20 sec Single Arm Ring Row Hold @ top / side +</p> <p>B. Bench Press @ 40X0; 6 reps @ 175lbs x 5 sets, rest 3-4 min between sets</p> <p>C1. Seated Arnold Press @ 21X1; 8 tough reps x 3 sets, rest 1:30</p> <p>C2. Supinated Grip Strict Pull-Up @ 21X1; 6-8 tough reps x 3 sets, rest 1:30</p> <p>D. EMOM (Every Minute) on the Minute) x 20 minutes: 1st min- 2 Rope Climbs to 15' w/ legs 2nd min- 45 sec Row @ 2:00/500m 3rd min- 10 Strict Stationary Dips 4th min- 45 sec AirBike @ 60 RPM</p>	<p>A. 3 sets / Warm-up: 200m Run 15 Russian KBS @ 32kg 10 Tuck ups +</p> <p>B. Deadlift @ 20X0; Build to a tough set of 5 reps for the day *touch-n-go all reps</p> <p>C1. Sumo Good Morning @ 2010; 8 tough reps x 3 sets, rest 15 sec</p> <p>C2. Sled Push; 50m TOUGH / Grind x 3 sets, rest 2 min</p> <p>D. EMOM x 10 minutes 5 min- 10-20 sec L-Sit on Parallettes 5 min- 10-12 Glute Ham Raise Sit Ups + 2 sets: 2:30 Air Bike @ 62 RPM 2:30 Air Bike @ 64 RPM -2:30 rest-</p>	<p>Active Rest</p> <p>30-45 min Hike / Swim / Bike Ride in the Sun</p>	<p>A. 3 sets / Warm-up: 10 Alternating Stepups @ 24" box 8 SLOW Goblet Squats @ 50lbs 6 Strict Knees to Elbows +</p> <p>B. Front Squat @ 30X1; 6 reps @ 175# x 5 sets, rest 3-4 min between sets</p> <p>C. Dumbbell Russian Step-ups @ 2010; 10 tough reps / leg x 3 sets, rest 1 min between legs</p> <p>D1. Back Rack Yoke Carry; 30m TOUGH x 3 sets, rest 10 sec</p> <p>D2. Chinese Plank Weighted; 45 seconds x 3 sets, rest 2 min + 2 sets: 2:30 Row @ 1:58/500m 2:30 Row @ 1:56/500m -2:30 rest-</p>	<p>A. 3 sets / Warm-up: 200m Run 1 Wall Walk + 15 sec hold @ top 1 Rope Climb to 15' w/ legs up but no legs on lowering 45 sec Ring FLR (Forward Leaning Rest) +</p> <p>B. Strict Press @ 30X0; 6 reps @ 125lbs x 5 sets, rest 3-4 min between sets</p> <p>C1. Stationary Dips @ 21X0; 8-10 tough reps x 3 sets, rest 1:30</p> <p>C2. Prone Dumbbell Row @ 10X2; 6-8 tough reps x 3 sets, rest 1:30</p> <p>D. 20 minute AMRAP(As Many Reps as Possible) @ 70%/Sustained Pace: 15 calorie AirBike @ 60 RPM 10 Push-Ups 10 Ring Rows -feet elevated 20 calorie Row @ 950 cal/hr 100' Farmer's Walk @ 80#/hand 10 Push-Ups</p>	<p>Active Rest</p> <p>30-45 min Hike / Swim / Bike Ride in the Sun</p>

WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>A. 3 sets / Warm-up: 10m Bear Crawl 10m Walking Lunge 10 GHD (Glute-Hamstring Developer) Back Extensions 10 Tuck-ups @ 2020 +</p> <p>B. Back Squat @ 30X1; 5 reps @ 220# x 5 sets, rest 3-4 min b/t sets</p> <p>C. Rear Foot Elevated Split Squat @ 2020; 10 tough reps / leg x 3 sets, rest 1 min b/t legs</p> <p>D. EMOM x 5 minutes: 45 sec Ring FLR</p> <p>E. 10 minutes @ 60%/Sustained effort: 200m Run 12 GHD Back Extensions 200m Run 12 Dumbbell Front Squats @ 35#/hand</p>	<p>A. 3 sets / Warm-up: 200m Run 4 Side Plank Rotations / side 4 Yoga