



TRAINHARD.FIT



WWW.TH.FIT



FORCE

STRENGTH + CONDITIONING

5-WEEK PROGRESSIVE CYCLE



EXPERIENCE LEVEL

INTERMEDIATE / ADVANCED



GOAL

FUNCTIONAL / CONDITIONING / STRENGTH



TRAINING SPLIT

60MIN SESSIONS / 5 DAYS PER WEEK

FLEX DB

BODYBUILDING

2-WEEK ALTERNATING SPLIT



EXPERIENCE LEVEL

INTERMEDIATE / ADVANCED



GOAL

CONDITIONING / STRENGTH / HYPERTROPHY



TRAINING SPLIT

45MIN SESSIONS / 2 WEEK ALTERNATING SPLIT

STRENGTH + CONDITIONING

5-WEEK PROGRESSIVE CYCLE / PROGRAM INFO



EXPERIENCE LEVEL

INTERMEDIATE / ADVANCED



GOAL

FUNCTIONAL / CONDITIONING / STRENGTH



TRAINING SPLIT

60MIN SESSIONS / 5 DAYS PER WEEK

01: INTRO

ABOUT THE PROGRAM

FORCE is a Functional Strength & Conditioning program designed to create well-rounded and 'ready' athletes. Ready for what? Ready for ANYTHING.

The goal of FORCE is to produce highly capable, highly functional, very strong, and very well conditioned athletes. Will you see improvements in your physique with FORCE? Undeniably, yes – you will gain muscle and lose fat; however, what we are really chasing is the ability to do many tasks and do them all really well.

FORCE is designed for athletes with a more advanced knowledge of functional movements as well as those ready to tackle a wide variety of tests each week.

In this 5-Week program, you will see (5) workouts per week and (2) dedicated rest days.

- **TRAIN** – Mon/Tue/Wed/Fri/Sat
- **REST & RECOVER** – Thur/Sun

Each workout provides a different stimulus and throughout the program you will be challenged by different movements, workout structures, loading ranges, time domains, and volume. FORCE kicks off Week 1 with a test workout that will be repeated in the final week of the program as well as 5-Rep efforts of the Deadlift, Back Squat, and Push Press that will also be retested.

If you're looking to increase your work capacity, develop well-rounded strength & conditioning, and train with intensity, then FORCE is the program for you! Time to get to work!

02: STRUCTURE

EQUIPMENT

FORCE TRACK

MANDATORY EQUIPMENT

- Barbell + Bumper Plates (weight for heavy Squat, Bench, Deadlift)
- Squat Rack + Bench
- Pull-Up Bar or Rings
- (2) Pair of DBs
 - (1) Baseline DBs – 50lb Suggested
 - (1) Conditioning DBs – 35lb Suggested
- (2) Kettlebells
 - (1) Heavy – 70lb Suggested or Heavy
 - (1) Baseline – 53lb Suggested or Moderate
- Jump Rope
- Access to Jump/Step-Up (Box or Object)
- Access to Run (Treadmill or Road)
- (1) Additional Piece of Cardio Equipment
 - C2 Rower
 - Assault Bike

OPTIONAL EQUIPMENT

- Dip Bar
- Weight Vest (20 or 14 Suggested)
- Wall Ball (20 or 14 Suggested)
- Additional Weights, DBs, & KBs (as much variety as you want)
- Resistance Bands

03: BEST PRACTICES

FORCE WORKOUT GOALS

Every FORCE workout comes with a short goal write-up and RPE rating (Rate of Perceived Exertion) to help guide your effort. RPE is a measure of how 'hard' you feel you're pushing yourself during a workout and/or how 'heavy' a particular weight feels relative to your current fitness level. The goals give you more insight into the workout.

RPE: RATE OF PERCEIVED EXERTION

We represent RPE on a 1 through 10 scale. Each number in the scale represents an approximate measure of your perceived exertion based on a

03: BEST PRACTICES

percentage out of 100% (ex: 1 is 10%, 2 is 20% and so on...until 10 or 100%, absolute max).

- **RPE 1:** 10% Intensity
- **RPE 2:** 20% Intensity
- **RPE 3:** 30% Intensity
- **RPE 4:** 40% Intensity
- **RPE 5:** 50% Intensity
- **RPE 6:** 60% Intensity
- **RPE 7:** 70% Intensity
- **RPE 8:** 80% Intensity
- **RPE 9:** 90% Intensity
- **RPE 10:** 100% Intensity

For example, if we assign RPE 9, this means ideally you are working at about 90% of your total exertion (very high, close to max). If we assign RPE 7, this means you are working at about 70% of your total exertion (moderate effort).

LOADING & VOLUME ADJUSTMENTS

In every workout, we will suggest a weight range for all movements for both men and women. These are based on the intended feel for that movement and the equipment lists. You should always choose the best weight for you in that workout that day. Adjust all elements as needed based on your goals, needs, equipment, and current fitness level.

Cardio Choice means you get to pick a run, bike, row, or any other form of cardio. These will be labeled either as Easy, Mod, or Hard to guide your effort. When specific calories or distances are provided in the workout, pick a pace that gets the work done. Box Jump or Step-Up movements are always listed with height recommendations displayed in inches. Adjust all elements as needed based on your goals, needs, equipment, and current fitness level.

TRACK YOUR RESULTS BUT DON'T OBESS!

