

6-8 (3-5 Days A Week Training) BEGINNER STRENGTH PROGRAM

WRITTEN BY: DENIS Q (IRON EAGLE ATHLETICS)

WEEK 1)

DAY 1

-FLAT BENCH
5*8
-INCLINE DB PRESS
3*10
-HAMMER STRENGTH
3*10 (PYRAMID)
-CHEST FLYS W/BANDS
3*10
-SKULL CRUSHERS
4*10 SUPERSET W/
CURLS 4*10
-ROPE TRICEP PUSHDOWNS
3*12
-SINGLE ARM KICKBACKS W/BANDS
3*12

DAY 2

-BACK SQUAT
5*8
-LEG PRESS
4*10
-LEG EXTENSION
4*10
-CALF RAISE
3*10
-HAMSTRING CURLS
3*10
-INCLINE WALK (15 MIN)

DAY 3

-PUSH-PRESS
6*6
-BB SHRUGS
4*10
-UPRIGHT ROW
4*10
-ARNOLD PRESSES
3*10
-SITTING BICEP CURLS
4*10 SUPERSET W/
LATERAL RAISES
-PREACHER CURLS
3*10
-FARMERS WALK
4 Rounds
-15 MIN ABS

DAY 4

-RACK PULLS
5*10 SUPERSET W/
PULL-UPS
-T-BAR ROWS
4*8 STRICT
-SINGLE ARM DB ROW
4*10
-WIDE-GRIP SEATED CABLE ROWS
3*10
-CLOSE GRIP PULLDOWNS
3*10
-LYING LATERAL RAISES
3*10
-FACE-PULLS 4*12

DAY 5

-SQUAT
6*3 (PAUSE)
-BULGARIAN SPLIT SQUAT DB
3*10
-WALKING LUNGES
4*10 SUPERSET W/ 20 SEC JUMP ROPE
-DB DEADLIFTS
4*10
-15 MIN INCLINE

WEEK 2

Day 1

-FLAT BENCH
5*4
-INCLINE DB PRESS
3*10
-HAMMER STRENGTH
3*10 W/PYRAMID
-CHEST FLYS
3*10 SUPERSET W/
DIPS
-SKULL CRUSHERS
4*10
-Preacher Curls
4*12
-SINGLE ARM TRICEP KICKBACKS
4*12 (BANDS)
-OVERHEAD TRICEP EXTENSIONS
3*10

Day 2

-SQUAT
8*4
-LEG PRESS
4*10
-LEG EXTENSION
4*10
-CALF RAISE
3*10
-HAMSTRING CURLS
4*10
-15 min stair climber

Day 3

-STANDING STRICT PRESS
6*4
- BB SHRUGS
4*10
-SEATED BB PRESS
BEHIND THE HEAD
3*10
-ARNOLD PRESSES
3*10 SUPERSET W/
-SITTING DB CURLS
*FARMERSWALK
4 rounds
-15 min Abs

DAY 4

-RACK PULLS
4*10 SUPERSET W/
PULL-UPS
-BENT OVER ROWS
4*8
-SINGLE ARM DB ROW
4*10
-WIDE-GRIP SEATED CABLE ROWS
3*10
-CLOSE-GRIP PULLDOWNS
3*10 SUPERSET W/ DIPS
-STANDING CABLE CROSSOVERS
3*10
-FACE-PULLS
4*12

DAY 5

-LEG PRESS
5*10
-BULGARIAN DB SPLIT SQUAT
3*10
-WALKING LUNGES
4*10
-LEG EXTENSIONS
4*10
-DB STIFF LEG DEADLIFTS
4*10
-15 MIN INCLINE

WEEK 3

Day 1

Day 2

Day 3

-FLAT BENCH
7*3
-INCLINE BENCH
6*6
-DB PULLOVER
3*10 SUPERSET W/
FLAT BENCH DB KICKBACK
-TRICEP ROPE PULLDOWNS
4*12
-SINGLE ARM BAND KICKBACKS
3*12
-CHEST CABLE FLYS
4*10 (MIDDLE AND LOWER)

-BACK SQUAT
8*3
-LEG PRESS
4*10
-LEG EXTENSION
4*10
-CALF-RAISE
4*15
-HAMSTRING CURLS
3*10
-15 MIN INCLINE

-PUSH PRESS
6*6
-BB SHRUGS
4*10
-SITTING DB PRESS
4*10
-SITTING BEHIND THE
HEAD BB PRESS
4*10
-21'S E-Z BAR
4*
-MACHINE PREACHER
CURLS (STRICT)
4*10
-FARMERS WALK
4*
-15 MIN ABS

DAY 4

-BENT OVER ROW
5*8
-BB SHRUGS
4*10
-T-BAR ROW
4*8 (STRICT)
-SINGLE ARM DB ROW
4*10
-CLOSE-GRIP PULLDOWNS
3*10 SUPERSET W/DIPS
-REVERSE DELT MACHINE FLYS
3*10
-FACE-PULLS
4*12

