

Athlete Name: \_\_\_\_\_

Current maxes:	Squat	Bench	Clean	Deadlift
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### Cardinal Strength Program (Level 1 - Phase 1)

Workout #1	Day 1	Day 5	Day 9	Day 13
RDL	2x12	2x12	2x12	2x12
pair/ step up	2x12	2x12	2x12	2x12
Front Squat	1x10 @ 50%	1x10 @ 50%	1x10 @ 50%	1x6 @ 65%
	1x8 @ 60%	1x8 @ 60%	1x8 @ 60%	1x4 @ 75%
	2x12 @ 70%	2x12 @ 70%	2x12 @ 70%	5 rep max
Military press	2x12	2x12	2x12	2x12
pair/ reverse fly	2x12	2x12	2x12	2x12
3-way planks	2x30sec each	2x30sec each	2x45sec each	2x45sec each
pair/ tricep pressdown	2x12	2x12	2x12	2x12
pair/ back hyper	2x12	2x12	2x12	2x12

\*Speed, Agility, Plyometrics

Workout #2	Day 2	Day 6	Day 10	Day 14
High pull	3x6	3x6	3x6	3x6
Incline Press	2x12	2x12	2x12	2x12
pair/ one arm row	2x12	2x12	2x12	2x12
Pullovers	2x12	2x12	2x12	2x12
pair/ arm curl	2x12	2x12	2x12	2x12
Neck (front/back)	2x12	2x12	2x12	2x12
Straight arm pulldown	2x12	2x12	2x12	2x12
Shoulder raises (front/side)	2x12	2x12	2x12	2x12

\*Speed, Agility, Plyometrics

Workout #3	Day 3	Day 7	Day 11	Day 15
Deadlift (hex bar)	1x6 @ 60%	1x6 @ 60%	1x6 @ 60%	1x6 @ 65%
	1x4 @ 75%	1x4 @ 75%	1x4 @ 75%	1x4 @ 75%
	2x6 @ 85%	2x6 @ 85%	2x6 @ 85%	5 rep max
Lunges	2x12	2x12	2x12	2x12
pair/ DB shrugs	2x12	2x12	2x12	2x12
Dips	2x12	2x12	2x12	2x12
pair/ upright row	2x12	2x12	2x12	2x12
Ab wheel	2xfailure	2xfailure	2xfailure	2xfailure
pair/ face pulls	2x12	2x12	2x12	2x12
pair/ glute ham	2x12	2x12	2x12	2x12

\*Speed, Agility, Plyometrics

Workout #4	Day 4	Day 8	Day 12	Day 16
Hang clean	3x6	3x6	3x6	3x6
Bench Press	1x10 @ 50%	1x10 @ 50%	1x10 @ 50%	1x6 @ 65%
	1x8 @ 60%	1x8 @ 60%	1x8 @ 60%	1x4 @ 75%
	2x12 @ 70%	2x12 @ 70%	2x12 @ 70%	5 rep max
Pullups	2xfailure	2xfailure	2xfailure	2xfailure
pair/ chest fly	2x12	2x12	2x12	2x12
Neck (sides)	2x12	2x12	2x12	2x12
pair/ seated row	2x12	2x12	2x12	2x12
pair/ forearm rollers	2 sets	2 sets	2 sets	2 sets

\*Strongman competitions

Athlete Name: \_\_\_\_\_

Current maxes:	Squat	Bench	Clean	Deadlift
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### Cardinal Strength Program (Level 1 - Phase 2)

Workout #1	Day 1	Day 5	Day 9	Day 13
RDL	3x8	3x8	3x8	3x8
pair/ step up	3x8	3x8	3x8	3x8
Squat	1x10 @ 50%	1x10 @ 50%	1x10 @ 50%	1x8 @ 60%
	1x6 @ 65%	1x6 @ 65%	1x6 @ 65%	1x4 @ 75%
	3x8 @ 80%	3x8 @ 80%	3x8 @ 80%	1x2 @ 85%
				Test @ 95%
Military press	3x8	3x8	3x8	3x8
pair/ reverse fly	3x8	3x8	3x8	3x8
Ab wheel	3xfailure	3xfailure	3xfailure	3xfailure
pair/ tricep pressdown	3x8	3x8	3x8	3x8
pair/ back hyper	3x8	3x8	3x8	3x8

\*Speed, Agility, Plyometrics

Workout #2	Day 2	Day 6	Day 10	Day 14
Power Clean	1x6 @ 65%	1x6 @ 65%	1x6 @ 65%	1x6 @ 65%
	1x4 @ 75%	1x4 @ 75%	1x4 @ 75%	1x4 @ 75%
	3x6 @	3x6 @	3x6 @	1x2 @ 85%
				Test @ 95%
Incline Press	3x8	3x8	3x8	3x8
pair/ one arm row	3x8	3x8	3x8	3x8
Pullovers	3x8	3x8	3x8	3x8
pair/ arm curl	3x8	3x8	3x8	3x8
Neck (front/back)	3x8	3x8	3x8	3x8
Straight arm pulldown	3x8	3x8	3x8	3x8
Shoulder raises (front/side)	3x8	3x8	3x8	3x8

\*Speed, Agility, Plyometrics

Workout #3	Day 3	Day 7	Day 11	Day 15
Deadlift (straight bar)	1x6 @ 65%	1x6 @ 65%	1x6 @ 65%	1x6 @ 65%
	1x4 @ 75%	1x4 @ 75%	1x4 @ 75%	1x4 @ 75%
	3x4 @ 90%	3x4 @ 90%	3x4 @ 90%	1x2 @ 85%
				Test @ 95%
Front Squat	3x8	3x8	3x8	3x8
pair/ DB shrugs	3x8	3x8	3x8	3x8
Dips	3x8	3x8	3x8	3x8
pair/ upright row	3x8	3x8	3x8	3x8
3-way planks	3x30sec each	3x30sec each	3x45sec each	3x45sec each
pair/ face pulls	3x8	3x8	3x8	3x8
pair/ glute ham	3x8	3x8	3x8	3x8

\*Speed, Agility, Plyometrics

Workout #4	Day 4	Day 8	Day 12	Day 16
High Pull	3x6	3x6	3x6	3x6
Bench Press	1x10 @ 50%	1x10 @ 50%	1x10 @ 50%	1x8 @ 60%
	1x6 @ 65%	1x6 @ 65%	1x6 @ 65%	1x4 @ 75%
	3x8 @ 80%	3x8 @ 80%	3x8 @ 80%	1x2 @ 85%
				Test @ 95%
Pull-ups	2xfailure	2xfailure	2xfailure	2xfailure
pair/ chest fly	3x8	3x8	3x8	3x8
Neck (sides)	3x8	3x8	3x8	3x8
pair/ seated row	3x8	3x8	3x8	3x8
pair/ forearm rollers	2 sets	2 sets	2 sets	2 sets

\*Strongman competitions