We highly recommend that you keep track of your progress across the entire program. This means noting your scores, keeping track of reps, and making specific notes regarding your performance.

We particularly want you to pay close attention to the testing weeks during the program. When it's time to retest, be sure to revisit your notes from Week 1 and then get after it.

Workout results obviously matter but many of the benefits of this program will be realized outside of the program. This growth matters in equal if not greater amounts. Pay attention to the gains you feel and experience in your strength and conditioning. Monitor how you look and feel. While the results of the workouts matter – don't obsess over them especially if you look, feel, and perform the way you want.

TRAIN HARD...BUT TRAIN SMART

Understanding this distinction is key for ensuring longevity, maximizing results, and avoiding injury. We want you to Train Hard but at the same time train smartly. This means pushing where you know you can and perhaps pulling back slightly where you are less sure. If the volume of reps in a workout looks too daunting, reduce it as needed to a range at which you are more comfortable. As the program progresses and you have more of a feel for the movements, loading, and volume you can always increase your intensity.

The overall best rule in every workout is to always choose the pace, weight, height, and equipment that gives you the best workout for that day. Use the goals, RPE notes, and weight suggestions to get your best workout. TRAIN HARD.

DAY 1

STRENGTH

IN ABOUT 15-20 MINUTES...

Build to a Heavy 5-Rep Deadlift*

*Start Moderate and Build to Heavy

(Score is Weight)

GOAL: RPE 8 | The goal today is to establish a baseline for your Heavy 5-Rep. This should be a weight that you are confident that you can move but especially challenges you in the 4th and 5th Rep of the set. Within the time limit here try to get 2-3 solid attempts at your heavy-ish weight after you build up. We will build on this lift through the month and retest down the road. All reps should be performed with solid mechanics.

WORKOUT

FOR TIME

15-12-9-12-15

Deadlift (185/135)

Burpees Over Bar

(Score is Time)

GOAL: RPE 9 | Today's workout is a fast and furious combination of Moderate/Mod-Heavy Deadlifts and a very fast cycle time Burpee. The workout works by completing 15/15 then 12/12 then 9/9 and then back up the ladder to end the workout with 15/15. The goal today on the Deadlifts should be to move well, move quickly, and reduce the amount of time that your hands are not on the bar. On the Burpees, maintain a steady pace until the middle of the workout then see if you can pick up the pace to finish strong! Write down your score on this one, we will see it again!

DAY 4

STRENGTH

IN ABOUT 15-20 MINUTES...

Build to a Heavy 5-Rep Push Press*

*Start Moderate and Build to Heavy

(Score is Weight)

GOAL: RPE 8 | The goal today is to establish a baseline for your Heavy 5-Rep. This should be a weight that you are confident that you can move but especially challenges you in the 4th and 5th Rep of the set. Within the time limit here try to get 2-3 solid attempts at your heavy-ish weight after you build up. We will build on this lift through the month and retest down the road. All reps should be performed with solid mechanics.

WORKOUT

FOR TIME

400m Run

40 Up-Downs

40 DB Push Press (50/35)

200m Run

20 Up-Downs

20 DB Push Press

(Score is Time)

GOAL: RPE 8 | The goal today is to move fast from the start and keep the pace up. Reps of the Up-Downs (No Push-Up Burpee) and Push Press should be cycled in bigger sets...hold onto those DBs. 400m is about 2:00 run / 200m is about 1:00 run. Have fun with this fast one!

DAY 2

STRENGTH

EMOM x 15 MINUTES

MIN 1 - 7-10 Strict Pull-Ups

MIN 2 - 7-10 DB Strict Press (50/35)

MIN 3 - :50 Plank Hold

(No Measure)

GOAL: RPE 7 | Bodyweight Pull + Strict DB Press + Midline Hold. Quality reps only today in this Strength EMOM...looking for a solid set each minute. Adjust the numbers up or down as needed to hit your goals. Quality is the name of the game especially in the strict movements.

WORKOUT

EMOM x 15 MINUTES

MIN 1 - :45 Cal Row or Bike (Hard)

MIN 2 - 15-20 Push-Ups

MIN 3 - 20-25 Sit-Ups

(Score is Lowest Cals)

GOAL: RPE 7 | The goal today is to sell out on the cardio then hit consistent numbers on the Push-Ups and Sit-Ups. You should have at least :15 rest after each set of the bodyweight movements. Your score is the lowest number of calories earned in Min 1.

DAY 5

GUT-CHECK

EMOM x 30 MINUTES

MIN 1 - 5 Pull-Ups + 10 Push-Ups + 15 Squats

MIN 2 - :50 Russian KB Swings (70/53)

MIN 3 - :50 DB or KB Farmer Walk (Athlete Choice)

MIN 3 - 1:00 Cal Row or Bike (Hard)

MIN 5 - 1:00 Rest

(No Measure)

GOAL: RPE 10 | Simply grind it out...no excuses. You want to test your grit? These type of workouts will do it. No additional strength today...get your fill of this RPE 10 workout. For the Farmer Walk, objects are held in each hand by your sides. Choose the heaviest weight you have available for the Farmer Walk.

DAY 3

STRENGTH

IN ABOUT 15-20 MINUTES...

