



# WARRIOR STRENGTH

12 WEEK STRENGTH PROGRAM

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# THE PROGRAM

This program is designed to help gain overall strength and muscle in three months. To achieve this the athlete must complete all parts of the program for each individual day. We will focus on quadriceps, hamstrings, lower and upper back, deltoids, pectoralis, triceps, biceps, adductors, and many other areas. Each week the athlete will work on a certain rep-scheme to help develop muscle strength and endurance. This will ensure the best results in a shortened time period.

## VISION. MISSION. GOALS.

The goal of this program is to see a substantial improvement in your overall maximal performance of your “Major Movements”. Some Movements might have a higher rate of improvement based on your current body composition, extracurricular activities, and the specific type of movement’s overall peak performance. When working through this program at any point you find that you have significant increases in strength feel free to move higher with the weight of your minor movements. This will ensure the best results during your three month program.





# PROGRAM PROGRESSION

This program is a four week cycle. When going through this program you will notice the change in percentages and recommended weights and/or reps. As mentioned above we will be trying to improve not only your muscular strength but your muscular endurance as well. This is the true proof of overall strength.

## MINDSET

To achieve great results you must have a strong mindset going into this program. You **SHOULD NOT** take a day off that is not already instructed or planned for. For you to reach your goals you must put this as a top priority in your life. Never be scared to ask your coach(es) when you have questions.

Good luck and remember;  
"Train insane or remain the same!"



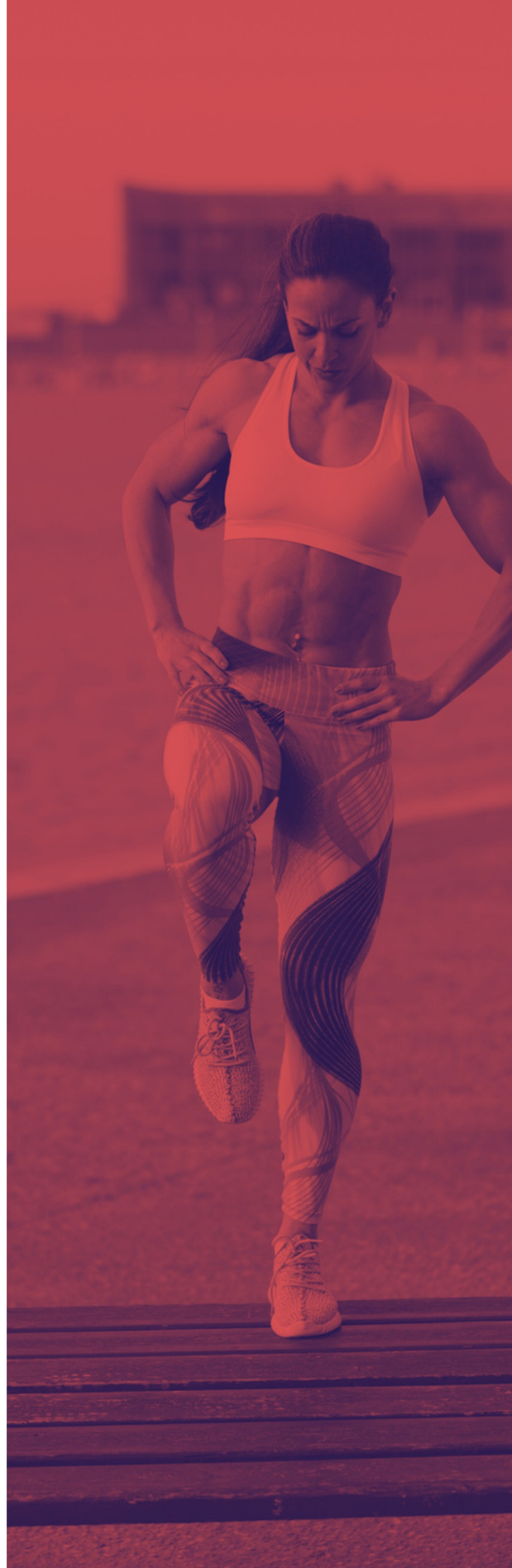
# WARM UP & MOBILITY WORK

When you warm up before you perform a max lift it is recommended that you do some type of dynamic movements. For example if you will be attempting a squat max then performing squat jumps, skipping/high knees, and jump tucks will help you warm up without tearing your muscle like a stretch does.