Push-Ups 15 sec Single Arm Floor FLR / arm +</p> <p>B. Bench Press @ 40X0; 5 reps @ 185# x 5 sets, rest 3-4 min b/t sets</p> <p>C1. Seated Alternating Dumbbell Overhead Press @ 11X1; 5 tough reps/arm x 3 sets, rest 1:30</p> <p>C2. Strict Pull-Up (Pronated Grip) @ 11X2; 7 tough reps x 3 sets, rest 1:30</p> <p>D. EMOM x 20 minutes: 4 min- 2 Rope Climbs to 15' w/ legs 4 min- 30 sec Row @ 1:55/500m 4 min- 8 Strict Ring Dips 4 min- 30 sec AirBike @ 63 RPM 4 min- 4-6 Strict Pull-Ups + 4-6 Push-Ups</p>	<p>A. 3 sets / Warm-up: 15 calorie Row 12 Good Mornings with 35# bar (slow / open hips and get body ready to hinge) 30 sec Ring FLR +</p> <p>B. Snatch Grip Deadlift @ 31X1; Build to a tough set of 4 reps for the day *Reset b/t all reps</p> <p>C1. GHD Back Extension @ 1013; 10 tough reps x 3 sets, rest 10 sec</p> <p>C2. Lying Leg Curl on Swiss Ball @ 20X0; 12-15 reps x 3 sets, rest 2 min</p> <p>D. For Time @ skill effort: 200m Double Kettlebell Front Rack Carry @ 24kg/hand *Elbows down / tight to body + 2 sets: 2 min AirBike @ 61 RPM 2 min AirBike @ 63 RPM 2 min AirBike @ 65 RPM -3 min walk-</p>	<p>Active Rest</p> <p>30-45 min Hike / Swim / Bike Ride in the Sun</p>	<p>A. 3 sets / Warm-up: 12 Walking Lunges 36 Weighted Single Unders with Jump Rope 6 Dumbbell Front Squats @ 50#/hand (slow and controlled / warm up squat) +</p> <p>B. Front Squat @ 30X1; 5 reps @ 190# x 5 sets, rest 3-4 min b/t sets</p> <p>C. Elevated Single Leg Step Down @ 3010; 8 tough reps / leg x 3 sets, rest 1 min b/t legs</p> <p>D1. Back Rack Yoke Carry; 30m TOUGH x 3 sets, rest 10 sec *heavier than last week</p> <p>D2. Chinese Plank Weighted; 60 seconds x 3 sets, rest 2 min *Same weight as last week + 2 sets: 2 min Row @ 2:00/500m 2 min Row @ 1:58/500m 2 min Row @ 1:56/500m -3 min walk-</p>	<p>A. 3 sets / Warm-up: 200m Run 5/arm Half Kneeling Single Arm Arnold Press -slow / get scap warmed up 5/arm Bent Over Dumbbell Row @ light load / no support - use core to stabilize +</p> <p>B. Strict Press @ 30X0; 5 reps @ 132.5# x 5 sets, rest 3-4 min b/t sets</p> <p>C1. Stationary Dips @ 11X1; 6 tough reps x 4 sets, rest 1:30</p> <p>C2. Feet Elevated Ring Row @ 30X0; 6 tough reps x 4 sets, rest 1:30</p> <p>D. 20 minute AMRAP @ 70%/Sustained Pace: 20 calorie AirBike @ 60 RPM 15 Push-Ups 15m Bear Crawl 400m Run 2 Rope Climbs to 15' w/ legs 30m Farmer's Walk @ 80#/hand</p>	<p>Active Rest</p> <p>30-45 min Hike / Swim / Bike Ride in the Sun</p>