Build to a Heavy 5-Rep Back Squat*

*Start Moderate and Build to Heavy

(Score is Weight)

GOAL: RPE 8 | The goal today is to establish a baseline for your Heavy 5-Rep. This should be a weight that you are confident that you can move but especially challenges you in the 4th and 5th Rep of the set. Within the time limit here try to get 2-3 solid attempts at your heavy-ish weight after you build up. We will build on this lift through the month and retest down the road. All reps should be performed with solid mechanics.

WORKOUT

AMRAP x 10 MINUTES

10 Hang Power Clean (95/65)

10 Front Squat

40 Double Unders

(Score is Rounds + Reps)

GOAL: RPE 8 | The barbell should be on the lighter side today. Pick a weight you can move mostly unbroken the entire workout. Try to go right from the HPC into the FS. If you are still working on your DUs, sub 80 Single Unders.

DAY 1

STRENGTH

10-8-6
Deadlift*

*Start Moderate & Build to Heavy

(Score is Heaviest Weight)

GOAL: RPE 8 | Last week you hit a 5-Rep Heavy...can you hit that same weight or more for 6 reps this week? Start Moderate and build to Heavy -- each set should be challenging. We will build progressively each week until the end of the month before retesting the 5-Rep.

WORKOUT

3 ROUNDS FOR TIME
30 American KB Swings (53/35)
30 Cal Row or Bike

(Score is Time)

GOAL: RPE 9 | This one is going to make you breath some fire. Can you go unbroken on the KB Swings with the weight you choose today? If unbroken isn't in the cards, hold yourself to one break each round. Try to move right from the Swings to the Cardio. Don't waste time in this burner of a workout.

DAY 2

STRENGTH

EMOM x 10 MINUTES
MIN 1 - :45 DB Bench Press (Athlete Choice)
MIN 2 - :45 Plank Hold or Hollow Hold

(No Measure)

GOAL: RPE 7 | Your choice on the weight today on the DB Bench...go heavy for smaller sets or go lighter for bigger sets. A good challenge would be trying to hold the DBs for the full :45 no matter how many reps you get. After your 'last rep' hold the DB at the top of the press. For the static hold, keep the midline engaged as much of the :45 as possible.

WORKOUT

AMRAP x 20 MINUTES
400m Run
1:00 DB Front Rack Hold (50/35)
40 Sit-Ups
30 Alt. Lunges
20 Up-Downs

(Score is Rounds + Reps)

GOAL: RPE 7 | Find a smooth pace and settle into this more chill effort at RPE 7. Just keep moving across the full 20min. The goal is continuous movement...don't start out too hot and burn out. For the FR Hold, hold two DBs on your shoulders...as heavy as you want to make it today! 400m run is about 2:00 of Cardio. Up-Down = No Push-Up Burpee.

DAY 3

STRENGTH

10-8-6
Back Squat*

*Start Moderate & Build to Heavy

(Score is Heaviest Weight)

GOAL: RPE 8 | Last week you hit a 5-Rep Heavy...can you hit that same weight or more for 6 reps this week? Start Moderate and build to Heavy -- each set should be challenging. We will build progressively each week until the end of the month before retesting the 5-Rep.

WORKOUT

EMOM x 15 MINUTES
MIN 1 - :50 Back Squats (155/105)
MIN 2 - :50 Box Jumps (24/20)
MIN 3 - 1:00 Rest

(Score is Total Reps)

GOAL: RPE 8 | The legs are gonna be TESTED in this one. This weight should be something you know you can move for at least 10+ reps when you're fresh. No matter how many reps you get, the bar stays on your back for all :50...no excuses.

DAY 4

STRENGTH

10-8-6
Push Press*

*Start Moderate & Build to Heavy

(Score is Heaviest Weight)

GOAL: RPE 8 | Last week you hit a 5-Rep Heavy...can you hit that same weight or more for 6 reps this week? Start Moderate and build to Heavy -- each set should be challenging. We will build progressively each week until the end of the month before retesting the 5-Rep.

WORKOUT

AMRAP x 12 MINUTES
15 Cal Row or Bike
12 Power Clean (115/75)
9 Push Press

(Score is Rounds + Reps)

GOAL: RPE 8 | The goal today is to find a Mod-Light weight on the barbell. Unbroken when you're fresh but as you get a few rounds in...you might need to break up the sets. A good challenge would be to take your last rep of Power Clean right into the Push Press each round.

DAY 5

HERO / MINI MURPH

FOR TIME
800m Run
50 Pull-Ups
100 Push-Ups
150 Squats
800m Run

(Score is Time)

GOAL: RPE 10 | No excuses. Worry about your effort more than your score. This workout is inspired by the full MURPH workout...which is double these numbers. This is a great bodyweight test. Pull-Ups can be strict or kipping. Break up the Pull-Ups, Push-Ups, and Squats in any order. Option to wear a 20lb vest.

In memory of Navy Lieutenant Michael Murphy, 29, of Patchogue, N.Y., who was killed in Afghanistan June 28th, 2005.

DAY 1

STRENGTH

8-6-4
Deadlift*

*Start Mod-Heavy & Build to Heavy

(Score is Heaviest Weight)

GOAL: RPE 9 | Continuing the build in our big-3. Can you match or beat your heavy set of 6 from last week in the middle set of 6 reps this week? Then can you set the bar even higher for the set of 4?

