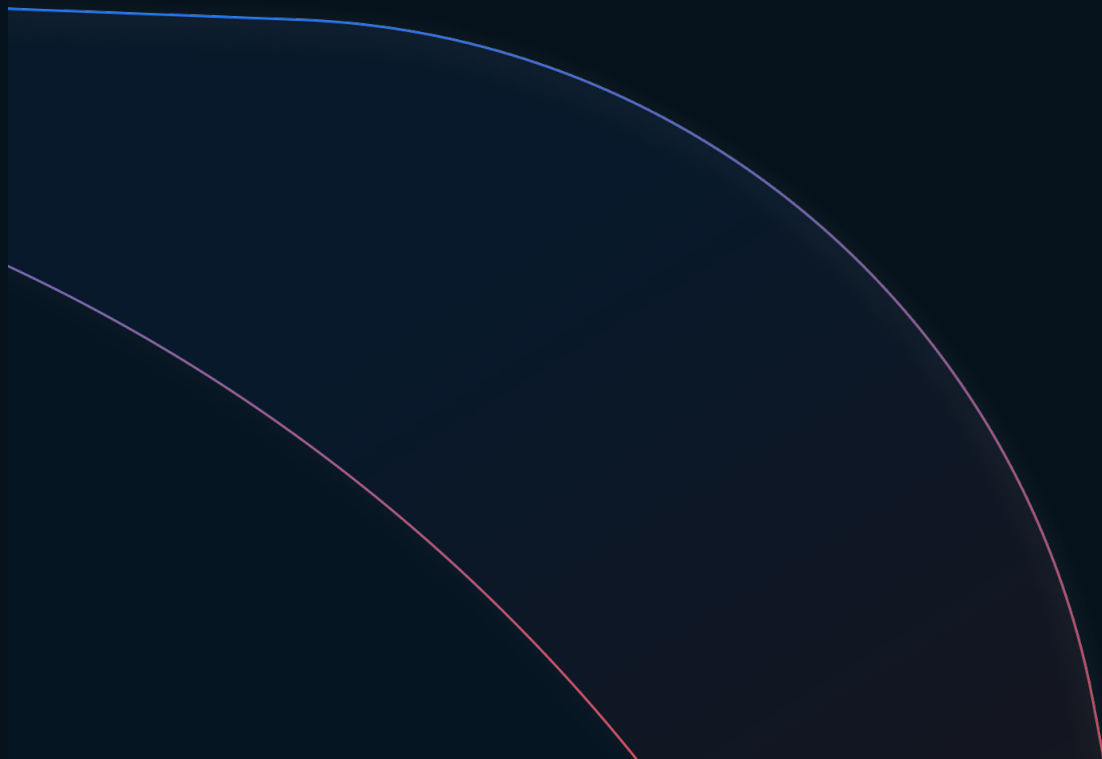


EarlyTM

Being early mattersTM



Exercise: The Strongperson Program

EARLY PROGRAM RESOURCE MATERIAL



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Before You Get Started

TIPS FOR MAXIMIZING EXERCISE PROGRAMMING



SEQUENCE MATTERS

Do the workouts in the order outlined. The program is designed to give you the most amount of recovery possible. This supports adaptation in movement, strength, and aerobic capacity.



RESUME ORDER IF YOU SKIP A DAY

Should you miss a day, stay in order. Do NOT skip the workout you missed or double up. Resume the missed workout when you workout next. Stay in order and keep moving ahead in the program sequence. Do your best to not miss two days in a row to maintain a habit of consistency.



LEARN WITHOUT A TRAINER

If you are unsure how to perform an exercise, look it up online. Each of our Dailies is in our video library, or you can perform a general search on YouTube. If you feel you need a trainer in the beginning for support, we recommend intermittent sessions once every 1-2 weeks to learn the proper technique. Otherwise, try to complete workouts on your own. Learn to become accountable to yourself. Trainers are a great resource for building your movement vocabulary.



PROGRESSIVELY OVERLOAD WHERE YOU CAN

Read the programming notes to know exactly where you can add reps, sets, and/or rounds. Progressive overload is extremely important to gain strength and/or muscle mass. For example, if it feels like you can complete 2-3 more reps of an exercise after your last set (while keeping proper technique and positioning) this is a sign that you can add more load the following week. It's best to increase in small increments if you can (2.5-5lb). Even a small increase in weight represents a big change and additional stimulus!