WEEK 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>A. 3 sets / Warm-up: 30m Reverse Monster Band Walk -stay low 15 sec Star Plank / Side 30 sec Sorensen Hold on GHD +</p> <p>B. Back Squat @ 30X1; 3-4 reps @ 235-240# x 5 sets, rest 3-4 min b/t sets</p> <p>C. DB Walking Lunge; 12 tough reps x 3 sets, rest 1:30 b/t sets (keep shin vertical)</p> <p>D. GHDSU @ 3030; 8 reps x 3 sets, rest 1 min b/t (great control / follow tempo)</p> <p>E. 10 minutes @ 60%/Sustained effort: 400m Run 15 GHD Back Extension 12 Tuck ups 9 Jumping Air Squats</p>	<p>A. 3 sets / Warm-up: 200m Run 30 sec Ring Body Saw 30 sec Seated Scapular Wall Slide 5 Ring Push-Ups w/ 2 sec pause at top of each +</p> <p>B. Bench Press @ 30X0; 3-4 reps @ 190-195# x 5 sets, rest 3-4 min b/t sets</p> <p>C1. Incline Dumbbell Bench Press (Neutral Grip) @ 22X2; 6-8 tough reps x 3 sets, rest 1:30</p> <p>C2. Strict Pull-Up (Neutral Grip) @ 10X3; 5-6 tough reps x 3 sets, rest 1:30</p> <p>D. EMOM x 10 minutes: 1st min- 1 Legless Rope Climb to 15' (aim for no legs on lowering) 2nd min- 30 sec AMRAP Strict Ring Dips @ 21X0 -2 min walk-</p> <p>E. EMOM x 10 minutes: 1st min- 5-6 Strict Chest to Bar Pull Ups @ 10X1 2nd min- 30 sec AMRAP Ring Push Ups @ 21X0</p>	<p>A. 3 sets / Warm-up: 15 calorie Row 10 Russian Kettlebell Swings @ 32kg 10 V-Ups (slow) +</p> <p>B. Clean Grip Deadlift @ 11X1; Build to a tough set of 3 reps for the day *Reset b/t all reps</p> <p>C1. GHD Back Extension @ 2112; 8 tough reps x 3 sets, rest 10 sec</p> <p>C2. Single Leg Lying Leg Curl on Swiss Ball @ 20X0; 8 tough reps/leg x 3 sets, rest 2 min</p> <p>D. Plank on Elbows; Accumulate 5 minutes of holding in as short of time as possible + 2 sets: 3 min AirBike @ 62-63 RPM 3 min AirBike @ 64-65 RPM -3 min walk-</p>	<p>Active Rest</p> <p>45-60 min Hike / Swim / Bike Ride in the Sun</p>	<p>A. 3 sets / Warm-up: 10 Toe Touch to Air Squat 10 Mountain Climbers 20m Sled Push @ grind / vertical shin - turn glutes on +</p> <p>B. Front Squat @ 30X1; 3-4 reps @ 195-200# x 5 sets, rest 3-4 min b/t sets</p> <p>C. Counterbalance Skater Squats @ 3030; 6 tough reps / leg x 3 sets, rest 1 min b/t legs</p> <p>D1. Front Rack Yoke Carry; 30m TOUGH x 3 sets, rest 10 sec</p> <p>D2. GHDSU @ 2020; 10 smooth reps x 3 sets, rest 2 min + 2 sets: 3 min Row @ 1:58-1:59/500m 3 min Row @ 1:56-1:57/500m -3 min walk-</p>	<p>A. 3 sets / Warm-up: 200m Run 6 Dumbbell Hammer Curl to Over Head Press @ light load 5 Dumbbell Bent Over Rows @ light load 4 Dumbbell Standing Arnold Press @ light load +</p> <p>B. Strict Press @ 30X0; 3-4 reps @ 135-140# x 5 sets, rest 3-4 min b/t sets</p> <p>C1. Flat Dumbbell Bench Press (Neutral Grip) @ 21X1; 8 tough reps x 3 sets, rest 1 min</p> <p>C2. Incline Dumbbell Row @ 2112; 8 tough reps x 3 sets, rest 1 min</p> <p>D. 20 minute AMRAP @ 70%/Sustained Pace: 30 calorie AirBike @ 60 RPM 20 Push-Ups 10 Strict Pull-Ups</p>	<p>Active Rest</p> <p>45-60 min Hike / Swim / Bike Ride in the Sun</p>