WORKOUT

AMRAP x 15 MINUTES

20 Box Jumps (24/20)
15 Hand Release Push-Ups
10 Deadlifts (255/175)

(Score is Rounds + Reps)

GOAL: RPE 8 | For the Hand Release Push-Ups, hands come off the ground at the bottom of the rep and chest fully touches the floor. In the DL, the weight today should be a heavy weight that you know you can do 7-10+ reps when fresh. As the workout goes on you might start breaking these up into 7/3, 6/4, or 5/5.

DAY 2

STRENGTH

EMOM x 10 MINUTES

MIN 1 - 10-15 DB Bent Over Rows (Athlete Choice)
MIN 2 - 10-15 Strict Toes to Bar or Strict Hanging
Knee Raise

(No Measure)

GOAL: RPE 7 | In this strength-based EMOM, you are looking to control the movement with very strict mechanics in both minutes. The weight and number of reps you choose should be challenging to hold the positions. If you're shaking a little, you're doing it right.

WORKOUT

4 SETS

3:00 Cardio Choice (Mod)
30 Up-Downs
30 DB Alt. Hang Power Snatch (35/20)

-Rest 1:00 b/t Sets-

(No Measure)

GOAL: RPE 7 | More of a pacing/consistency focused day today...flow, breath, sweat and go. The goal is to move with purpose and find a sustainable pace to carry across all 4 sets. For the DB, we are calling for the Conditioning weight today...we want you on lighter side and hit all 30 reps unbroken if you can. Switch hands with each rep...15 each arm, 30 reps total.

DAY 3

STRENGTH

8-6-4
Back Squat*

*Start Mod-Heavy & Build to Heavy

(Score is Heaviest Weight)

GOAL: RPE 9 | Continuing the build in our big-3. Can you match or beat your heavy set of 6 from last week in the middle set of 6 reps this week? Then can you set the bar even higher for the set of 4?

WORKOUT

FOR TIME

200m Run
Immediately Into...

15-12-9-6-3
Front Squats (155/105)
Pull-Ups

Immediately Into...
200m Run

(Score is Time)

GOAL: RPE 10 | Putting you into the blender with this one. Yesterday, more consistency...today more shot out of a cannon. Run the 200s as hard as you think you can...especially the last one as it should be a sprint to the finish. If you're not running today, 1:00 of all-out cardio. All sets on the Squats and Pull-Ups should be unbroken or close to it. The weight should feel Moderate-Light.

DAY 4

STRENGTH

8-6-4
Push Press*

*Start Mod-Heavy & Build to Heavy

(Score is Heaviest Weight)

GOAL: RPE 9 | Continuing the build in our big-3. Can you match or beat your heavy set of 6 from last week in the middle set of 6 reps this week? Then can you set the bar even higher for the set of 4?

WORKOUT

EMOM x 15 MINUTES

MIN 1&2 - AMRAP of 6 DB Thrusters (50/35) + 6
Burpees
MIN 3 - 1:00 Cardio Choice (Easy)

(Score is Rounds + Reps)

GOAL: RPE 8 | We're calling for moderate weight DBs here today...the weight should get a little uncomfortable but 6 reps doable unbroken and at a solid clip. Try to move for the full 2:00 on the AMRAP then right into 1:00 cardio recovery (you'll need it). RPE 8 means you are pushing a very tough but controllable pace.

DAY 5

GUT-CHECK

AMRAP x 30 MINUTES

2:00 Cardio Choice (Mod)
15 Power Cleans (155/105)
30 Alt. Box Step-Ups (24/20)
2:00 Cardio Choice (Mod)
60 Walking Lunges
120 Double Unders

(Score is Rounds + Reps)

GOAL: RPE 9 | Super fun AMRAP-style gut-check workout. You're not stacking tons of rounds in this one but that's not the point...get locked in the for the long haul. For the POWER Cleans, you might consider doing singles, doubles, or triples every time you touch the bar. If you don't have Double Unders, 240 Single Unders or 2:00 worth of Jump Rope.

DAY 1

STRENGTH

6-4-2

Deadlift*

*Start Mod-Heavy+ and Build to Heavy

(Score is Heaviest Weight)

GOAL: RPE 9 | The final building week before next week's test to find a heavy set of 5. All sets today should tough but performed with a strong attention to mechanics. We are not looking for a 2-Rep Max today...heavy for 2 means you could probably do 3, maybe 4, if you had to.

WORKOUT

FOR TIME

21-15-9-15-21

American KB Swing (53/35)

KB Goblet Squat

Burpees

(Score is Time)

GOAL: RPE 10 | This is one of those workouts that looks chill on paper but...oh boy. We are asking you to show up with some RPE 10 energy today. All Swings and Goblet Squats unbroken is the goal. Gotta move faster than you want to on the Burpees. Can you go sub 13min?

DAY 2

STRENGTH

3 SETS FOR QUALITY

1:00 Strict Pull-Ups

-Rest :30-

1:30 Cal Row or Bike (Mod)

-Rest :30-

2:00 Plank Hold

-Rest 1:00 b/t Sets-

(No Measure)

GOAL: RPE 7 | Strict + Cardio + Static. This is a fun way to spice up your Strict Pull-Ups and break a sweat in the process. Your goal should be to match or beat your Strict Pull-Ups every set. If you want to increase the intensity of this one, push the pace on the cardio.