Stretching has been shown to lower a maximal lift attempt down to 70% of its overall potential. However stretching will be very key throughout the process of going through this program. When getting stronger tightness can be found in muscle. During the program you need to perform approximately fifteen minutes before and after with the stretches we have shown in the Mobility and Stretching videos to help loosen you back up and insure full range of motion.

You should also do five to ten minutes of dynamic movements before each workout is begun.

**<https://warriorfitnessma.com/mobility-recovery-library/>**







## **HOW TO PERFORM THIS PROGRAM + REST PERIODS**

While you are attempting these workouts your rest is vital to success. Major movements need to have a minimum of three minutes between each set and on heavier days closer to five minutes. With minor movements the rest period is significantly less. You should rest a minimum of one minute and a maximum of three. With these rest times a workout should be able to be completed in a single hour or one and a half hours. This rest is based solely on how productive you are during your workout.

## **MODIFICATIONS IN INTENSITY**

If a particular lift seems to be too difficult for the prescribed amount then look at one of the lower weights recommended for the lower weight class group. This can happen based on what your body is used to or what you have trained before. Should you develop an injury do not push through the pain. Contact your coach(es) about modifications moving forward. These workouts should feel very difficult for your strength level when the repetitions are lower. When they are higher it should feel more like a burn, or run, or being out of breath. If you are not feeling those then weight change may be recommended after consulting your coach(es).





# MAJOR LIFTS

**FOR EACH DAY OF THE PROGRAM  
THE WORK WILL CENTER AROUND  
A SINGLE MAJOR LIFT**

**The five major lifts make up the  
core of our program.**

Through these core movements you will build strength and then supplement other areas of strength building with minor movements.

- **Backsquat**
- **Bench Press**
- **Deadlift**
- **Bent Over Row**
- **Shoulder Press**





# MINOR LIFTS

**EVERY DAY AND EVERY MAJOR LIFT IS  
PAIRED WITH A SET OF MINOR LIFTS**

## Minor Lifts for the Program

Each Major Lift is paired with a set of Minor Lifts set and chosen to help with building strength

- Goblet Squat
- Thruster
- Barbell Lunges
- Box Barbell Step-ups
- Dumbbell Flye
- Dumbbell Bench Press
- Dumbbell Tricep Extension
- Elevated KB/DB Deadlift
- GHD Back Extensions
- Single Leg KB Deadlift
- Single Leg KB Deadlift
- Good Mornings
- Russian Deadlift
- Reverse Curl
- Hammer Bicep Curl
- Single Arm Row
- Lateral Raises
- Arnold Press
- Turkish Get Ups
- Shoulder Shrug (barbell)

The background of the image shows a person's legs and feet in a squatting position, lifting a barbell. The image is heavily overlaid with a semi-transparent red color. The barbell has several weight plates visible, with some text like "45" and "135" partially legible on them.

# THE PROGRAM

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# START & FINISH

## Before you start

Before starting your program you must find a one rep max of each movement. This will require around 20-30 minutes per movement to complete.

Start off with very light weight to warm up and some dynamic movements. Do not stretch unless you have a range of motion restriction. This can diminish your max effort by up to 30%. Slowly go up in weight and take 1-2 minutes of rest while starting out between sets.

Once the weight feels fairly heavy take three minutes of rest between each set. Remember it is ok to go to failure but lifts like bench press and back squat should require someone to spot *or reach out for instructions on how to dump the bar*. Once you have your max lift numbers you will use those percentages going forward for each week of the program.