MANAGING REST INBETWEEN REPS, SETS, AND/OR ROUNDS

Take the full amount of rest, but be mindful of how much rest you need. Target high-quality, strong reps for adaptation and injury migration. Do not take TOO much rest, though. We often get distracted by our phones or conversations, and several seconds can turn into 5 minutes in between sets of 15 bicep curls. When this happens, we lose the cumulative fatigue impact, which can negatively impact on hypertrophy training (i.e., building muscle) and increasing work capacity.



YOU ARE YOUR BEST TEACHER

Film yourself performing the exercises. Autonomy is very important for learning processes. If you are struggling with "feel," reviewing videos can be an extremely helpful learning tool. If you feel you are performing proper technique, it's still beneficial to review and learn.



USE A HEART RATE MONITOR

Wear a heart rate monitor for your aerobic work for two reasons: (1) to know if you are working at the correct level of intensity, and (2) how quickly your heart rate recovers after working sets.

Navigating Your Program

HOW TO INTERPRET PROGRAM LAYOUT



CARDIO

Your program will recommend a daily minimum effective dose (MED) of cardio. Daily movement is critical and shouldn't be underestimated or overlooked. We recommend walking; which can be done indoors, as well.

DAILIES

Each of the three phases will consist of 3-5 movement exercises that should be performed daily. Hence, their title of "dailies." These exercises not only ensure your body is properly warmed and prepared for the day's workout but create the necessary foundation for future progress overloading.

REPS VERSUS SETS

Reps, short for repetitions, are the action of one complete strength training exercise, like one bicep curl. Sets are how many reps you do in a row between periods of rest.

Example:

1 Bicep curl = 1 rep

12 Bicep curls = 1 set

SUPERSETS

Supersets are a form of strength training where you move quickly from one exercise to a different exercise with little rest in between. An example of a superset would be doing a complete set of the first exercise (i.e., A1), then proceeding to the second exercise (i.e., A2). That's one round. Continue to cycle (or loop) through all the exercises (typically 2 or 3), until you have satisfied the set requirement for each exercise and the round requirement for the superset.

Example:

Superset A = exercise A1 + exercise A2 + exercise A3 (one round)

DOWNREGULATION

Downregulation is a means to shift the state of your nervous system. Training is a stressor and puts your nervous system into a sympathetically driven state (fight or flight) which is a good thing in the correct dose! What we don't want is for you to stay in this upregulated state after training as it could impact recovery and lead to fatigue down the line. By completing just a few minutes of downregulation at the end of your workouts you will assist in getting your body back into a parasympathetic state (rest, digest, relax).

EXERCISE PROGRAMMING

The Strongperson Program

PROGRAM GOALS

- Play with tempos and volume to build work capacity
- Add multiplanar split leg work to increase movement capacity
- Make strength moves at high intensities an integral part of your conditioning program

YOUR 84 DAY (12 WEEK) PROGRAM

The Strongperson Program

PHASE ONE
4 WEEKS

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	WEEK 1
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14	WEEK 2
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21	WEEK 3
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28	WEEK 4

PHASE TWO
4 WEEKS

DAY 29	DAY 30	DAY 31	DAY 32	DAY 33	DAY 34	DAY 35	WEEK 5
DAY 36	DAY 37	DAY 38	DAY 39	DAY 40	DAY 41	DAY 42	WEEK 6
DAY 43	DAY 44	DAY 45	DAY 46	DAY 47	DAY 48	DAY 49	WEEK 7
DAY 50	DAY 51	DAY 52	DAY 53	DAY 54	DAY 55	DAY 56	WEEK 8

PHASE THREE
4 WEEKS

DAY 57	DAY 58	DAY 59	DAY 60	DAY 61	DAY 62	DAY 63	WEEK 9
DAY 64	DAY 65	DAY 66	DAY 67	DAY 68	DAY 69	DAY 70	WEEK 10
DAY 71	DAY 72	DAY 73	DAY 74	DAY 75	DAY 76	DAY 77	WEEK 11
DAY 78	DAY 79	DAY 80	DAY 81	DAY 82	DAY 83	DAY 84	WEEK 12

Phase One

DAYS 1-28 / WEEKS 1-4

DAILIES + MOVEMENT PREP

- Chest / Belly Breathing (IAP), 1 set of 60 seconds
- Supine Hamstring Pull, 1 set of 10-12 reps
- Side Lying ABD, 1 set of 30 second holds with top leg elevated off bottom
- Dynamic movements / stretches: (such as down dog to pigeon, or lunge variations)