WORKOUT

FOR QUALITY

50-40-30-20-10

Push-Ups*

Sit-Ups**

*Option to Wear a Weight Vest

**Option to Perform a Weighted Sit-Up

(No Measure)

GOAL: RPE 7 | Slowing it down with some quality work today and two classic movements. This workout is not for time...complete your reps with precision. If you want to spice it up, you have the option to perform the weighted variations of the movements. If the volume of reps is too high, consider dropping the set of 50 and hitting 40-30-20-10.

DAY 3

STRENGTH

10-8-6

Deadlift*

*Start Moderate & Build to Heavy

(Score is Heaviest Weight)

GOAL: RPE 8 | Last week you hit a 5-Rep Heavy...can you hit that same weight or more for 6 reps this week? Start Moderate and build to Heavy -- each set should be challenging. We will build progressively each week until the end of the month before retesting the 5-Rep.

WORKOUT

3 ROUNDS FOR TIME

30 American KB Swings (53/35)

30 Cal Row or Bike

(Score is Time)

GOAL: RPE 9 | This one is going to make you breath some fire. Can you go unbroken on the KB Swings with the weight you choose today? If unbroken isn't in the cards, hold yourself to one break each round. Try to move right from the Swings to the Cardio. Don't waste time in this burner of a workout.

DAY 4

STRENGTH

6-4-2

Push Press*

*Start Mod-Heavy+ and Build to Heavy

(Score is Heaviest Weight)

GOAL: RPE 9 | The final building week before next week's test to find a heavy set of 5. All sets today should tough but performed with a strong attention to mechanics. We are not looking for a 2-Rep Max today...heavy for 2 means you could probably do 3, maybe 4, if you had to.

WORKOUT

FOR TIME

30/25 Cal Row or Bike

Immediately Into...

3 ROUNDS

15 Hang Power Snatch (95/65)

15 Toes to Bar

(Score is Time)

GOAL: RPE 9 | The barbell should be light. You should be able to cycle at least 8-10 reps each round before putting the barbell down. On the Toes to Bar, adjust the number as needed to complete the reps in no more than 1:00 (option to sub Hanging Knee Raise). Try to minimize time away from the movements today in this RPE 9 effort...stay on it and chase down all 3 rounds after the Row/Bike buy-in.

DAY 5

GUT-CHECK

AMRAP x 10 MINUTES

Max Distance Run, Bike or Row

Immediately Into...

EMOM x 10 MINUTES

5 Front Squats (Athlete Choice)* + 5 Burpees Over the Bar

Immediately Into...

AMRAP x 10 MINUTES

Max Distance Run, Bike or Row

*Mod-Heavy for All Sets

(Score is Weight on Front Squat)

GOAL: RPE 8 | We are putting in some serious work today on our aerobic capacity. Pick your poison on the cardio then stick with it for the first 10min. You can choose a different form of cardio in the second 10min. Your pace should be tough but sustainable for 10min. For the Front Squat, we are looking for a mod-heavy weight that challenges you but you can repeat for 5-reps every minute. Bar comes from the floor.

DAY 1

STRENGTH

IN ABOUT 15-20 MINUTES...
Build to a Heavy 5-Rep Deadlift*

*Start Moderate and Build to Heavy

(Score is Weight)

GOAL: RPE 9 | We kicked off the month with a Heavy 5-Rep Test and now we retest. No matter if you've followed the program for the full month, for a week, or for a day the goal is the same for everyone today...get the tunes going, get warm, and get after it. Have fun building to a Heavy 5-Rep and setting a new PR!

WORKOUT

FOR TIME
15-12-9-12-15
Deadlift (185/135)
Burpees Over Bar

(Score is Time)

GOAL: RPE 9 | We are repeating our very first workout of this month-long journey! Go back and review your score as well as the weight you used the first time around. In this effort, use the same weight from the first attempt...let's see if you can beat that score! We've trained hard across the month and given plenty of exposure to these movements. Go into this workout with confidence that you've done the work! Have fun with revisiting this one.

DAY 2

STRENGTH

3-5 SETS FOR QUALITY
10 Unbroken Bench Press*
Immediately Into...
Max Reps DB Alt. Gorilla Rows (50/35)

*Moderate Weight for All Sets. Reps Must Be Unbroken.

-Rest as Needed b/t Sets-

(No Measure)

GOAL: RPE 8 | Pick a weight on the Bench Press that gives you a good pump for 10-reps unbroken but you know you can hit every round. Move right into Max Reps of the Alt. Gorilla Rows...no rest. Setting up with your feet on a slightly elevated platform (stand on a plate under each foot) is a good move for these. Try to get into the 20s with your Gorilla Rows.

WORKOUT

EMOM x 16 MINUTES
MIN 1 & 2 - 2:00 Cardio Choice (Mod)
MIN 3 - :45 Chin-Ups
MIN 4 - :45 Seated DB Arnold Press (Athlete Choice)

(No Measure)

GOAL: RPE 8 | The Cardio Choice should push your for 2:00 but be sustainably tough. Then move into :45 Max Reps of the Chin-Up and Seated DB Arnold Press. You choose the weight today on the DBs. For an extra challenge on the Chin-Ups...add a :01 pause with your chin above the bar.

