

Strength Training Templates

Instructions:

Watch the intro video to get an overview of the templates [HERE](#) first. Then, based on the number of days you have to train each week, start with the template of your choice. You can reference the **'Exercise Library'** tab to view exercise demonstration videos for all exercises in the template.

You got this!

Strength FAQ:

Here you'll find bonus videos covering common strength training questions.

[1. How to Warm Up for Strength Training](#) (5:13)

[2. How to Perform Exercises Safely](#) (5:50)

[3. How Many Sets/Reps for Strength Training](#) (6:15)

[4. How Much Weight Should I Use?](#) (5:33)

[5. How and Why to Use Rep Ranges](#) (4:08)

[6. How Long Should I Rest Between Exercises](#) (5:22)

2-Day Strength Training Template

Instructions:

1. Make sure to do a [warm-up](#)!
2. Start off with 2 rounds of each exercise. If the overall workout feels too easy, add a 3rd round. If that's still too easy, add a 4th round.
3. If an individual exercise feels too easy or too difficult, select a different option from the exercise Exercise library. If you don't see an option on the menu that you prefer, feel free to sub in any other movement that targets the same area of the body (lower body, upper body, core, etc.)
4. Learn [how to use a rep range here](#).

Workout A:	Exercise	Sets	Reps	Notes
SUPERSET	Assisted Squat	2	5 to 10	
	Elevated Push-up	2	5 to 10	
SUPERSET	Step Up	2	5 to 10 each	
	Doorway Row	2	10 to 15	
	Bird Dog	2	20 to 40s	

Workout B:	Exercise	Sets	Reps	Notes
SUPERSET	Floor Bridge	2	5 to 10	
	Pike Up	2	5 to 10	
SUPERSET	Assisted Split Squat	2	5 to 10 each	
	Corner Tuck	2	5 to 10	
	Elevated Front Plank	2	20 to 40s	

3-Day Strength Training Template

Instructions:

1. Make sure to do a [warm-up](#)!
2. Start off with 2 rounds of each exercise. If the overall workout feels too easy, add a 3rd round. If that's still too easy, add a 4th round.
3. If an individual exercise feels too easy or too difficult, select a different option from the exercise Exercise library. If you don't see an option on the menu that you prefer, feel free to sub in any other movement that targets the same area of the body (lower body, upper body, core, etc.)
4. Learn [how to use a rep range here](#).

Workout A:	Exercise	Sets	Reps	Notes
SUPERSET	Floor Bridge	2	5 to 10	
	Elevated Push-up	2	5 to 10	
SUPERSET	Assisted Squat	2	5 to 10	
	Doorway Row	2	5 to 10	
	Bird Dog	2	20 to 40s	

Workout B:	Exercise	Sets	Reps	Notes
SUPERSET	Step Up	2	5 to 10 each	
	Pike Up	2	5 to 10	
SUPERSET	Good Morning	2	5 to 10	
	Corner Tuck	2	5 to 10	
	Elevated Front Plank	2	20 to 40s	

Workout C:	Exercise	Sets	Reps	Notes
SUPERSET	Assisted Squat	2	5 to 10	
	1 Arm Doorway Row	2	5 to 10 each	
SUPERSET	Assisted Split Squat	2	5 to 10 each	
	Negative Push-up	2	5 to 10	
	Side Plank	2	20 to 40s	

4-Day Strength Training Template

Instructions:

1. Make sure to do a [warm-up](#)!
2. Start off with 2 rounds of each exercise. If the overall workout feels too easy, add a 3rd round. If that's still too easy, add a 4th round.
3. If an individual exercise feels too easy or too difficult, select a different option from the exercise Exercise library. If you don't see an option on the menu that you prefer, feel free to sub in any other movement that targets the same area of the body (lower body, upper body, core, etc.)
4. Learn [how to use a rep range here](#).

Workout A:	Exercise	Sets	Reps	Notes
SUPERSET	Assisted Squat	2	5 to 10	
	Elevated Push-up	2	5 to 10	
SUPERSET	Doorway Row	2	5 to 10	
	Floor Bridge	2	5 to 10	
	Bird Day	2	20 to 40s	

Workout B:	Exercise	Sets	Reps	Notes
SUPERSET	Step Up	2	5 to 10 each	
	Pike Up	2	5 to 10	
SUPERSET	Corner Tuck	2	5 to 10	
	Assisted Squat	2	5 to 10	
	Elevated Front Plank	2	20 to 40s	

Workout C:	Exercise	Sets	Reps	Notes
SUPERSET	Floor Bridge	2	5 to 10	
	1-Arm Doorway Row	2	5 to 10 each	
SUPERSET	Negative Push-up	2	5 to 10	
	Bodyweight Squat	2	5 to 10	
	Deadbug	2	20 to 40s	

Workout D:	Exercise	Sets	Reps	Notes
SUPERSET	Assisted Split Squat	2	5 to 10 each	
	YTW's	2	5 to 10 each	
SUPERSET	Elevated Push-up	2	5 to 10	
	Good Morning	2	5 to 10	
	Side Plank	2	20 to 40s	

Exercise Library

Lower Body Squats

[Assisted Squat](#)

[Bodyweight Squat](#)

[Stagger Stance Squat](#)

[Dumbbell Goblet Squat](#)

[Dumbbell Front Squat](#)

[Barbell Back Squat](#)

Lower Body Hinges

[Floor Bridge](#)

[Bodyweight Good Morning](#)

[1-Leg RDL](#)

[Dumbbell RDL](#)

[Dumbbell 1-Leg RDL](#)

[Barbell RDL](#)

[Barbell Deadlift](#)

Lower Body Single Leg

[Step Ups](#)

[Assisted Split Squat](#)

[Split Squat](#)

[Reverse Lunge](#)

[Single Leg Squat to Box](#)

Core

[Bird Dog](#)

[Elevated Front Plank](#)

[Deadbug](#)

[Front Plank](#)

[Side Plank](#)

[Hanging Knee Tuck](#)

[Dumbbell Farmer's Carry](#)

Conditioning (Alternatives)

[March in Place](#)

[Supine Cross-Crawl](#)

[Elevated Mountain Climbers](#)

[Step Jacks](#)

[Seal Jacks](#)

[Fake Jump Rope](#)

[Mountain Climbers](#)

[Squat Thrusts](#)

Upper Body Push

[Elevated Push-up](#)

[Pike Up](#)

[Negative Push-up](#)

[Push-up](#)

[Pike Push-up](#)

[Assisted Ring Dip](#)

[Ring Dip](#)

[Dumbbell Bench Press](#)

[Dumbbell Overhead Press](#)

[Barbell Bench Press](#)

[Barbell Overhead Press](#)

Upper Body Pull

[YTWs](#)

[Doorway Row](#)

[1-Arm Doorway Row](#)

[Corner Tuck](#)

[Ring Row](#)

[Assisted Chin-up](#)

[Negative Chin-up](#)

[Chin-up](#)

[Dumbbell 1-Arm Row](#)

[Dumbbell Bent Over Row](#)

[Barbell Row](#)