D A Y 1	A	Med Ball Slams	• Standing position • Break the ball through the floor	8 reps 2 sets	30 seconds rest in between sets
	B	Trap Bar Deadlift	• Increase load or reps on weeks 3 and 4 • 65-70% effort • Temp 3-1:1	8 reps / set 4 sets	Rest 90 - 120 seconds in between sets
	C1	Dumbbell Chest Press	• Increase load or reps on weeks 3 and 4	8-10 reps	
	C2	Split Stance RDL	• Focus on both positioning and shifting into the mid-foot	6-8 reps per side 3-4 rounds	MAX rest of 90 seconds in between rounds
	D1	Push Up	• Full range of motion • Elevate surface if needed	10-12 reps	
	D2	Trunk / Anti-Rotation Paloof Tall Kneeling	• Stay tall through the spine • Fight against resistance pulling you back as you press out	10 reps per side 3-4 rounds	Rest 45 - 60 seconds in between rounds
	E	Seated Hamstring Curl	• Keep lower back flat into the pad • Pivot point of the machine should line up almost directly with your knees	12-15 reps 3 sets	Rest 45 seconds in between sets
	F	Downregulation	• Chest / Belly Breathing for 2 minutes		

D A Y 2	A	Zone 2 Cardio Goal: Be mindful of zones. To stay in Zone 2, you may need to work at a lower intensity than you're accustomed to.	- Pick either the bike or the treadmill - Warm up at a moderate pace - prioritize incline/resistance over speed (in the beginning) Warm-up - Take 10-12 minutes to slowly work into your Zone 2 HR using the Maffetone equation (180-age) - if it's too challenging to hold that HR, subtract 5-10 beats and hold it there - Should feel like a <u>6 out of 10</u> at about 5 minutes into the workout Hold Zone 2 - After the warm-up, try to hold Zone 2 output for 25-35 minutes Cool Down - Cool down for 3-5 minutes - Downregulation

D A Y 3	A	Walk or rest
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D A Y 4	A	TRX Squat Jumps	- Hard push off the ground - Land soft to absorb force	10 reps 2 sets	Rest 45 seconds between sets
	B1	Safety Bar Squat to Box	- Increase load or reps on weeks 3 and 4 65-70% effort - Temp 3:1:1	8 reps / set 4 sets	Rest 90 - 120 seconds in between sets
	B2	Step up	Focus on positioning and shifting into the mid foot	6-8 reps per side 3-4 rounds	Rest 90 seconds max in between rounds
	C1	Lat Pull Down	- Pull through the elbows - Don't overextend the spine	10-12 reps	
	C2	Cable Tricep Extension	Motion should come from elbow joint	10-12 reps	
	C3	Trunk Anti-Extension / Deadbug	Full exhale as limbs move away from you	10 reps 3-4 rounds	Rest of 45-60 seconds in between rounds

DAY 4	D	2 Min Walking Lunge	- Start at bodyweight - Add 10% body weight (BW) on weeks 3 and 4	1 set	
	E	Downregulation	Chest / Belly Breathing for 2 minutes		

DAY 5	A	Zone 2 Cardio Goal: Be mindful of zones. To stay in Zone 2, you may need to work at a lower intensity than you're accustomed to.	- Pick either the bike or the treadmill - Warm up at a moderate pace - prioritize incline/resistance over speed (in the beginning) Warm-up - Take 10-12 minutes to slowly work into your Zone 2 HR using the Maffetone equation (180-age) - if it's too challenging to hold that HR, subtract 5-10 beats and hold it there - Should feel like a <u>6 out of 10</u> at about 5 minutes into the workout Hold Zone 2 - After the warm-up, try to hold Zone 2 output for 25-35 minutes Cool Down - Cool down for 3-5 minutes - Downregulation		
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DAY 6	A	Multidirectional Marching/Skipping	Stay light and springy	2 sets of 15-20 seconds	Rest 30 seconds in between sets
	B	Bodyweight Turkish Get Up	Just learning the movement	3 reps on each side	
	C	Front Foot Elevated Split Squat	- Moderate goblet load - Adjust depth - Add load or reps on weeks 3 and 4	6 reps on each side 4-5 rounds	Rest 30 seconds in between rounds
	D1	Barbell Bench Press	- Increase load or reps on weeks 3 and 4 65-70% effort - Temp 3-1:1	8 reps	Rest 90 - 120 seconds in between sets
	D2	Landmine RDL	Increase reps <u>each week</u>	8 reps 4 rounds	Max of 90 seconds rest in between rounds