DAY 3

STRENGTH

IN ABOUT 15-20 MINUTES...
Build to a Heavy 5-Rep Back Squat*

*Start Moderate and Build to Heavy

(Score is Weight)

GOAL: RPE 9 | We kicked off the month with a Heavy 5-Rep Test and now we retest. No matter if you've followed the program for the full month, for a week, or for a day the goal is the same for everyone today...get the tunes going, get warm, and get after it. Have fun building to a Heavy 5-Rep and setting a new PR!

WORKOUT

3 SETS
AMRAP x 7 MINUTES
7 Hang Power Cleans (115/75)
14 Front Rack Alt. Lunges
21 Sit-Ups

-Rest 1:30 b/t AMRAPs-

(Score is Total Rounds + Reps)

GOAL: RPE 9 | This one will pack a punch for sure. All reps of the HPC and Front Rack Lunge should be unbroken throughout. The goal should be at least 3-4 rounds in each AMRAP...try to match or beat your score each time.

DAY 4

STRENGTH

IN ABOUT 15-20 MINUTES...
Build to a Heavy 5-Rep Push Press*

*Start Moderate and Build to Heavy

(Score is Weight)

GOAL: RPE 9 | We kicked off the month with a Heavy 5-Rep Test and now we retest. No matter if you've followed the program for the full month, for a week, or for a day the goal is the same for everyone today...get the tunes going, get warm, and get after it. Have fun building to a Heavy 5-Rep and setting a new PR!

WORKOUT

3 SETS
15 Push Press (135/95)
25 Push-Ups
15 Up-Down Box Jumps (24/20)
25/20 Cal Row or Bike

-Rest 1:30 b/t Sets-

(Score is Slowest Set)

GOAL: RPE 8 | The Push Press should be squarely in the Moderate range today. It should be a challenging weight for you at this rep number and you likely have to break it up into 2 sets to complete. After the Push Press, you are off to the races. How hard can you push the pace and how badly do you want to see that last Calorie tick off.

DAY 5

GUT-CHECK

EMOM x 10 MINUTES
MIN 1 - 3 Squat Cleans*
MIN 2 - :50 Cardio Choice (Easy)

*Start Moderate and Build to Mod-Heavy

(Score is Weight)

GOAL: RPE 7 | You've got plenty of time in this strength session to hit your 3 reps. Think of this as getting some good pre-workout prep in and overloading the barbell (aka the light bar in the workout going to feel even lighter). Not looking to go mega-heavy here...keep it in the Mod/Mod-Heavy range.

HERO / BADGER

3 ROUNDS FOR TIME
30 Squat Cleans (95/65)*
30 Pull-Ups
800m Run

*Option for Power Cleans

(Score is Time)

GOAL: RPE 10 | The barbell should be light enough today to clip off big chunks of reps each round. For the Pull-Ups, traditionally kipping at this volume...reduce as needed. If the volume is too high, reduce to 20 or 15 reps of each movement. If you want to perform Strict Pull-Ups today, 15 Reps per round is a good substitute.

In honor of U.S. Navy Chief Petty Officer Mark Carter, 27, of Fallbrook, California, who was killed during combat operations in Iraq on Dec. 11, 2007.

BODYBUILDING

2-WEEK ALTERNATING SPLIT / PROGRAM INFO



EXPERIENCE LEVEL

INTERMEDIATE / ADVANCED



GOAL

CONDITIONING / STRENGTH / HYPERTROPHY



TRAINING SPLIT

45MIN SESSIONS / 2 WEEK ALTERNATING SPLIT

01: INTRO

ABOUT THE PROGRAM

Welcome to FLEX DB, your streamlined path to building strength and improving body composition, all with just a few pairs of dumbbells. This program takes the training methodology behind our conventional FLEX track and optimizes it for with only access to dumbbells.

OVERALL GOAL: FLEX DB is designed to build strength, increase muscle size, and enhance your physique without a full gym setup. We focus on effective, structured workouts that target each muscle group with intensity and intention. Through the principles of progressive overload and strategic volume, you'll maximize every workout and achieve measurable, all with just a few sets of dumbbells.

02: STRUCTURE

EQUIPMENT

MANDATORY EQUIPMENT

- (3) Pair of DBs
 - (1) Light / (1) Moderate / (1) Heavy
- Space to move freely and focus on form—whether at home, outside, or at the gym

OPTIONAL EQUIPMENT

- Adjustable Incline Bench
 - Optional but helpful for versatility

HOW FLEX DB WORKS

FLEX DB uses a Week A and Week B format, designed to be repeated for 4, 6, or 8 weeks. Each week is structured to promote progressive overload, so each

time you repeat a workout, you'll aim to lift slightly heavier weights or increase reps. This method creates consistent, sustainable gains in both strength and hypertrophy.

Progressive overload is at the core of this program—do a little more every time, and your strength and muscle size will improve. Repeating Week A / Week B for a four-week cycle should be enough to jumpstart results, but 6 or 8 weeks is recommended.

03: BEST PRACTICES

TEMPO & FORM ARE KEY

Each movement will have a prescribed tempo to follow, emphasizing control and muscle engagement. The tempo isn't a suggestion; it's part of what makes each rep effective. Take your time, especially in the eccentric (lowering) phase, to make every rep count.

BE INTENTIONAL

Whether it's 8 or 12 reps, focus on quality over quantity. Intentional reps—feeling the muscle work, maximizing range of motion, and maintaining tension—are the foundation of FLEX DB. If you bring intention to every rep, you'll see and feel the difference.