WEEK 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>A. 3 sets / Warm-up: 200m Run 8 Side Plank Clamshells / side 15 sec Single Leg Sorensen Hold / Leg +</p> <p>B. Back Squat @ 30X1; 2-3 reps @ 245-250# x 3 sets, rest 3-4 min b/t sets</p> <p>C. Barbell Front Rack Reverse Lunge @ 3010; 8 tough reps / leg x 3 sets, rest 1 min b/t legs</p> <p>D. EMOM x 8 minutes: 4 min- 30 sec Double Kettlebell Front Rack Carry @ tough load 4 min- 30 sec AMRAP V-Ups</p> <p>E. 10 minutes @ 60%/Sustained effort: 15 calorie AirBike @ 60 RPM 15 Russian Kettlebell Swings @ 32kg 15 calorie Row @ 1000 cal/hr 15 Dumbbell Front Squats @ 25#/hand</p>	<p>A. 3 sets / Warm-up: 400m Run 30 Weighted Single Unders w/ Jump Rope 15m Reverse Bear Crawl 3 Strict Lean Away Pull-Ups 15 sec Single Arm Ring FLR / side +</p> <p>B. Bench Press @ 30X0; 2-3 reps @ 200-205# x 3 sets, rest 3-4 min b/t sets</p> <p>C1. Seated Dumbbell Overhead Press @ 21X1; 6 tough reps x 4 sets, rest 1:30</p> <p>C2. Strict Pronated Pull-Up (Wide Grip) @ 21X1 ; 6 tough reps x 4 sets, rest 1:30 +</p> <p>For Time @ skill effort: 10 Strict Ring Dips 4 Rope Climbs to 15' w/ legs 8 Strict Ring Dips 3 Rope Climbs to 15' w/ legs 6 Strict Ring Dips 2 Rope Climbs to 15' w/ legs 4 Strict Ring Dips 1 Rope Climb to 15' w/ legs 2 Strict Ring Dips + 5 min walk + 3 rounds @ skill effort: 50m Farmer Walk @ 80#/hand 15 Push-Ups</p>	<p>A. 3 sets / Warm-up: 10 calorie Row 10 Dumbbell RDL @ 2010 -light load 10 Reverse Crunches +</p> <p>B. Sumo Deadlift @ 20X0; Build to a tough set of 2 reps for the day *Touch-n-go Reps C1. Russian Kettlebell Swings @ 32kg; 25-30 UB reps x 3 sets, rest 1 min *near vertical shins / all glute C2. Glute-Ham-string Raise @ 40X0; 6-8 tough reps x 3 sets, rest 2 min D. Side Plank; Accumulate 3 minutes of holding/side in as short of time as possible +</p> <p>2 sets: 4 min AirBike @ 61-63 RPM 4 min AirBike @ 63-65 RPM -4 min walk-</p>	<p>Active Rest</p> <p>45-60 min Hike / Swim / Bike Ride in the Sun</p>	<p>A. 3 sets / Warm-up: Every 2 min x 4 sets: 20 sec Sled Sprint - light load / high turnover +</p> <p>2 sets: 20 sec Star Plank / Side 20 sec Sorensen Hold on GHD w/ 25# plate at chest +</p> <p>B. Front Squat @ 30X1; 2-3 reps @ 200-210# x 3 sets, rest 3-4 min b/t sets</p> <p>C. Counterbalance Pistols @ 4010; 5 tough reps / leg x 4 sets, rest 1 min b/t legs</p> <p>D. Front Rack Yoke Carry; 30m x 4 sets, rest 2 min b/t sets *HEAVY sets! +</p> <p>2 sets: 4 min Row @ 1:58-2:00/500m 4 min Row @ 1:56-1:58/500m -4 min walk-</p>	<p>A. 3 sets / Warm-up: 15 calorie Row @ 1000 cal/hr 5 Yoga Push-Ups 5 Ring Rows w/ 3 sec pause at top of each 30 sec Ring FLR +</p> <p>B. Strict Press @ 30X0; 2-3 reps @ 140-145# x 3 sets, rest 3-4 min b/t sets C1. Stationary Dips @ 20X0; 10-12 tough reps x 4 sets, rest 1:30 min</p> <p>C2. Bent Over Dumbbell Row @ 20X0; 10-12 tough reps x 4 sets, rest 1:30 min +</p> <p>For Time @ skill effort: 50 calorie AirBike @ 60 RPM 20 Push-Ups 40 calorie AirBike @ 60 RPM 3 Rope Climbs to 15' w/ legs 30 calorie AirBike @ 60 RPM 15 Ring Push-Ups 20 calorie AirBike @ 60 RPM 9 Strict Chest-to-Bar Pull-Ups 10 calorie AirBike @ 60 RPM</p>	<p>Active Rest</p> <p>45-60 min Hike / Swim / Bike Ride in the Sun</p>