D A Y 6	E	Pull Up	- Choose either neutral or supinated grip - Can be banded, if needed, for full range of motion	8 reps 3-4 sets	Rest 90 seconds in between sets
	D1	Incline Press	Keep lower back flat into the pad	10-12 reps	
	D2	Seated Face Pull	Prevent head and rib cage from jutting forward as you pull	10-12 reps 3-4 rounds	Rest 45 seconds in between rounds
	E	Downregulation	Chest / Belly Breathing for 2 minutes		
D A Y 7	A	Walk or rest			

Phase Two

DAYS 29-55 / WEEKS 5-8

DAILIES + MOVEMENT PREP

- Supine Hamstring Pull, 1 set of 10-12 reps
- Segmental Cat/Cow, 1 set of 5 passes through Cat/Cow
- Scap CARs, 1 set of 6 reps in each direction
- Side Lying Arm Bar, 1 set of 30 seconds per side
- Forward, Backward, and Lateral Lunges

D A Y 1	A	Trap Bar Deadlift	• 75-80% effort • On week 6, aim to add/increase weight to set 3 and beyond	Sets 1-3: 6 reps Sets 4-5: 8 reps	Rest 2 minutes in between sets
	B1	Goblet Squat to Box Goal: bottom of thighs should be parallel	• Elevate heels, if needed • Add reps to the last set, each week	8-10 reps	
	B2	Alternating Incline Press	• Active reach with the non-lowering side • Keep lower back pressed into the pad	8-10 reps 4 rounds	Rest 15 seconds in between exercises Rest 75 seconds in between rounds
	C1	Pull Up	• Can be banded, if needed, but use a lighter band than used in Phase I	6 reps	
	C2	Ski Erg or Wide Grip Press Down	• Whichever option you feel most comfortable with	30 seconds Weeks 5-7: 3 rounds Week 8: 4 rounds	Rest 15-20 seconds in between exercise Rest 75-90 seconds in between rounds

D A Y 1	D	Split Squats	First set • 1 minute each leg + 10% BW • No rest in between legs Second set • 1 minute each leg (BW only) • No rest in between	4 minutes of total work	
	E	Downregulation	• Chest / Belly Breathing for 2 minutes		
D A Y 2	A	Zone 2 Cardio + Bumps Goal: Be mindful of zones. To stay in Zone 2, you may need to work at a lower intensity than you're accustomed to.	• Pick either the bike or the treadmill • Warm up at a moderate pace - prioritize incline/resistance over speed (in the beginning) Warm-up • Take 10-12 minutes to slowly work into your Zone 2 HR using the Maffetone equation (180-age) - if it's too challenging to hold that HR, subtract 5-10 beats and hold it there • Should feel like a <u>6 out of 10</u> at about 5 minutes into the workout Hold Zone 2 • After the warm-up, try to hold Zone 2 output for 4 minutes Bump • Increase by 20-30% and hold for 90 - 120 seconds (HR may increase 10-15 beats per minute) Return to Zone 2 output and use breathing to return to Zone 2 Hold Zone 2 • After the warm-up, try to hold Zone 2 output for 4 minutes Repeat round 4 min hold + Bump + 4 min hold = 1 round Cool Down • Cool down for 3-5 minutes • Downregulation	4-5 rounds	
D A Y 3	A	Rest			

D A Y 4	A	Turkish Get Up	Add load, if possible	4 singles per side	
	B	Bench Press	75-80% effort - On week 6, aim to add/increase weight to set 3 and beyond	3 sets of 6 reps 2 sets of 8 reps	Rest 2 minutes
	C1	Cable or Barbell Bicep Curl	- Don't use momentum to curl up - Make sure the weight doesn't overcome wrists	10-12 reps	
	C2	Seated Face Pull	- Exhale to pull - Make sure head and rib cage don't push forward as you pull	10-12 reps 3-4 rounds	Rest 60 seconds in between sets
	D1	Weighted Push Up or Regular Push Up	Light to moderate load	10 clean reps	
	D2	Dumbbell Farmer's Carry	- Controlled steps - Spend some time on each leg as you step	30 slow steps forward 30 slow steps backward 2-3 rounds	Rest 15 seconds in between exercises Rest 60-75 seconds in between rounds

