

# Strength Training Templates

[Click here for the Google Sheet version of this document](#)

## 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](#)