PROGRESSIVE OVERLOAD

Progressive overload is simple but essential: each time you repeat a workout, aim for a bit more—heavier weights, an extra rep, or cleaner form. By consistently challenging your muscles to do just a little more, you create the stimulus they need to adapt and grow.

LISTEN TO YOUR BODY

Soreness is expected—especially in the early weeks, as you adjust to the workload. But there's a balance: you want enough intensity to feel the work without compromising your next session. This takes practice, so adjust as needed to find the right load and intensity each time.

DAY 1

STRENGTH

3-4 SETS
8-12 DB Bench Press (Heavy)
-Rest 1:30-
8/8 Single-Arm DB Bent Over Row (Heavy)

-Rest 1:30 b/t Sets-

(Score is Weight On Bench)

GOAL: RPE 9 | Starting the week off with a classic push/pull. We love these types of supersets because you can get so much work done in a condensed amount of time!

BODYBUILDING

1.) 3-4 SETS
8-12 DB Romanian Deadlift (Moderate)
-Rest 1:30-
8-12/8-12 DB Bulgarian Split Squat (Moderate)*

-Rest 1:30 b/t Sets-

*On the last set of the DB Bulgarian Split Squat, take the set to failure, then drop the DBs and do another max set at just bodyweight. Perform this for each leg. Keep the shin vertical on these to maximize targeting the glutes.

(No Measure)

2.) 2-3 SETS
:30 Plank Hold
-Rest :10-
16-20 Weighted Sit-ups (DB Across Chest)

-Rest 1:00 b/t Sets-

(No Measure)

GOAL: RPE 9 | Feel the burn on those Bulgarian Split Squats! Enjoy.

DAY 2

STRENGTH

3-4 SETS*
16-20 Heels Elevated DB Goblet Squats (Moderate)
-Rest :30-
20-25 Jumping Squats

-Rest 2:00 b/t Sets-

(Score is Weight)

GOAL: RPE 9 | RIP Quads. You might be a little sore after this one. That means it's working!

BODYBUILDING

1.) 3-4 SETS
12-16 Supinated Grip DB Rows (OR Max Set Chin-ups) (Moderate)
-Rest 1:00-
8-12 Arnold Press (Moderate)

-Rest 1:00 b/t Sets-

(No Measure)

2.) EMOM x 9 Minutes
MIN 1 - 6-12 Strict Burpees
MIN 2 - :40 Hollow Rocks
MIN 3 - :30 Tuck-Ups

(No Measure)

GOAL: RPE 9 | Keep those burpees strict, meaning a perfect push-up on every rep. Adjust the number of reps accordingly and then punish the core to round out the day!

DAY 3

STRENGTH

3-4 SETS
8-12 DB Bent Over Rows (Moderate-Heavy)
-Rest :30-
12-16 DB Lateral Raises (Moderate)

-Rest 1:30 b/t Sets-

*After the last set of lateral raises, lower the weight and perform another max set. Then, take 15 seconds of rest and go to failure one final time.

(Score is Weight on Rows)

GOAL: RPE 9 | Big shoulder and lat pump after this one. For the drop set on the lateral raises, it is ok to hinge and "cheat" those reps a bit as long as you control the DBs on the way down.

BODYBUILDING

1.) 3-4 SETS
16-20 Alternating DB Step-ups (Moderate)
-Rest 1:00-
8-12 Incline DB Bench (Moderate)

-Rest 1:00 b/t Sets-

(No Measure)

2.) 3 SETS
12-16 DB Sumo Deadlift (Moderate)
-Rest 1:00-
50 Air Squats (AFAP)

(No Measure)

GOAL: RPE 9 | The air squats are AS FAST AS POSSIBLE. Sprint through those 50 reps while hitting full depth at the bottom of each squat and full extension at the top of every rep! Oh, baby—the burn!

DAY 4

STRENGTH

3-4 SETS
10/10 Split Stance DB RDL (Moderate-Heavy)
-Rest :30-
16/16 Single-Leg Glute Bridge

-Rest 1:30 b/t Sets-

(Score is Weight on RDL)

GOAL: RPE 9 | All hammies and glutes here. Remember, you can't have nice glutes without strong hammies to hold them up. For the single-leg glute bridge, be sure to squeeze at the top of every rep for a full second.

BODYBUILDING

1.) 3-4 SETS
12-16 Neutral Grip DB Bench (Moderate)
-Rest 1:00-
Max Set Push-Ups

-Rest 1:00 b/t Sets-

(No Measure)

2.) 3 SETS
12-16 Front Foot Elevated Reverse DB Lunge (Moderate)
-Rest 1:00-
20 Slow Reverse Crunches

-Rest 1:00 b/t Sets-

(No Measure)

GOAL: RPE 9 | Find something to elevate the front foot on the reverse lunges so that your shin is perpendicular to the ground. This will maximize the stretch of the glutes, which is what we want!

DAY 5

STRENGTH

3-4 SETS
12-16 DB Floor Press (Moderate-Heavy)
-Rest :30-
8-12 DB Skull Crusher

-Rest 1:30 b/t Sets-

(Score is Weight on Floor Press)

GOAL: RPE 9 | Finishing week A just how we started it—with a solid upper body pump! LET'S GO!