For example, in week one it says 70% of your max back squat. So take that percentage and do 5 sets of 5 repetitions at that weight. When doing these lifts at that percentage take 3-5 minutes rest between each set.

### Before Program Starts: 1 Rep Max Of Each

Back Squat

Deadlift

Bench Press

Shoulder Press

Bent Over Row

*\*This can be done in a PT session with a coach. Get it scheduled asap.*

## After week 12

Once you complete the first 12 weeks and you reach week 13. You should take four entire days off to rest and stretch.

On day five begin to re-test all your max efforts single rep lifts for your main strength movements.

The best situation is to take no more than two movements and doing them over the course of the next few days; so it will take a cumulative of three days to find your new single rep max lift numbers.



# WEEK 1

## **Monday**

### **Main Strength**

5x5 Back Squat 70% of Max

### **Supplemental**

5x10 Heavy Goblet Squat

5x10 Thruster

5x10 Barbell Lunges Each Leg

5x10 24 inch Box Barbell Step Up

3x 1 min Sec Wall Sit

## **Tuesday**

### **Main Strength**

5x5 Bench Press 70% of Max

### **Supplemental**

5x10 Dips

5x10 Diamond Push Ups

5x10 Dumbbell Flye

5x10 Dumbbell Bench Press

5x10 Dumbbell Tricep Extension

## **Wednesday - Rest Day**

## **Thursday**

### **Main Strength**

5x5 Deadlift 70% of Max

### **Supplemental**

5x10 Elevated KB/DB Deadlift

5x10 GHD Back Extensions

5x10 Single Leg KB Deadlift

5x10 Good Mornings

5x10 Russian Deadlift

## **Friday**

### **Main Strength**

5x5 Bent Over Row 70% of Max

### **Supplemental**

5x10 Bicep Curl

5x10 Ring Row

5x10 Reverse Curl

5x10 Hammer Bicep Curl

5x10 Single Arm Row

## **Saturday - Rest Day**

## **Sunday**

### **Main Strength**

5x5 Shoulder Press 70% of Max

### **Supplemental**

5x10 Lateral Raises

5x20 Sec Handstand Hold

5x10 Arnold Press

12 reps Turkish Get Ups

5x10 Shoulder Shrug





# WEEK 2

## Monday

### Main Strength

5x3 Back Squat 80% of Max

### Supplemental

5x5 Heavy Goblet Squat

5x5 Thruster

5x5 Barbell Lunges Each Leg

5x5 24 inch Box Barbell Step Up

5x 45 Sec Wall Sit

## Tuesday

### Main Strength

5x3 Bench Press 80% of Max

### Supplemental

5x5 Dips

5x5 Diamond Push Ups

5x5 Dumbbell Flye

5x5 Dumbbell Bench Press

5x5 Dumbbell Tricep Extension

## Wednesday - Rest Day

## Thursday

### Main Strength

5x3 Deadlift 80% of Max

### Supplemental

5x5 Elevated KB/DB Deadlift

5x5 GHD Back Extensions

5x5 Single Leg KB Deadlift

5x5 Good Mornings

5x5 Russian Deadlift

## Friday

### Main Strength

5x3 BentOver Row 80% of Max

### Supplemental

5x5 Bicep Curl

5x5 Ring Row