D A Y 5	A	Box Jump	Moderate height	3 reps 5 sets	Rest 30 seconds in between sets
	B	Safety Bar Squat to Box	75-80% effort - On week 6, aim to add/increase weight to set 3 and beyond	Sets 1-3: 6 reps Sets 4-5: 8 reps	Rest 2 minutes in between sets

D A Y 5	C	3 Point Row	- Maintain long spine and hip hinge - Active reach with non-pulling side	6 reps / side 4-5 sets	Rest 15 seconds in between each side Rest 60-75 seconds in between each set
	D1	Short Box Step Up (12-inch box)	- Focus on eccentric - Heavier load	8-10 reps / side	
	D2	Seated Calf Raise	- Push through the forefoot - Don't bounce out of bottom position	10-12 reps 3-4 rounds	Rest 60 seconds in between sets
	E	Hip Thrusts	- Moderate load - Push heavy through the whole foot	10-12 reps 4 sets	Rest 60-75 seconds in between sets
	F	Downregulation	Chest / Belly Breathing for 2 minutes		

D A Y 6	A	Zone 2 Cardio Goal: Be mindful of zones. To stay in Zone 2, you may need to work at a lower intensity than you're accustomed to.	- Pick either the bike or the treadmill - Warm up at a moderate pace - prioritize incline/resistance over speed (in the beginning) Warm-up - Take 10-12 minutes to slowly work into your Zone 2 HR using the Maffetone equation (180-age) - if it's too challenging to hold that HR, subtract 5-10 beats and hold it there - Should feel like a <u>6 out of 10</u> at about 5 minutes into the workout Hold Zone 2 - After the warm-up, try to hold Zone 2 output for <u>35-45</u> minutes Cool Down - Cool down for 3-5 minutes - Downregulation	4-5 rounds
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D A Y 7	A	Rest
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Phase Three

DAYS 56-83 / WEEKS 9-12

DAILIES + MOVEMENT PREP

- Supine Hamstring Pull, 1 set of 10-12 reps
- Segmental Cat/Cow, 1 set of 5 passes through Cat/Cow
- Scap CARs, 1 set of 6 reps in each direction
- Ankle CARs, 1 set of 6 reps in each direction
- Low level Plyos/Pogos, 1 set of 20 reps

DAY 1	A	Trap Bar Deadlift	Set 1: (20 reps total) • 5 reps (85-90% effort) • Rest 2 minutes • repeat x 4 Set 2: (20 reps) • Drop to 80% effort • 10-12 reps • No rest • repeat once, if possible	Set 1: 5 reps 4 sets Set 2: 10-12 reps 2 sets	Set 1: Rest 2 min in between sets Set 2: No rest if possible
	B	Pull Ups	• Loaded, if possible, with 1 body weight or lightly banded, AMRAP	5 reps 4 sets	Rest 90-120 seconds in between sets
	C1	Single Arm Dumbbell Chest Press	• Moderate load	8-10 reps	
	C2	Walking Lunge	• <u>Perform a 1-count hold</u> at bottom of exercise	8-10 reps per side 3-4 rounds	Minimal rest in between rounds
	D	Dumbbell Complex	• Bicep Curl • Bent Over Row • Thrusters • Renegade Row (per side)	6-8 reps of each exercise 4-5 rounds	MAX rest of 75 seconds in between rounds
	E	Downregulation	• Chest / Belly Breathing for 2 minutes		

D A Y 2	A	Zone 2 Cardio + Bumps Goal: Be mindful of zones. To stay in Zone 2, you may need to work at a lower intensity than you're accustomed to.	- Pick either the bike or the treadmill - Warm up at a moderate pace - prioritize incline/resistance over speed (in the beginning) Warm-up - Take 10-12 minutes to slowly work into your Zone 2 HR using the Maffetone equation (180-age) - if it's too challenging to hold that HR, subtract 5-10 beats and hold it there - Should feel like a <u>6 out of 10</u> at about 5 minutes into the workout Hold Zone 2 - After the warm-up, try to hold Zone 2 output for 4 minutes Bump - Increase by 20-30% and hold for 90 - 120 seconds (HR may increase 10-15 beats per minute) Return to Zone 2 output and use breathing to return to Zone 2 Hold Zone 2 - After the warm-up, try to hold Zone 2 output for 4 minutes Repeat round 4 min hold + Bump + 4 min hold = 1 round Cool Down - Cool down for 3-5 minutes - Downregulation	4-5 rounds