BODYBUILDING

1.) 3-4 SETS
DB Alternating Gorilla Row (Moderate)
-Rest 1:00-
8/8 DB Split Squat (Moderate)

-Rest 1:00 b/t Sets-

(No Measure)

2.) EMOM x 12 Minutes
MIN 1 - :40 Hollow Rocks
MIN 2 - :40 Sit-ups
MIN 3 - 12-16 Bicep Hammer Curls

(No Measure)

GOAL: RPE 9 | There is no better way to finish a training session than with biceps and core. For the split squat, make sure to drive the knee over the toe as best you can. LET'S GO!

DAY 1

STRENGTH

3-4 SETS
20-30 No Lockout DB Goblet Squats (Moderate)
-Rest 1:30-
8-12 DB Sumo Stance RDL (Moderate)

-Rest 1:30 b/t Sets-

(No Measure)

GOAL: RPE 9 | Push/Pull, lower body edition today. This will get your legs pumping and your heart rate going!

BODYBUILDING

1.) 3-4 SETS
8-12 DB Pronated-Grip DB Row (Moderate)
-Rest 1:30-
8-12 DB Squeeze Press (Moderate)*

-Rest 1:30 b/t Sets-

*On the last set of the DB Squeeze Press, take the set to failure, then immediately go into a max set of push-ups.

(No Measure)

2.) 2-3 SETS
:30 / :30 Side Plank
-Rest :10-
1:00 Max Reps Shoulder Taps
-Rest :10-
8-12 DB Front Raise (Moderate)

-Rest 1:00 b/t Sets-

(No Measure)

GOAL: RPE 9 | Upper body, shoulders, and core. This one is a doozy with a little bit of everything. Enjoy.

DAY 2

STRENGTH

3-4 SETS
Max Reps Chin-ups (Or DB Rows)

-Rest 2:00 b/t Sets-

(Score is Weight)

GOAL: RPE 9 | If you can access a pull-up bar, great. If not, DB rows are great. TRX straps or gymnastics rings all work as well. We just want some tough upper body pulling here taken close to failure.

BODYBUILDING

1.) 3-4 SETS
16-20 DB Walking Lunge Steps (Moderate)
-Rest 1:00-
8-12 DB Chest Press, 1+1/4 Reps (Moderate)

-Rest 1:00 b/t Sets-

(No Measure)

2.) EMOM x 12 Minutes
MIN 1 - 12-16 Alternating DB Cossack Squats
MIN 2 - Max Reps Up-Downs
MIN 3 - :45 Sit-ups

(No Measure)

GOAL: RPE 9 | The up-downs are a great way to jack up the heart rate, which is exactly what we want on the EMOM. Another awesome day of full-body lifting! LET'S GO!

DAY 3

STRENGTH

3-4 SETS
12/12 Staggered Stance DB RDL (Moderate)
-Rest 1:30-
8-12 Heels Elevated DB Front Squat (Heavy)

-Rest 1:30 b/t Sets-

(Score is Weight on Squats)

GOAL: RPE 9 | Big lower body session here. The front squat with DBs will test the quads and the core. Enjoy!

BODYBUILDING

1.) 3 SETS
16-20 DB Chest Fly (Moderate)
-Rest :30-
1:00 Plank Hold

-Rest 1:00 b/t Sets-

(No Measure)

2.) 2 SETS
8-10/8-10 Single-Arm DB Row (Moderate)
-Rest :30-
1:00 Plank Hold

-Rest 1:00 b/t Sets-

(No Measure)

GOAL: RPE 9 | The plank holds will add up here. Keep it tight and try your best to hold on for the entire minute!

DAY 4

STRENGTH

3-4 SETS
10/10 Half-Kneeling Single-Arm Shoulder Press (Moderate-Heavy)
-Rest :30-
1:00 Jumping Jacks

-Rest 1:30 b/t Sets-

(Score is Weight on Press)

GOAL: RPE 9 | Really focus on quality movement here for the single-arm shoulder press. For the jumping jacks, keep a moderate pace that just keeps the HR elevated enough to work up a good sweat.

BODYBUILDING

1.) 3-4 SETS
16/16 DB Walking Lunge (Moderate)
-Rest 1:00-
12-16 DB Lateral Raises

-Rest 1:00 b/t Sets-

(No Measure)

2.) 3 SETS
12 Supinated Grip Bicep Curls (Moderate)
-Rest 1:00-
10-12 DB Overhead Tricep Extension (Moderate)

-Rest 1:00 b/t Sets-

(No Measure)

GOAL: RPE 9 | For the walking lunge, take all 16 steps with one leg before switching to the other side. And then, we have everyone's favorite—arms! Enjoy.

DAY 5

STRENGTH

3-4 SETS
12-16 Poliquin Step-up (Light)
-Rest 1:00-
12-16 DB Sumo Stance RDL (Moderate)

-Rest 1:30 b/t Sets-

(Score is Weight on RDL)

GOAL: RPE 9 | Finishing week B with a nice lower body combo. The Poliquin Step-up will take some balance, but it's a powerful movement to target a specific part of the quad.

BODYBUILDING

3-4 SETS
12-16 Poliquin Step-up (Light)
-Rest 1:00-
12-16 DB Sumo Stance RDL (Moderate)

-Rest 1:30 b/t Sets-

(Score is Weight on RDL)

GOAL: RPE 9 | Finishing week B with a nice lower body combo. The Poliquin Step-up will take some balance, but it's a powerful movement to target a specific part of the quad.