DAY 5

-BACK SQUAT
4*10 SUPERSET W/
30 SEC JUMP ROPE
-BULGARIAN DB SPLIT SQUAT
3*10
-LEG EXTENSIONS
4*10
-KETTLE BELL SWINGS
5*10
-REVERSE WALL BALL THROWS
W/SQUAT 4*10
-15 MIN INCLINE

WEEK 4

DAY 1

-CLOSE GRIP FLAT BENCH
5*5
-INCLINE BENCH
6*4

DAY 2

-BACK SQUATS
7*3
-LEG PRESS
4*10 SWITCH FROM WIDE

DAY 3

-CABLE CHEST FLYS
4*10 MIDDLE AND LOWER
-SIDE CABLE RAISES
EACH ARM 3*10

-FLAT BENCH DB FLYS
3*10
-DB PULLOVERS
3*10
-SITTING TRICEP PRESS
3*10 SUPERSET W/ BB CURLS
-HAMMER CURLS
4*10
-SINGLE ARM MACHINE FLYS
3*10 SUPERSET W/ DIPS

TO CLOSE
-LEG EXTENSIONS
4*10
-CALF-RAISE
4*15
-HAMSTRING CURLS
3*10
-WALKING LUNGES
4*10
-15 MIN INCLINE

-CABLE CURLS W/
STRAIGHT BAR
5*10 SUPERSET W/
TRICEP KICKBACKS
TILL FAILURE
-MACHINE PREACHER
CURLS 4*10
-STANDING DB PRESSES
4*10 SUPERSET W/
PUSHUPS
-21'S W/ EZ-BAR
3* SUPERSET W/DIPS
-15 MIN ABS

DAY 4

-GOOD MORNINGS
4*10
-RACK PULLS
4*10
-BB SHRUGS
4*10
-UPRIGHT ROWS
3*10
-SITTING BEHIND THE HEAD PRESS
4*10
-CLOSE GRIP CABLE ROWS
4*10 SUPERSET W/
FARMERS WALK

DAY 5

-BACK SQUAT
4*10 SUPERSET W/
30 SEC JUMP ROPE
-LEG EXTENSIONS
4*10
-HAMSTRING CURLS
4*10
-KETTLE BELL SWINGS
4*10
-WALL BALL THROWS INTO SQUAT
4*10
-STAIR CLIMBER 15 MIN

WEEK 5

DAY 1

-FLAT BENCH
6*3
-INCLINE DB PRESS
4*10
-HAMMER STRENGTH PRESS
5*6
-CHEST FLYS
4*10

DAY 2

-BACK SQUAT
6*3
-SINGLE-LEG LEG PRESS
4*10
-LEG EXTENSION
4*10 SUPERSET W/
HAMSTRING CURLS
-SITTING CALF RAISE

DAY 3

-HEX-BAR DEADLIFT
4*10
-T-BAR ROWS
4*10 (LAST SET
DROPSET)
-DB SHRUGS
4*10 (STRICT)
-SITTING LATERAL RAISES

-SKULL CRUSHERS
3*10 SUPERSET W/
PULLUPS
-TRICEP BAND KICKBACKS
4*10
-15 MIN ABS

4*12
-WALKING LUNGES
4*
-15 MIN INCLINE

4*10
-21'S E-Z BAR
4*
-MACHINE PREACHER
CURLS 3*10 (STRICT)
-STANDING DB PRESSES
4*10

DAY 4

-BACK SQUAT
5*5 PAUSE SUPERSET W/
20 SEC JUMP ROPE
-BULGARIAN SPLIT SQUAT
4*10
-KETTLE BELL SWINGS
4*10
-WALKING LUNGES
4*10
-BOX JUMPS SUPERSET W/
PUSHUPS 4*10
-15 MIN INCLINE

WEEK 6

DAY 1

-DEADLIFTS
7*5
-FLAT BENCH
5*4
-INCLINE DB PRESS
4*8 SUPERSET W/ DB FLYS
4*10
-15 MIN ABS

DAY 2

-STANDING DB CURLS
4*10
-SKULLCRUSHERS
4*10 SUPERSET W/
SITTING DB LATERAL RAISE
4*10
-SITTING INCLINE DB CURLS
4*10
-MACHINE CHEST PRESS (PYRAMID UP & DOWN)
-ONE ARM CABLE CURLS
4*12 SUPERSET W/DIPS TO FAILURE

DAY 3

-BACK SQUAT
6*4
-SINGLE LEG LEG PRESS
4*10
-LEG EXTENSIONS
4*12
-SITTING CALF RAISES
4*15
-DB LUNGES
4*10 EACH LEG
-15 MIN INCLINE WALK

DAY 4

-STRICT MILITARY PRESS
5*5
-BARBELL SHRUGS
4*12 (SLOW)
-ARNOLD PRESSES
4*10
SITTING BB PRESS
(BEHIND THE HEAD)
4*6
-CLOSE GRIP FLAT BENCH
4*8
-FACE PULLS
4*10

DAY 5

-BACK SQUAT
5*5 PAUSE (3 SEC)
-LEG PRESS
5*10
-LEG EXTENSIONS
4*10
-4 ROUNDS EACH
10 BURPEES
10 BOX JUMPS
10 BALL THROWS
INTO SQUAT