D A Y 3	A	Bench Press Clusters	Warm up to 85-90% 2 reps + rest 20 seconds = 1 set repeat for 4-5 rounds	4 sets	20 seconds rest in between clusters
	B1	Power Step Ups Goal: Push up as quickly as possible, and to control the eccentric	12-inch or 14-inch box Can use a weighted vest or dumbbells	8-10 reps / side	

D A Y 3	B2	Power Push Ups Goal: Push up as quickly as possible, and to control the eccentric	Can be banded, if needed, can also be lightly loaded or just body weight	45-60 seconds 3-4 rounds	Rest 30 seconds in between step ups and push ups Rest 90 - 120 seconds in between sets
	C	Aerobic Power (modality of choice)	- Pick either the bike or the treadmill - Warm up at a moderate pace - prioritize incline/resistance over speed (in the beginning) Warm-up - Take 10-12 minutes to slowly work into your Zone 2 HR using the Maffetone equation (180-age) - if it's too challenging to hold that HR, subtract 5-10 beats and hold it there - Should feel like a <u>6 out of 10</u> at about 5 minutes into the workout Hold Zone 2 - After the warm-up, try to hold Zone 2 output for <u>5 minutes</u> Aerobic Power - Increase by 25-30% and hold for <u>7-10 minutes</u> (If HR is not at 80-85% of estimated MAX by minute 4, increase intensity by another 10%) Light Recovery - Do a light recovery for <u>4 minutes</u> (HR should drop below 100bpm) Repeat round Cool Down - Cool down for 3-5 minutes - Downregulation	2 rounds	

D A Y 4	A	Rest -or- Zone 2 Cardio Goal: Be mindful of zone. To stay in Zone 2, you may need to work at a lower intensity than you're accustomed to.	- Pick either the bike or the treadmill - Warm up at a moderate pace - prioritize incline/resistance over speed (in the beginning) Warm-up - Take 10-12 minutes to slowly work into your Zone 2 HR using the Maffetone equation (180-age) - if it's too challenging to hold that HR, subtract 5-10 beats and hold it there - Should feel like a <u>6 out of 10</u> at about 5 minutes into the workout Hold Zone 2 - After the warm-up, try to hold Zone 2 output for 35-45 minutes Cool Down - Cool down for 3-5 minutes - Downregulation
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D A Y 5	A	Drop Jump (If Appropriate)	- Land off box and explode into vertical jump - Minimize contact time with the ground	2 sets of 5 reps	Rest 60 seconds in between sets
	B	Safety Bar Squat	Set 1: (20 reps total) 5 reps (85-90% effort) - Rest 2 minutes - repeat x 4 Set 2: (20 reps) - Drop to 80% effort 10-12 reps - Rest 75 seconds - repeat once, if possible	Set 1: 5 reps 4 sets Set 2: 10-12 reps 2 sets	Set 1: Rest 2 min in between sets Set 2: No rest if possible
	C	Bulgarian -or- Front Foot Elevated Split Squat	- Moderate load - Keep weight heavy on the working foot and push away from the ground	8 reps per side 4 sets per leg	Rest 15 seconds in between sides Rest 75-90 seconds in between sets
	D1	Chest Supported Row	- Keep chest heavy into the bench - Pull through the elbows	10 reps	
	D2	Straight Arm Press Down	Keep the arms long as you press down	10-12 reps 3 rounds	No rest in between exercises 75 seconds rest in between sets

D A Y 5	E	Sled Push + Side Plank + Single Arm Carry	Sled Push - Moderate load - Push for <u>60 seconds</u> Side Plank <u>30 seconds</u> each side Single Arm Carry <u>30 steps forward + backward</u> each side	3-4 rounds	Rest 60-90 seconds in between rounds
D A Y 6	A	Zone 2 Cardio Goal: Be mindful of zones. To stay in Zone 2, you may need to work at a lower intensity than you're accustomed to.	- Pick either the bike or the treadmill - Warm up at a moderate pace - prioritize incline/resistance over speed (in the beginning) Warm-up - Take 10-12 minutes to slowly work into your Zone 2 HR using the Maffetone equation (180-age) - if it's too challenging to hold that HR, subtract 5-10 beats and hold it there - Should feel like a <u>6 out of 10</u> at about 5 minutes into the workout Hold Zone 2 - After the warm-up, try to hold Zone 2 output for <u>35-45</u> minutes Cool Down - Cool down for 3-5 minutes - Downregulation	4-5 rounds	
D A Y 7	A	Rest			