

# Week One

## STRONG TRAINING GUIDE'S one-month challenge

	EXERCISE	REPS/SETS	HOW TO
DAY 1	Century Burpees	100	From standing, drop into a squat with hands on the floor and immediately kick both feet back into plank position. Perform a single push-up. Hop feet towards hands, back into a low squat, then jump into the air.
DAY 2	Lat Pulldown	75	<p><b>Set Up:</b> Set the weight to 70 percent of your body weight. Grasp the bar with an overhand grip at the bends of the bar and tilt your chest upwards.</p> <p><b>Action:</b> Retract your shoulders downward to bring the bar down close to the upper chest. Squeeze your lats as you extend the bar back up in a controlled motion.</p> <p><b>Then perform 75 reps each: Push-ups, Jump squats, Sit ups</b></p>
<p>On days with "Supersets": Perform each pair of exercises as a superset, meaning perform a set of the first exercise followed immediately by a set of the next without rest. That's one superset. Rest 45-75 seconds between supersets. Do three to four rounds of the first superset, rest, then move on to the next pair of exercises.</p>			
DAY 3	Barbell Squat	<b>REPS</b> 12, 10, 8 <b>SETS</b> 3-4	<p><b>Set Up:</b> Place a barbell across your back on the upper traps. Stand with feet slightly wider than shoulder-width apart.</p> <p><b>Action:</b> Engage your core. Keeping your weight in your heels and shoulder blades together, push your hips back and descend slowly until your hamstrings are parallel with the ground. Push through the heels to drive back up to standing.</p>
SUPERSET 1	Standing Shoulder Press	<b>REPS</b> 10 <b>SETS</b> 3-4	<p><b>Set Up:</b> Stand in split stance with one foot forwards and one back. Hold a dumbbell in each hand around shoulder height at 90-degree angles, palms facing forward.</p> <p><b>Action:</b> Extend arms upward to press the weight overhead, ensuring wrists are in line with your forearms. Return to start position.</p>
SUPERSET 2	Bent Over Row with Dumbbell Rotation	<b>REPS</b> 10 <b>SETS</b> 3-4	<p><b>Set Up:</b> Hold dumbbells with palms facing each other. From a standing position, push your hips back slightly and bring your upper body down to a 45-degree angle from your hips. Pull shoulders down by squeezing your traps together.</p> <p><b>Action:</b> Keeping the arms close to your body and core tight, drive your elbows back towards your hips to bring the weight to your sides. Towards the top of the movement, rotate your wrists so palms are facing forward. Rotate back as you return to the starting position.</p>
SUPERSET 3	Weighted Tricep Dip	<b>REPS</b> 15 <b>SETS</b> 3-4	<p><b>Set Up:</b> Position palms firmly on a bench behind you with fingers facing forward. Extend your legs outward with feet shoulder-width apart, knees slightly bent, and place a weight plate on your thighs. Straighten your arms.</p> <p><b>Action:</b> Bend your arms to descend towards the ground until elbows are at 90-degree angle. Extend your arms and contract your traps to return to the start position.</p>
	Weighted Jump Squat	<b>REPS</b> 20 <b>SETS</b> 3-4	<p><b>Set Up:</b> Position a weighted bar across your shoulders on the upper traps and hold in place with both hands.</p> <p><b>Action:</b> Squat down using proper form (refer to "Barbell Squat"). Once at the bottom of the squat, explode upward as high as possible. Land and go directly back into the next squat.</p>
	Bicep Hammer Curl	<b>REPS</b> 10 <b>SETS</b> 3-4	<p><b>Set Up:</b> Get into a split stance holding dumbbells on either side of the body, with palms facing each other.</p> <p><b>Action:</b> Keeping your elbows stationary and close to the body, use your biceps to lift the weights toward your shoulders. Lower with control to the starting position.</p>

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	EXERCISE	REPS/SETS	HOW TO
<b>DAY 4</b>	Rest day!		
<b>DAY 5</b>	Complete 6 rounds of the following circuit	1. Jump rope, 90 sec 2. Double unders, 30 sec 3. Rest, 30 sec	If you can't do double unders, continue regular skipping with two feet, but with a faster pace!
<b>DAY 6</b>	Complete 6 rounds of the following circuit	1. Bosu push-ups x 12 2. Bosu lunges x 20 3. Hanging leg raises x 12 4. Dumbbell front squats x 20 5. Rest, 90 sec	
<b>DAY 7</b>	Dumbbell Reverse Lunge	<b>REPS</b> 24,20 <b>SETS</b> 3-4	<b>Set Up:</b> Hold dumbbells at your sides and stand with feet shoulder-width apart. <b>Action:</b> Step backward with one foot and lower until both knees are bent 90 degrees. Your front heel should be pressed firmly into the ground. Keep your core tight for added stability and bring your back foot back to meet the other. Alternate sides.
	SUPERSET 1 Lat Pulldown	<b>REPS</b> 10 <b>SETS</b> 3-4	<b>Set Up:</b> Set the weight to 70 percent of your body weight. Grasp the bar with an overhand grip at the bends of the bar and tilt your chest upwards. <b>Action:</b> Retract your shoulders downward to bring the bar down close to the upper chest. Squeeze your lats as you extend the bar back up in a controlled motion.
SUPERSET 2	Cable Fly	<b>REPS</b> 10 <b>SETS</b> 3-4	<b>Set Up:</b> Using a universal cable apparatus, position the handles 2-3 notches above shoulder-height. Grasp each handle, keeping wrists straight. <b>Action:</b> Pull down with both arms, keeping a slight bend at the elbow, and bring the handles toward the front of the body until hands are close together. Slowly release back to the starting position.
	Lying Back Extension	<b>REPS</b> 15 <b>SETS</b> 3-4	<b>Set Up:</b> Lay face down on a mat with arms and legs extended. <b>Action:</b> Keeping your arms and legs straight, contract your lower back and glutes to lift your upper chest and hips off the mat. Hold for three seconds. Release back down to the starting position.
SUPERSET 3	Lateral Dumbbell Raise	<b>REPS</b> 12 <b>SETS</b> 3-4	<b>Set Up:</b> Stand upright with arms extended downwards, holding dumbbells in front of your thighs with palms facing each other. <b>Action:</b> Raise your arms out to the sides (so your body forms a "t" shape) to shoulder-height, leading the movement with your elbows. Do now allow your wrists to be higher than your elbows. Lower back down.
	Body Pike	<b>REPS</b> 30 <b>SETS</b> 3-4	<b>Set Up:</b> Lie flat on your back with your arms extended above your head. <b>Action:</b> Use your core to lift your upper body and hips off the ground, simultaneously raising both your arms and legs until your hands touch your feet (or ankles). Lower back down very slowly.

**CLICK HERE TO GET THE FULL MONTH OF EXERCISES**