5x5 Reverse Curl

5x5 Hammer Bicep Curl

5x5 Single Arm Row

## Saturday - Rest Day

## Sunday

### Main Strength

5x3 Shoulder Press 80% of Max

### Supplemental

5x5 Lateral Raises

5x20 Sec Handstand Hold

5x5 Arnold Press

8 reps Turkish Get Ups

5x5 Shoulder Shrug



# WEEK 3

## **Monday**

### **Main Strength**

5x1 Back Squat 90% of Max

### **Supplemental**

5x3 Heavy Goblet Squat

5x3 Thruster

5x3 Barbell Lunges Each Leg

5x3 24 inch Box Barbell Step Up

5x 30 Sec Wall Sit

## **Tuesday**

### **Main Strength**

5x1 Bench Press 90% of Max

### **Supplemental**

5x3 Dips

5x3 Diamond Push Ups

5x3 Dumbbell Flye

5x3 Dumbbell Bench Press

5x3 Dumbbell Tricep Extension

## **Wednesday - Rest Day**

## **Thursday**

### **Main Strength**

5x1 Deadlift 90% of Max

### **Supplemental**

5x3 Elevated KB/DB Deadlift

5x3 GHD Back Extensions

5x3 Single Leg KB Deadlift

5x3 Good Mornings

5x3 Russian Deadlift

## **Friday**

### **Main Strength**

5x1 Bent Over Row 90% of Max

### **Supplemental**

5x3 Bicep Curl

5x3 Ring Row

5x3 Reverse Curl

5x3 Hammer Bicep Curl

5x3 Single Arm Row

## **Saturday - Rest Day**

## **Sunday**

### **Main Strength**

5x1 Shoulder Press 90% of Max

### **Supplemental**

5x3 Lateral Raises

5x10 Sec Handstand Hold

5x3 Arnold Press

4 reps Turkish Get Ups

5x3 Shoulder Shrug





# WEEK 4

## **Monday**

### **Main Strength**

5x10 Back Squat 60% of Max

### **Supplemental**

5x Max Effort Heavy Goblet Squat  
5x Max Effort Thruster  
5x Max Effort Barbell Lunges Each Leg  
5x Max Effort 24 inch Box Barbell Step Up  
5x 1 min Wall Sit

## **Tuesday**

### **Main Strength**

5x10 Bench Press 60% of Max

### **Supplemental**

5x Max Effort Dips  
5x Max Effort Diamond Push Ups  
5x Max Effort Dumbbell Flye  
5x Max Effort Dumbbell Bench Press  
5x Max Effort Dumbbell Tricep Extension

## **Wednesday - Rest Day**

## **Thursday**

### **Main Strength**

5x10 Deadlift 60% of Max

### **Supplemental**

5x Max Effort Elevated KB/DB Deadlift  
5x Max Effort GHD Back Extensions  
5x Max Effort Single Leg KB Deadlift  
5x Max Effort Good Mornings  
5x Max Effort Russian Deadlift

## **Friday**

### **Main Strength**

5x10 Bent Over Row 60% of Max

### **Supplemental**

5x Max Effort Bicep Curl  
5x Max Effort Ring Row  
5x Max Effort Reverse Curl  
5x Max Effort Hammer Bicep Curl  
5x Max Effort Single Arm Row

## **Saturday - Rest Day**

## **Sunday**

### **Main Strength**

5x10 Shoulder Press 60% of Max

### **Supplemental**

5x Max Effort Lateral Raises  
5x30 Sec Handstand Hold  
5x Max Effort Arnold Press  
16 Reps Turkish Get Ups  
5x Max Effort Shoulder Shrug