WEEK 5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>A. 3 sets / Warm-up: 10 calorie AirBike @ 60 RPM 10 Walking Lunges 3 Max Effort Reverse Over-head Med Ball Throw @ 20# ball 20 sec Double Kettlebell Front Rack Hold (work on breathing and bracing) +</p> <p>B. Back Squat; Build to a tough single for the day</p> <p>C. Rear Foot Elevated Split Squat @ 3010; Build to an 8 rep max per leg for the day</p> <p>D. Side Plank; 1 set to failure / side</p> <p>E. Sorensen Hold on GHD; 1 set to failure</p>	<p>A. 3 sets / Warm-up: 200m Run 1 Wall Walk w/ 15 sec Hold @ top 200m Run 1 Rope Climb to 15' (legs up and no legs down) 5 Plyo Push-Ups (get body off ground with each rep) +</p> <p>B. Bench Press; Build to a max for the day</p> <p>C. Weighted Strict Pull-Up (Supinated Grip); Build to a max for the day +</p> <p>For Time: 100 Push-Ups +</p> <p>2 min walk +</p> <p>5 min AMRAP: Strict Pull-Ups (pronated grip)</p>	<p>A. 3 sets / Warm-up: 10 Cal Row 8 GHD Back Extensions @ 1012 6 Toes Thru Rings @ 2020 +</p> <p>B. Deadlift; Build to a tough Touch-n-go double for the day (double overhand hook grip)</p> <p>C. Good Morning @ 2010; Build to an 8 rep max for the day (quality positions over load here) +</p> <p>10 min Max Calories on AirBike *last score: 170</p>	<p>Active Rest</p> <p>45-60 min Hike / Swim / Bike Ride in the Sun</p>	<p>A. 3 sets / Warm-up: 50' Skipping 50' Lateral Shuffle 50' Backpedal +</p> <p>2 sets: 5/leg Skater Squats 30 sec Copenhagen Plank / side +</p> <p>B. Front Squat; Build to a max for the day</p> <p>C. Barbell Front Rack Walking Lunge; Build to a max set of 10 steps (5/leg) +</p> <p>2000m Row Time Trial *last time: 7:40</p>	<p>A. 3 sets / Warm-up: 10 calorie Row @ 1000 cal/hr 5 Push-Ups 10m Bear Crawl 5 Push-Ups 10m Reverse Bear Crawl 5 Ring Rows w/ 3 sec pause at top +</p> <p>B. Strict Press; Build to a tough single for the day</p> <p>C. Prone Barbell Row; Build to a 8 rep max @ 2010 +</p> <p>For Time: 100 Push-Ups (focus on beating your time from Tuesday) +</p> <p>2 min rest +</p> <p>For Time: 10 Rope Climbs to 15' w/ legs</p>	<p>Active Rest</p> <p>45-60 min Hike / Swim / Bike Ride in the Sun</p>

LOOKING TO APPLY THIS LESSON TO YOUR CURRENT CLIENTS?

The OPEX Coaching Certificate Program (CCP) can teach you how to conduct a proper assessment and consultation to layout your clients goals and show you how to build the perfect individual program to get your client there. Earn credibility and competency that will set you apart from other coaches around you.

START CCP TODAY