# WEEK 5

## **Monday**

### **Main Strength**

5x5 Back Squat 75% of Max

### **Supplemental**

5x10 Heavy Goblet Squat

5x10 Thruster

5x10 Barbell Lunges Each Leg

5x10 24 inch Box Barbell Step Up

3x 1 min Sec Wall Sit

## **Tuesday**

### **Main Strength**

5x5 Bench Press 75% of Max

### **Supplemental**

5x10 Dips

5x10 Diamond Push Ups

5x10 Dumbbell Flye

5x10 Dumbbell Bench Press

5x10 Dumbbell Tricep Extension

## **Wednesday - Rest Day**

## **Thursday**

### **Main Strength**

5x5 Deadlift 75% of Max

### **Supplemental**

5x10 Elevated KB/DB Deadlift

5x10 GHD Back Extensions

5x10 Single Leg KB Deadlift

5x10 Good Mornings

5x10 Russian Deadlift

## **Friday**

### **Main Strength**

5x5 Bent Over Row 75% of Max

### **Supplemental**

5x10 Bicep Curl

5x10 Ring Row

5x10 Reverse Curl

5x10 Hammer Bicep Curl

5x10 Single Arm Row

## **Saturday - Rest Day**

## **Sunday**

### **Main Strength**

5x5 Shoulder Press 75% of Max

### **Supplemental**

5x10 Lateral Raises

5x20 Sec Handstand Hold

5x10 Arnold Press

12 reps Turkish Get Ups

5x10 Shoulder Shrug





# WEEK 6

## **Monday**

### **Main Strength**

5x3 Back Squat 85% of Max

### **Supplemental**

5x5 Heavy Goblet Squat

5x5 Thruster

5x5 Barbell Lunges Each Leg

5x5 24 inch Box Barbell Step Up

5x 45 Sec Wall Sit

## **Tuesday**

### **Main Strength**

5x3 Bench Press 85% of Max

### **Supplemental**

5x5 Dips

5x5 Diamond Push Ups

5x5 Dumbbell Flye

5x5 Dumbbell Bench Press

5x5 Dumbbell Tricep Extension

## **Wednesday - Rest Day**

## **Thursday**

### **Main Strength**

5x3 Deadlift 85% of Max

### **Supplemental**

5x5 Elevated KB/DB Deadlift

5x5 GHD Back Extensions

5x5 Single Leg KB Deadlift

5x5 Good Mornings

5x5 Russian Deadlift

## **Friday**

### **Main Strength**

5x3 Bent Over Row 85% of Max

### **Supplemental**

5x5 Bicep Curl

5x5 Ring Row

5x5 Reverse Curl

5x5 Hammer Bicep Curl

5x5 Single Arm Row

## **Saturday - Rest Day**

## **Sunday**

### **Main Strength**

5x3 Shoulder Press 85% of Max

### **Supplemental**

5x5 Lateral Raises

5x20 Sec Handstand Hold

5x5 Arnold Press

8 reps Turkish Get Ups

5x5 Shoulder Shrug

# WEEK 7

## Monday

### Main Strength

5x1 Back Squat 95% of Max

### Supplemental

5x3 Heavy Goblet Squat

5x3 Thruster

5x3 Barbell Lunges Each Leg

5x3 24 inch Box Barbell Step Up

5x 30 Sec Wall Sit

## Tuesday

### Main Strength

5x1 Bench Press 95% of Max

### Supplemental

5x3 Dips

5x3 Diamond Push Ups

5x3 Dumbbell Flye

5x3 Dumbbell Bench Press

5x3 Dumbbell Tricep Extension

## Wednesday - Rest Day

## Thursday

### Main Strength

5x1 Deadlift 95% of Max

### Supplemental

5x3 Elevated KB/DB Deadlift

5x3 GHD Back Extensions

5x3 Single Leg KB Deadlift

5x3 Good Mornings

5x3 Russian Deadlift

## Friday

### Main Strength

5x1 Bent Over Row 95% of Max

### Supplemental

5x3 Bicep Curl

5x3 Ring Row

5x3 Reverse Curl

5x3 Hammer Bicep Curl

5x3 Single Arm Row

## Saturday - Rest Day

## Sunday

### Main Strength

5x1 Shoulder Press 95% of Max

### Supplemental

5x3 Lateral Raises

5x10 Sec Handstand Hold

5x3 Arnold Press

4 reps Turkish Get Ups

5x3 Shoulder Shrug

# WEEK 8

## Monday

### Main Strength

5x10 Back Squat 65% of Max

### Supplemental

5x Max Effort Heavy Goblet Squat

5x Max Effort Thruster

5x Max Effort Barbell Lunges Each Leg

5x Max Effort 24 inch Box Barbell Step Up

5x 1 min Wall Sit

## Tuesday

### Main Strength

5x10 Bench Press 65% of Max

### Supplemental

5x Max Effort Dips

5x Max Effort Diamond Push Ups

5x Max Effort Dumbbell Flye

5x Max Effort Dumbbell Bench Press

5x Max Effort Dumbbell Tricep Extension

## Wednesday - Rest Day

## Thursday

### Main Strength

5x10 Deadlift 65% of Max

### Supplemental

5x Max Effort Elevated KB/DB Deadlift

5x Max Effort GHD Back Extensions

5x Max Effort Single Leg KB Deadlift

5x Max Effort Good Mornings

5x Max Effort Russian Deadlift

## Friday

### Main Strength

5x10 Bent Over Row 65% of Max

### Supplemental

5x Max Effort Bicep Curl

5x Max Effort Ring Row

5x Max Effort Reverse Curl

5x Max Effort Hammer Bicep Curl

5x Max Effort Single Arm Row

## Saturday - Rest Day

## Sunday

### Main Strength

5x10 Shoulder Press 65% of Max

### Supplemental

5x Max Effort Lateral Raises

5x30 Sec Handstand Hold

5x Max Effort Arnold Press

16 Reps Turkish Get Ups

5x Max Effort Shoulder Shrug



# WEEK 9

## **Monday**

### **Main Strength**

5x5 Back Squat 75% of Max

### **Supplemental**

5x10 Heavy Goblet Squat

5x10 Thruster

5x10 Barbell Lunges Each Leg

5x10 24 inch Box Barbell Step Up

3x 1 min Sec Wall Sit

## **Tuesday**

### **Main Strength**

5x5 Bench Press 75% of Max

### **Supplemental**

5x10 Dips

5x10 Diamond Push Ups

5x10 Dumbbell Flye

5x10 Dumbbell Bench Press

5x10 Dumbbell Tricep Extension

## **Wednesday - Rest Day**

## **Thursday**

### **Main Strength**

5x5 Deadlift 75% of Max

### **Supplemental**

5x10 Elevated KB/DB Deadlift

5x10 GHD Back Extensions

5x10 Single Leg KB Deadlift

5x10 Good Mornings

5x10 Russian Deadlift

## **Friday**

### **Main Strength**

5x5 Bent Over Row 75% of Max

### **Supplemental**

5x10 Bicep Curl

5x10 Ring Row

5x10 Reverse Curl

5x10 Hammer Bicep Curl

5x10 Single Arm Row

## **Saturday - Rest Day**

## **Sunday**

### **Main Strength**

5x5 Shoulder Press 75% of Max

### **Supplemental**

5x10 Lateral Raises

5x20 Sec Handstand Hold

5x10 Arnold Press

12 reps Turkish Get Ups

5x10 Shoulder Shrug





# WEEK 10

## Monday

### Main Strength

5x3 Back Squat 85% of Max

### Supplemental

5x5 Heavy Goblet Squat

5x5 Thruster

5x5 Barbell Lunges Each Leg

5x5 24 inch Box Barbell Step Up

5x 45 Sec Wall Sit

## Tuesday

### Main Strength

5x3 Bench Press 85% of Max

### Supplemental

5x5 Dips

5x5 Diamond Push Ups

5x5 Dumbbell Flye

5x5 Dumbbell Bench Press

5x5 Dumbbell Tricep Extension

## Wednesday - Rest Day

## Thursday

### Main Strength

5x3 Deadlift 85% of Max

### Supplemental

5x5 Elevated KB/DB Deadlift

5x5 GHD Back Extensions

5x5 Single Leg KB Deadlift

5x5 Good Mornings

5x5 Russian Deadlift

## Friday

### Main Strength

5x3 Bent Over Row 85% of Max

### Supplemental

5x5 Bicep Curl

5x5 Ring Row

5x5 Reverse Curl

5x5 Hammer Bicep Curl

5x5 Single Arm Row

## Saturday - Rest Day

## Sunday

### Main Strength

5x3 Shoulder Press 75% of Max

### Supplemental

5x5 Lateral Raises

5x20 Sec Handstand Hold

5x5 Arnold Press

12 reps Turkish Get Ups

5x5 Shoulder Shrug

# WEEK 11

## Monday

### Main Strength

5x1 Back Squat 95% of Max

### Supplemental

5x3 Heavy Goblet Squat

5x3 Thruster

5x3 Barbell Lunges Each Leg

5x3 24 inch Box Barbell Step Up

5x 30 Sec Wall Sit

## Tuesday

### Main Strength

5x1 Bench Press 95% of Max

### Supplemental

5x3 Dips

5x3 Diamond Push Ups

5x3 Dumbbell Flye

5x3 Dumbbell Bench Press

5x3 Dumbbell Tricep Extension

## Wednesday - Rest Day

## Thursday

### Main Strength

5x1 Deadlift 95% of Max

### Supplemental

5x3 Elevated KB/DB Deadlift

5x3 GHD Back Extensions

5x3 Single Leg KB Deadlift

5x3 Good Mornings

5x3 Russian Deadlift

## Friday

### Main Strength

5x1 Bent Over Row 95% of Max

### Supplemental

5x3 Bicep Curl

5x3 Ring Row

5x3 Reverse Curl

5x3 Hammer Bicep Curl

5x3 Single Arm Row

## Saturday - Rest Day

## Sunday

### Main Strength

5x1 Shoulder Press 95% of Max

### Supplemental

5x3 Lateral Raises

5x10 Sec Handstand Hold

5x3 Arnold Press

4 reps Turkish Get Ups

5x3 Shoulder Shrug



# WEEK 12

## **Monday**

### **Main Strength**

5x10 Back Squat 70% of Max

### **Supplemental**

5x Max Effort Heavy Goblet Squat

5x Max Effort Thruster

5x Max Effort Barbell Lunges Each Leg

5x Max Effort 24 inch Box Barbell Step Up

5x 1 min Wall Sit

## **Tuesday**

### **Main Strength**

5x10 Bench Press 70% of Max

### **Supplemental**

5x Max Effort Dips

5x Max Effort Diamond Push Ups

5x Max Effort Dumbbell Flye

5x Max Effort Dumbbell Bench Press

5x Max Effort Dumbbell Tricep Extension

## **Wednesday - Rest Day**

## **Thursday**

### **Main Strength**

5x10 Deadlift 70% of Max

### **Supplemental**

5x Max Effort Elevated KB/DB Deadlift

5x Max Effort GHD Back Extensions

5x Max Effort Single Leg KB Deadlift

5x Max Effort Good Mornings

5x Max Effort Russian Deadlift

## **Friday**

### **Main Strength**

5x10 Bent Over Row 70% of Max

### **Supplemental**

5x Max Effort Bicep Curl

5x Max Effort Ring Row

5x Max Effort Reverse Curl

5x Max Effort Hammer Bicep Curl

5x Max Effort Single Arm Row

## **Saturday - Rest Day**

## **Sunday**

### **Main Strength**

5x10 Shoulder Press 70% of Max

### **Supplemental**

5x Max Effort Lateral Raises

5x30 Sec Handstand Hold

5x Max Effort Arnold Press

16 Reps Turkish Get Ups

5x Max Effort Shoulder Shrug

# WEIGHT RECOMMENDATIONS

Once you have tested the Major Lifts to get your Max weight numbers you can use the "Movement Charts" to determine what weights you should be using for all of your Minor Lifts/Movements as they match up to your training days.

## Example

Backsquat 300 lbs and up				
Movement	5x3	5x5	5x10	5xMax Effort
Goblet Squat	70lbs	70lbs	55lbs	35lbs
Thruster	135lbs	115lbs	95lbs	45lbs
Barbell Lunges	135lbs	115lbs	95lbs	45lbs
Barbell Box Step Ups	95lbs	75lbs	55lbs	35lbs

In this chart if your single rep maximum Backsquat weight was over 300 lbs then you will utilize the following weights for each Minor lift/movement for the matching training day rep scheme.

**There are weight charts for each Major Lift in the spreadsheet that was shared with you.**

- Backsquat
- Bench Press
- Deadlift
- Bent Over Row
- Shoulder Press